

# Autism (ASD) Workshops

## Saturday 1 & 15 July 2017

### 10am - 3pm

**Venue:**  
**Oxford ADHD  
Centre**  
**40 Windmill Road,  
Headington OX3 7BX**

**For bookings and enquiries  
please contact  
Susan@oxfordadhdcentre.co.uk**

**Cost: £295pp**

**Discounts available for couples**



Our ASD workshops are led by Elizabeth Winks, who is a Clinical Nurse Specialist in autism spectrum disorders, and also works for CAMHS, Aylesbury. Her role there includes running all of the parent workshops and she consistently receives excellent feedback. The workshops will take place over two Saturdays and topics covered will include:

#### Day One

- Introductions, including age of child and diagnosis
- Feelings regarding diagnosis
- How do ASD children view the world?
- Theory of mind
- Planning
- Speech development
- Imagination
- Sensory sensitivities
- Time perception
- Principles of behaviour management
- Work in groups
- Understanding behaviour and exploring strategies

#### Day Two

- Refresher and questions from day 1
- Anxiety - what is anxiety?
- CBT model, Stress model in ASD according to Lazarus. Helpful techniques
- Anger - linked to behaviour and what are the differences between people with and without ASD
- Rage cycle explained.

**A comprehensive workbook, lunch and refreshments will be provided on both days**