

Practitioner Certificate Course

For Helping Professionals working with Autistic Adults

60 hours over 10 days (40 sessions)
Sessions are 90 mins each
 Course time: 10am to 5pm (Irish Time), Lunch break 1-2pm

Topics	Learning Outcomes
DAY 1	At the end of this session participants will:
<i>Session 1</i> Introductions	
<i>Session 2</i> What is autism- The Neurodiversity Paradigm	<ul style="list-style-type: none"> • Understand the problems with diagnostic criteria • Understand current terminology • Appraise the various models of autism
Lunch	
<i>Session 3</i> Autistic Communication	<ul style="list-style-type: none"> • Have insight into how Autistic people communicate • Understand the social experiences which complicate communication
<i>Session 4</i> Autistic Communication in Therapy Setting	<ul style="list-style-type: none"> • Apply principles of Double Empathy • Adapt communication in therapy
DAY 2	<i>Understanding the Autistic Experience</i>
<i>Session 5</i> What it is to be Autistic- Sensory, intense world	<ul style="list-style-type: none"> • Understand Autistic sensory experiences • Adapt physical environment in therapy • Apply this understanding to work through Double Empathy problems
<i>Session 6</i> Stimming	<ul style="list-style-type: none"> • Understand stimming as a common human activity • Apply learnings to understand client non-verbal communication

All materials are the intellectual property of Ausome Training and should not be used by any third party for any purposes. Materials or any portion of them should not appear anywhere online and may not be shared with third parties.

Practitioner Certificate Course

For Helping Professionals working with Autistic Adults

Lunch	
<i>Session 7</i> The narratives of autism	<ul style="list-style-type: none"> • Evaluate the medical model of autism • Evaluate the impact this narrative & injustice has on the Autistic population
<i>Session 8</i> Dissecting the Autism Industry and Professional Opinion	<ul style="list-style-type: none"> • Understand barriers Autistic people face • Evaluate the impact this industry has on the Autistic population
DAY 3	<i>What 'Being Autistic' Is Not</i>
<i>Session 9</i> The trauma we experience	<ul style="list-style-type: none"> • Understand trauma as a common Autistic experience in an unaccepting world • Apply this learning to clients in therapy
<i>Session 10</i> Responses to trauma	<ul style="list-style-type: none"> • Differentiate between trauma and Autistic
Lunch	
<i>Session 11</i> Responses to trauma/ stress	<ul style="list-style-type: none"> • Identify signs of burnout and minority stress in clients
<i>Session 12</i> Masking and de-masking	<ul style="list-style-type: none"> • Understand masking as a protective mechanism • Support clients to reconnect with their authentic self
DAY 4	<i>Specific Therapy Issues</i>
<i>Session 13</i> Making your practise accessible	<ul style="list-style-type: none"> • Adapting practise for the varying needs of Autistic clients
<i>Session 14</i> Anxiety	<ul style="list-style-type: none"> • Understand possible adaptations, for autistic clients, to standard CBT approaches to these two common issues

All materials are the intellectual property of Ausome Training and should not be used by any third party for any purposes. Materials or any portion of them should not appear anywhere online and may not be shared with third parties.

