

# Autism (ASD) Programme

## Saturday 4 & 11 November 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 Parenting programme is 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 that may help

#### 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.

**\*\*Please note that this programme  
is for parents only\*\***

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