



AUTISM QUALITY S.E.A.R.C.H.

Standards in Education and Adult Residential/Community Homes

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www.autismtrainingcourses.com

AQS Training Programme

2011

A comprehensive range of training courses covering
Autism Spectrum Conditions

Courses are held in Cambridge, UK.

11 th January 2011	Positive Life Planning for the Autism Spectrum
15 th February	Asperger Syndrome: Social Integration Skills Training (AS:SIST)
29 th March	Promoting Emotional Wellbeing on the Autism Spectrum
12 th April	Stress Management for Carers
10 th May	Understanding Asperger Syndrome
14 th June	Therapeutic Approaches for the Autism Spectrum
12 th July	Sex and the Autism Spectrum
20 th September	Positive Life Planning for the Autism Spectrum
18 th October	Promoting Emotional Wellbeing on the Autism Spectrum
22 nd November	Stress Management for Carers
13 th December	Asperger Syndrome: Social Integration Skills Training (AS:SIST)

A synopsis for each course can be found on the following pages.
Booking forms can be found at the back.

Any or all of our courses can be booked for your own location – details available on request

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

POSITIVE LIFE PLANNING FOR THE AUTISM SPECTRUM

TUESDAY 11TH JANUARY 2011

CAMBRIDGE

This one-day course looks at the difficulties for effective life planning that exist on the autism spectrum. It examines positive solutions in the areas of assessment and support for the planning process.

The need for positive networks around the individual is discussed. Where these are absent, the course enables discussion around how to create them. Relationships between clients, key-workers, families and agencies are examined.

The concepts of supported planning and person-centred planning are introduced in “autism-friendly” ways, so that the autism itself no longer presents a barrier to mapping out future pathways.

Whole and small group discussions look at key issues for: accommodation, occupation, leisure, “people” skills, sexuality, independence, social networks and transitional support.

The course also looks at the necessary and appropriate flow of useful information between agencies and individuals.

The over-riding aim of the day is the promotion of positive pathways to successful and fulfilled futures, to counter the often negative experiences of some adults on the autism spectrum.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

ASPERGER SYNDROME: SOCIAL INTEGRATION SKILLS TRAINING AS:SIST

TUESDAY 15th FEBRUARY 2011

CAMBRIDGE

This one-day course examines some of the differences in social development between people with Asperger Syndrome, and more socially “typical” people. Development through childhood, adolescence and adulthood are all discussed. Parents and practitioners alike will find the course useful. The course is ideal for those who already have a basic working knowledge of Asperger Syndrome.

Delegates will be introduced to the concept of social assessment tools, and how to use them to design packages of support for individuals.

There will be opportunities for whole-group and small-group discussion.

Practical suggestions for introducing support to the home, school, college, workplace and leisure activities will be discussed.

The course is an excellent precursor to our day on Sexuality and Autism Spectrum Conditions.

A key area for discussion is an analysis of how social development works for typical children, and what seems to be “different” for children with Asperger Syndrome. This leads to an examination of how to “close” the gap and enable better social integration.

Delegates will be introduced to the “AS:SIST” programme – a flexible, modular system for promoting social development and understanding for people with Asperger Syndrome. The programme was written by the course presenter, David Moat, after several years of experience at running social development workshops for adolescents with Asperger Syndrome.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

EMOTIONAL WELLBEING ON THE AUTISM SPECTRUM

TUESDAY 29th MARCH 2011

CAMBRIDGE

This one-day course examines the importance of promoting emotional wellbeing for people on the autism spectrum.

Autism can lead to difficulties in those all-important “connections” between people. It is these connections, where successful, that can provide positive self-esteem, and an intact sense of “self”.

In the UK, and perhaps in other parts of the Western world, we have a very medical and behavioural view of autism. The reliance on a medical perspective risks ignoring emotional stress. A solely behavioural approach risks becoming stuck in “symptom management”. A combination of the medico-behavioural perspectives risks over-reliance on anti-psychotic medication. An integrative and holistic psychotherapeutic approach can help to avoid these risks, and lead to very real and lasting progress.

The course will look at various psychotherapeutic approaches that may be useful in autism. Whilst the course is not intended to be formal training in psychotherapy, successful ways of working will be introduced that will enable delegates to understand and respond to the emotional needs of service users. Practitioners of all types will be able to benefit from this course – counsellors, therapists, carers, etc.

Information is provided about working with stress, anger, anxiety, negative behaviour patterns, and obsessive/compulsive tendencies.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

STRESS MANAGEMENT FOR CARERS

TUESDAY 12TH APRIL 2011

CAMBRIDGE

Stress is an area of concern for many people involved in the caring and support professions. It is often experienced in silence, because many carers feel 'bad' about feeling bad. It is also often unrecognised by employers and agencies.

Thus one aim of this one day course is to provide a safe forum in which personal issues around stress can be usefully shared with like-minded people.

The course examines the symptoms and origins of stress for carers, before moving on to practical management techniques. The presenter is an experienced psychotherapist, and is able to provide several examples based on his experience.

The course looks at how different people handle stress in different ways, and avoids the pitfall of assuming that a 'one-size fits all' approach is good enough.

The day provides plenty of scope for small group discussion.

