



**OXFORD
ADHD &
AUTISM
CENTRE**

Diagnosis • Treatment • Support

Autism (ASD) Parenting Programme **Saturday 11th March and Saturday 1st** **April 2023 - 10am-3pm**

Venue details:

**Leonardo Royal Hotel
Oxford
(formerly Jurys Inn),
Keble Room
(ground floor)
Godstow Road
Oxford OX2 8AL**

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

Cost: £225pp



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