Practitioner Certificate Course

For Helping Professionals working with Autistic Adults

Lunch	
<i>Session 15</i> Depression, low self esteem, suicidality	<ul style="list-style-type: none"> • Understand how to identify depression in autistic adults • Be able to explain the nature of low self-esteem to clients, and its links with masking, shame etc
<i>Session 16</i> Complex PTSD/ developmental trauma	<ul style="list-style-type: none"> • Understand these complex concepts, and be able to explain them to clients in ways that are relevant to the client's experience
DAY 5	<i>Further Specific Therapy Issues</i>
<i>Session 17</i> Assessment, diagnosis/ discovery, common misdiagnoses	<ul style="list-style-type: none"> • Understand the difference between exploration & formal assessment • Develop some feel for the delicate & skilful approach needed when exploring the possibility of autism with a client
<i>Session 18</i> Special Interests	<ul style="list-style-type: none"> • Develop a good grasp of the depth of meaning in the concept of Special Interests • Have some understanding of the relevance of SPINs to therapeutic work
Lunch	
<i>Session 19</i> OCD/ Addictions	<ul style="list-style-type: none"> • Show an understanding of the similarities & differences between these issues • Grasp the role addictive behaviours may play in the lives of autistic people
<i>Session 20</i> Eating Disorders	<ul style="list-style-type: none"> • Understand the possible links between autism & eating disorders • Have begun to explore the relevance of these links to client work
DAY 6	<i>Intersectionality</i>
<i>Session 21</i> ADHD	<ul style="list-style-type: none"> • Understand the distinctive characteristics of "AuDHD" • Appreciate the prevalence of this intersection • Apply appropriate strategies to AuDHD clients

All materials are the intellectual property of Ausome Training and should not be used by any third party for any purposes. Materials or any portion of them should not appear anywhere online and may not be shared with third parties.

Practitioner Certificate Course For Helping Professionals working with Autistic Adults

<i>Session 22</i> Other neurodivergent intersections	<ul style="list-style-type: none"> • Understand how common neurodivergent intersections are • Appreciate the complex, interlinked web of resulting characteristics • Apply this understanding to client assessment & interactions
Lunch	
<i>Session 23</i> LGBTQIA Intersections I	
<i>Session 24</i> LQBTQIA Intersections II	
DAY 7	<i>Therapeutic Approaches</i>
<i>Session 25</i> Person-Centred Therapy	<ul style="list-style-type: none"> • Be able to reflect on aspects of the Person-Centred approach in relation to working with autistic clients
<i>Session 26</i> Other therapeutic approaches	<ul style="list-style-type: none"> • Be able to reflect on aspects of other therapeutic approaches in relation to working with autistic clients
Lunch	
<i>Session 27</i> Demo/Practice Sessions	<ul style="list-style-type: none"> • Begin to develop a feel for working with autistic clients
<i>Session 28</i> Practice Sessions	<ul style="list-style-type: none"> • Begin to develop a feel for working with autistic clients
DAY 8	<i>Further Therapeutic Approaches</i>
<i>Session 29</i> CBT, ACT, DBT, CFT	<ul style="list-style-type: none"> • Be able to reflect on aspects of Cognitive-Behavioural approaches in relation to working with autistic clients

All materials are the intellectual property of Ausome Training and should not be used by any third party for any purposes. Materials or any portion of them should not appear anywhere online and may not be shared with third parties.

Practitioner Certificate Course

For Helping Professionals working with Autistic Adults

<i>Session 30</i> Other therapeutic approaches	<ul style="list-style-type: none"> • Be able to reflect on aspects of other therapeutic approaches in relation to working with autistic clients
Lunch	
<i>Session 31</i> Practice sessions	<ul style="list-style-type: none"> • Begin to develop a feel for working with autistic clients
<i>Session 32</i> Review of Learning	<ul style="list-style-type: none"> • Begin to integrate & solidify course learning
DAY 9	<i>What Next?</i>
<i>Session 33</i> Practice considerations, supervision etc	<ul style="list-style-type: none"> • Develop confidence re professional practicalities of working with autistic clients
<i>Session 34</i> Demo/ Practise sessions	<ul style="list-style-type: none"> • Begin to develop a feel for working with autistic clients
Lunch	
<i>Session 35</i> Marketing your business	
<i>Session 36</i> Further CPD/ Networking / Directory	<ul style="list-style-type: none"> • Develop confidence re professional practicalities of working with autistic clients
DAY 10	<i>Presentations of Individual Learning Summary</i>
<i>Session 37 - 40</i> Presentations	<ul style="list-style-type: none"> • Integrate & solidify course learning

[REGISTER FOR THE COURSE HERE](#)

All materials are the intellectual property of Ausome Training and should not be used by any third party for any purposes. Materials or any portion of them should not appear anywhere online and may not be shared with third parties.