



# DAWN COURSE OUTLINE

Practitioner Certificate Course  
For Helping Professionals working with Autistic Adults

**60 hours over 10 days (40 sessions)**

**Sessions are 90 mins each**

**Course days start at 10am and finish at 5pm (Irish Time)**

**Lunch break 1-2pm each day  
There will be two 15-minute breaks  
(1 in the morning and 1 in the afternoon)**

## Meet your trainers



Questions? Contact [hello@ausometraining.com](mailto:hello@ausometraining.com)



# DAWN

## COURSE OUTLINE

### Day 1: Intro to neurodiversity in your practice

Session	Trainer	Learning Outcome
<b>Session 1</b> Introductions	<b>Evaleen &amp; Eoin</b>	<ul style="list-style-type: none"><li>• Orientation</li><li>• Participant Introductions</li><li>• What is Autism- breakout rooms discussion</li></ul>
<b>Session 2</b> What is autism – The Neurodiversity Paradigm	<b>Evaleen &amp; Eoin</b>	<ul style="list-style-type: none"><li>• Understand the problems with diagnostic criteria</li><li>• Understand current terminology</li><li>• Appraise the various models of autism</li></ul>
<b>Session 3</b> Autistic Communication	<b>Evaleen</b>	<ul style="list-style-type: none"><li>• Gain insight into how Autistic people communicate</li><li>• Understand the social experiences which complicate communication</li></ul>
<b>Session 4</b> Autistic Communication in Therapy Setting	<b>Evaleen</b>	<ul style="list-style-type: none"><li>• Apply principles of Double Empathy to your therapy sessions</li><li>• Adapt communication in therapy</li></ul>

## Day 2: Understanding the Autistic experience

Session	Trainer	Learning Outcome
<p><b>Session 5</b> What it is to be Autistic – sensory, intense world</p>	<p>Stiof</p>	<ul style="list-style-type: none"> <li>• Understand Autistic sensory experiences</li> <li>• Adapt physical environment in therapy</li> <li>• Apply this understanding to work through Double Empathy problems</li> </ul>
<p><b>Session 6</b> Stimming</p>	<p>Stiof</p>	<ul style="list-style-type: none"> <li>• Understand stimming as a common human activity</li> <li>• Apply learnings to understand client non-verbal communication</li> </ul>
<p><b>Session 7</b> The narratives of autism</p>	<p>Katie Munday</p>	<ul style="list-style-type: none"> <li>• Evaluate the medical model of autism</li> <li>• Evaluate the impact this narrative &amp; injustice has on the Autistic population</li> </ul>
<p><b>Session 8</b> Dissecting the autism industry and professional opinion</p>	<p>Katie Munday</p>	<ul style="list-style-type: none"> <li>• Understand barriers Autistic people face</li> <li>• Evaluate the impact this industry has on the Autistic population</li> </ul>

## Day 3: What “being Autistic” is not

Session	Trainer	Learning Outcome
<p><b>Session 9</b> The trauma we experience</p>	<p>Stiof</p>	<ul style="list-style-type: none"> <li>• Recognise trauma symptoms in Autistic clients</li> <li>• Understand trauma as a common Autistic experience in an unaccepting world</li> <li>• Apply learning to clients in therapy</li> </ul>
<p><b>Session 10</b> Responses to trauma</p>	<p>Stiof</p>	<ul style="list-style-type: none"> <li>• Understand dissociation, anxiety, cPTSD, meltdowns and shutdowns in Autistic clients</li> <li>• Differentiate between trauma and Autistic identity</li> </ul>
<p><b>Session 11</b> Responses to trauma/ stress</p>	<p>Eoin</p>	<ul style="list-style-type: none"> <li>• Identify signs of burnout and minority stress in clients</li> </ul>
<p><b>Session 12</b> Masking and de-masking</p>	<p>Eoin</p>	<ul style="list-style-type: none"> <li>• Understand masking as a protective mechanism</li> <li>• Support clients to reconnect with their authentic self</li> </ul>

## Day 4: Specific therapy issues

Session	Trainer	Learning Outcome
<p><b>Session 13</b> Making your practice accessible</p>	<p><b>Evaleen</b></p>	<ul style="list-style-type: none"> <li>• Make communication accessible</li> <li>• Understand the role of AAC</li> <li>• Adapt your practice for the varying needs of Autistic clients</li> </ul>
<p><b>Session 14</b> Anxiety</p>	<p><b>Eoin</b></p>	<ul style="list-style-type: none"> <li>• Understand possible adaptations to standard CBT approaches regarding social and generalised anxiety</li> </ul>
<p><b>Session 15</b> Depression, low self esteem, suicidality</p>	<p><b>Eoin</b></p>	<ul style="list-style-type: none"> <li>• Understand how to identify depression in autistic adults</li> <li>• Be able to explain the nature of low self-esteem to clients, and its links with masking, shame etc.</li> </ul>
<p><b>Session 16</b> Complex PTSD/ developmental trauma</p>	<p><b>Eoin</b></p>	<ul style="list-style-type: none"> <li>• Understand these complex concepts, and be able to explain them to clients in ways that are relevant to the client's experience</li> </ul>