Practical exercises are demonstrated around relaxation.

Delegates will leave the course armed with the ability to recognise personal stress, and then to respond to it effectively and positively.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

UNDERSTANDING ASPERGER'S SYNDROME

TUESDAY 10TH MAY 2011

CAMBRIDGE

This is a one-day course seeking to introduce the key concepts and ideas that are significant to gaining a working knowledge of Asperger's Syndrome.

Delegates will gain an understanding of how Asperger's Syndrome may affect an individual's development in terms of their cognitive, social and emotional development. The sensory world of people with Asperger Syndrome will also be explored.

It is an ideal course for staff that might be new to the provision of support to people with Asperger's Syndrome. Many parents of newly diagnosed children have also found the course content useful.

The day will look at the differences between "Asperger" functioning, and "typical" functioning.

There will be opportunities for whole-group and small-group discussion.

The main objective of the day will be to create a better understanding of how an Asperger "personality" differs from other personality types, and how to bridge the gap, enabling better connections to be made.

Key concepts to be considered include practical hints and tips around dealing with some of the difficulties that may arise between the "Asperger" and the "typical" profile. Additionally, delegates will be introduced to ideas to support education, training and lifestyle development.

The course is an excellent precursor to our courses on "Positive Life Planning", and "Social Integration Skills Training".

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

THERAPEUTIC APPROACHES FOR AUTISM SPECTRUM CONDITIONS

TUESDAY 14TH JUNE 2011

CAMBRIDGE

This one-day course introduces the latest information available on current theories and successful interventions for autism spectrum conditions. It is aimed at parents, carers and practitioners who may be new to the field.

It looks at interventions for all elements of the autistic presentation – communication, imagination, socialisation and sensory integration.

Useful therapeutic interventions are discussed, ranging from intensive interaction approaches, sensory integration therapy, psychotherapeutic ideas and creative therapies.

Dietary approaches are introduced, including supplements and responding to food intolerances.

Social and communication aids are discussed, such as using “Objects of Reference”, Picture Exchange Communication System, visual programming and timetabling, “Social Stories” etc.

Useful approaches to reduce or manage anxiety are introduced.

The course seeks to provide an overview of the latest thinking around autism and positive support and intervention.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

SEX AND THE AUTISM SPECTRUM

TUESDAY 12TH JULY 2011

CAMBRIDGE

This is a one-day course looking at the development of personal relationships and sexuality for people on the autism spectrum.

It is intended to be a vibrant and dynamic exploration of human sexuality as it relates to autism. Information is presented in a relaxed and non-threatening way, to enable delegates to discuss often very sensitive issues with confidence.

Sexuality is often a difficult area for discussion amongst staff teams, and it can be even more difficult to discuss such matters with service users. Thus delegates are invited to bring relevant case examples (with due respect for confidentiality). Ample opportunity is provided during the day to allow for practical and sensitive discussion of these real life issues.

Research findings into sexuality and autism are presented, as well as information on relevant literature.

The promotion of positive social behaviour is discussed, which is often a precursor to the development of relationships. This leads into discussion around abuse, vulnerability, protection and the law as it applies to sexual relationships for people with intellectual disabilities.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

POSITIVE LIFE PLANNING FOR THE AUTISM SPECTRUM

TUESDAY 20th SEPTEMBER 2011

CAMBRIDGE

This one-day course looks at the difficulties for effective life planning that exist on the autism spectrum. It examines positive solutions in the areas of assessment and support for the planning process.

The need for positive networks around the individual is discussed. Where these are absent, the course enables discussion around how to create them. Relationships between clients, key-workers, families and agencies are examined.

The concepts of supported planning and person-centred planning are introduced in “autism-friendly” ways, so that the autism itself no longer presents a barrier to mapping out future pathways.

Whole and small group discussions look at key issues for: accommodation, occupation, leisure, “people” skills, sexuality, independence, social networks and transitional support.

The course also looks at the necessary and appropriate flow of useful information between agencies and individuals.

The over-riding aim of the day is the promotion of positive pathways to successful and fulfilled futures, to counter the often negative experiences of some adults on the autism spectrum.

CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

EMOTIONAL WELLBEING ON THE AUTISM SPECTRUM

TUESDAY 18th OCTOBER 2011

CAMBRIDGE

This one-day course examines the importance of promoting emotional wellbeing for people on the autism spectrum.

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CONTINUING PROFESSIONAL DEVELOPMENT

COURSE SYNOPSIS

STRESS MANAGEMENT FOR CARERS

TUESDAY 22nd NOVEMBER 2011

CAMBRIDGE

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COURSE SYNOPSIS

ASPERGER SYNDROME: SOCIAL INTEGRATION SKILLS TRAINING AS:SIST

TUESDAY 13th DECEMBER 2011

CAMBRIDGE

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BOOKING FORM**

COURSE NAME
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DATE OF COURSE.....

CAMBRIDGE

Name.....

Organisation.....

Address for Correspondence
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Post Code

Telephone

E-mail

Please reserve a place on the course named above. I enclose a cheque for £95, payable to Autism Quality SEARCH.

Send form to: Autism Quality SEARCH, c/o The Therapy Room, 25 Oxford Road, CAMBRIDGE, CB4 3PH

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