

PARENT/ CARER WORKSHOPS

For families living in Milton Keynes, Bedfordshire and Luton

FREE

AUTUMN 2023 VIRTUAL WORKSHOPS

23/11/23 Autism & Sensory Processing 10am-1pm
28/11/23 Autism & Demand Avoidance 10am-1pm

SPRING 2024 VIRTUAL WORKSHOPS

11/1/24 Autism & Behaviour 10am-1pm
16/1/24 Autism & Demand Avoidance 10am-1pm
16/2/24 Autism, Women & Girls 6pm-9pm
27/2/24 Autism & Eating Disorders 10am-1pm
14/3/24 Autism & Mental Health 6pm-9pm

SUMMER 2024 VIRTUAL WORKSHOPS

18/4/24 Autism & Sensory Processing 10am-1pm
26/4/24 Autism & Behaviour 6pm-9pm
1/5/24 Autism, Women & Girls 10am-1pm
7/5/24 Autism & Eating Disorders 6pm-9pm
6/6/24 Autism & Mental Health 10am-1pm

TO BOOK PLEASE CONTACT ENQUIRIES:

☎ 01234 214871

✉ enquiries@autismbeds.org

5 WEEK COURSE

FACE-TO-FACE

Suitable for: A course for pre-diagnosed and newly diagnosed families

When: Wednesdays, 11am - 2pm

Dates: 28th Feb, 6th March, 13th March
20th March & 17th March 2024

Venue: TBC (Milton Keynes)

Course topics: Week 1: Diagnosis Journey
Week 2: What is Autism?
Week 3: Sensory Needs
Week 4: Communication
Week 5: Behaviour & local support

TRAINING OVERVIEWS

Autism and...

ANXIETY & BEHAVIOUR

A course providing information about the underpinning causes of differing behaviours in autistic individuals of all ages and how they may best be supported. To explore:

- the differences autistic individuals may experience in regulating behaviours
- how to adapt environments & practices to meet the needs of autistic children and adults
- some possible ways to support during difficult situations

WOMEN & GIRLS

A course providing an understanding of how autism may present in a more internalised way in females (and some males!) To explore:

- the way autism may present more subtly in females and why this may delay diagnosis
- how to adapt environments and practices to meet the specific needs of autistic females
- resources and strategies for supporting autistic females

MENTAL HEALTH

A course explaining the impact of poor mental health on autistic individuals and those who have co-existing mental health conditions and/or dual diagnoses. To explore:

- an overview of co-existing mental health and some neurological conditions commonly experienced by autistic people and how these affect their individual needs
- how to proactively adapt environments and practices to prevent needs escalating
- resources and strategies for supporting individuals

DEMAND AVOIDANCE

A course to increase understanding of the demand avoidant presentation of autism, with advice on how to support those with this challenge. To explore:

- what is meant by 'demand avoidance' in relation to autism and the controversy over the 'PDA' diagnosis
- the role of anxiety in creating demand avoidant behaviour
- how to work collaboratively with children and young people to minimise demand avoidant behaviour

EATING DISORDERS

A course to understand the complicated relationship autistic individuals may have with food and eating, due to both sensory processing and thinking differences. To explore:

- the impact of autism on the way autistic individuals experience food and eating
- sensory processing differences and how these specifically relate to eating challenges
- anxiety and its impact on autistic individuals (including demand avoidance)
- some resources and strategies that may be helpful to support autistic individuals with eating challenges

SENSORY PROCESSING

A course explaining the relationship between autism and sensory processing differences, in autistic people of all ages. To explore:

- the impact of sensory processing differences on the lives of autistic individuals
- resources and strategies to support health and wellbeing due to sensory challenges
- when to ask for professional input