## Day 5: Further specific therapeutic issues

Session	Trainer	Learning Outcome
<p><b>Session 17</b> Assessment, diagnosis/ discovery, common misdiagnoses</p>	Eoin	<ul style="list-style-type: none"> <li>• Understand the difference between exploration &amp; formal assessment</li> <li>• Develop some feel for the delicate &amp; skilful approach needed when exploring the possibility of autism with a client</li> </ul>
<p><b>Session 18</b> Special Interests</p>	Eoin	<ul style="list-style-type: none"> <li>• Develop a good grasp of the depth of meaning in the concept of Special Interests</li> <li>• Understand the relevance of SPINs to therapeutic work</li> </ul>
<p><b>Session 19</b> OCD/ Addictions</p>	Eoin	<ul style="list-style-type: none"> <li>• Show an understanding of the similarities &amp; differences between these issues</li> <li>• Grasp the role addictive behaviours may play in the lives of Autistic people</li> </ul>
<p><b>Session 20</b> Eating Disorders</p>	Eoin	<ul style="list-style-type: none"> <li>• Understand the possible links between autism &amp; eating disorders</li> <li>• Have begun to explore the relevance of these links to client work</li> </ul>



## Day 6: Intersectionality

Session	Trainer	Learning Outcome
<b>Session 21</b> <b>ADHD</b>	<b>Katie Kerley</b>	<ul style="list-style-type: none"><li>• Understand the distinctive characteristics of “AuDHD”</li><li>• Appreciate the prevalence of this intersection</li><li>• Apply appropriate strategies to AuDHD clients</li></ul>
<b>Session 22</b> <b>Other neurodivergent intersections</b>	<b>Katie Kerley</b>	<ul style="list-style-type: none"><li>• Understand how common neurodivergent intersections are</li><li>• Appreciate the complex, interlinked web of resulting characteristics</li><li>• Apply this understanding to client assessment &amp; interactions</li></ul>
<b>Session 23</b> <b>LGBTQIA+</b> <b>Intersections I</b>	<b>Katie Munday</b>	<ul style="list-style-type: none"><li>• Have a better understanding of LGBTQIA+ Autistic identities and experiences</li></ul>
<b>Session 24</b> <b>LGBTQIA+</b> <b>Intersections II</b>	<b>Katie Munday</b>	<ul style="list-style-type: none"><li>• Reflect on how you can better support LGBTQIA+ Autistic clients</li></ul>

## Day 7: Therapeutic approaches

Session	Trainer	Learning Outcome
<b>Session 25</b> <b>Person-Centred Therapy</b>	<b>Eoin &amp; Grace Harrison</b>	<ul style="list-style-type: none"> <li>• Be able to reflect on aspects of the Person-Centred approach in relation to working with Autistic clients</li> </ul>
<b>Session 26</b> <b>Other therapeutic approaches</b>	<b>Eoin</b>	<ul style="list-style-type: none"> <li>• Be able to reflect on aspects of other therapeutic approaches in relation to working with Autistic clients</li> </ul>
<b>Session 27</b> <b>Demo/Practice Sessions</b>	<b>Eoin</b>	<ul style="list-style-type: none"> <li>• Begin to develop a feel for working with Autistic clients</li> </ul>
<b>Session 28</b> <b>Practice Sessions</b>	<b>Eoin</b>	<ul style="list-style-type: none"> <li>• Begin to develop a feel for working with Autistic clients</li> </ul>



## Day 8: Further therapeutic approaches

Session	Trainer	Learning Outcome
<b>Session 29</b> CBT, ACT, DBT, CFT	Eoin	<ul style="list-style-type: none"> <li>• Be able to reflect on aspects of Cognitive-Behavioural approaches in relation to working with Autistic clients</li> </ul>
<b>Session 30</b> Other therapeutic approaches	Eoin	<ul style="list-style-type: none"> <li>• Be able to reflect on aspects of other therapeutic approaches in relation to working with Autistic clients</li> </ul>
<b>Session 31</b> Practice Sessions	Eoin	<ul style="list-style-type: none"> <li>• Begin to develop a feel for working with autistic clients</li> </ul>
<b>Session 32</b> Review of Learning	Eoin	<ul style="list-style-type: none"> <li>• Begin to integrate &amp; solidify course learning</li> </ul>

## Day 9: What next?

Session	Trainer	Learning Outcome
<b>Session 33</b> Marketing your business	<b>Evaleen</b>	<ul style="list-style-type: none"> <li>• Develop confidence regarding reaching new clients &amp; market your business as neuro-affirming</li> </ul>
<b>Session 34</b> Practice considerations, supervision etc.	<b>Eoin</b>	<ul style="list-style-type: none"> <li>• Develop confidence regarding professional practicalities of working with Autistic clients</li> </ul>
<b>Session 35</b> Demo/Practice Sessions	<b>Eoin</b>	<ul style="list-style-type: none"> <li>• Begin to integrate &amp; solidify course learning</li> </ul>
<b>Session 36</b> Further CPD/ Networking/ Directory	<b>Eoin</b>	<ul style="list-style-type: none"> <li>• Develop confidence re professional practicalities of working with autistic clients</li> </ul>



## Day 10: **Presentations of individual learning summary**

Session	Trainer	Learning Outcome
<b>Session 37-40 Student presentations</b>	<b>Evaleen &amp; Eoin</b>	<b>• Integrate &amp; solidify course learning</b>

# What happens after DAWN?

Your journey with us doesn't end here!

Become part of our network of neuro-affirming practitioners and join our community of like-minded parents, professionals, and Autistic adults:

- Directory of like-minded practitioners
- AUmazing membership community
- Regular networking sessions
- Stay in touch through chat groups
- Discounted further CPD opportunities

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