

*Christopher Lynch, Ph.D.*

**Bio**

Dr. Lynch is a child psychologist who specializes in stress and anxiety management for children and teens with Autism and other developmental disabilities. He is currently the Director of the Pediatric Behavioral Medicine Department at Goryeb Children's Hospital where he developed the Aspirations Life Management program. Dr. Lynch has over 20 years of experience in working with children- including 5 years in Ireland. He has written 2 books on the topic of anxiety management and autism including the award winning *Totally Chill: My Complete Guide to Staying Cool* and *Anxiety Management for Kids on the Autism Spectrum: Your Guide to Preventing Meltdowns and Unlocking Potential*. Dr. Lynch provides talks and seminars to a wide range of audiences and also pens a blog for *Psychology Today* on "Autism and Anxiety".