



**OXFORD
ADHD &
AUTISM
CENTRE**

Diagnosis • Treatment • Support

Autism (ASD) Programme

**Saturday 29th February and
14th March 2020**

Venue:

**Oxford ADHD &
Autism Centre
40 Windmill Road,
Headington OX3 7BX**

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

Cost: £195pp



Our ASD Parenting programme is led by Elizabeth Winks, who is a Clinical Nurse Specialist in autism spectrum disorders; and has many years of experience working with children with ASD and their families. 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 will be provided on both days