



COTHÚ

**BECOME A LICENSED
PARENT TRAINER**

**EMPOWER
PARENTS TO
NURTURE
THEIR AUTISTIC
CHILD**



ausometraining.com



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Welcome to Cothú

Hello! I'm Evaleen Whelton, founder of AUsome Training. I discovered I am Autistic in 2014 and since then I have been facilitating meaningful action for our marginalised community.

One of the greatest gift for one parent of an Autistic child is to start them on the right track – Cothú will give you everything you need to do so.

Cothú is neurodiversity-affirming, Autistic-led, rights-based, and trauma-informed.

We have taken a gentle approach to the issues faced by our community for parents and so we focus on **wellbeing, quality of life, mental health** and other such topics to **lighten the load** for parents who are learning about this for the first time. We hope that together, we can make a real difference in families' lives.



Evaleen Whelton
Founder of AUsome Training

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What is Cothú?

COTHÚ (pronounced *ka-hoo*) is the Irish word for nurture. It is a unique **neurodiversity-affirming** parenting course, designed by our award-winning trainers who are **Autistic themselves**.

Most autism parenting courses will teach parents how to *manage*:

Manage meltdowns, 'challenging' behaviours, sensory sensitivities, anxiety, aggression, eating, school refusal, the list goes on. This *reactive* approach, however, sets parents up to fail: They are always reacting to a child that is already – and constantly – in crisis.

With Cothú, parents will learn how to prevent crisis and help their child thrive instead.

They will learn to understand their child through an Autistic lens, strengthen their connection with their child, and improve their whole family's wellbeing.

During your training with us, **you will receive everything you need** to deliver Cothú with confidence to parents, carers, and others in parenting roles, including all handouts, scripts, and videos.

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What is Cothú?

Cothú is designed to help parents:

- understand their Autistic child
- nurture the child's Autistic identity
- strengthen & deepen their relationship
- increase self care & family wellbeing
- connect with the Autistic community

Cothú is a parenting course. It's a beautifully supportive course to help parents to parent Autistically and to raise their children authentically. As many parents will be Neurodivergent themselves, we have included tools and topics that are helpful to Neurodivergent people in general like self care and establishing good boundaries.



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What makes Cothú different?

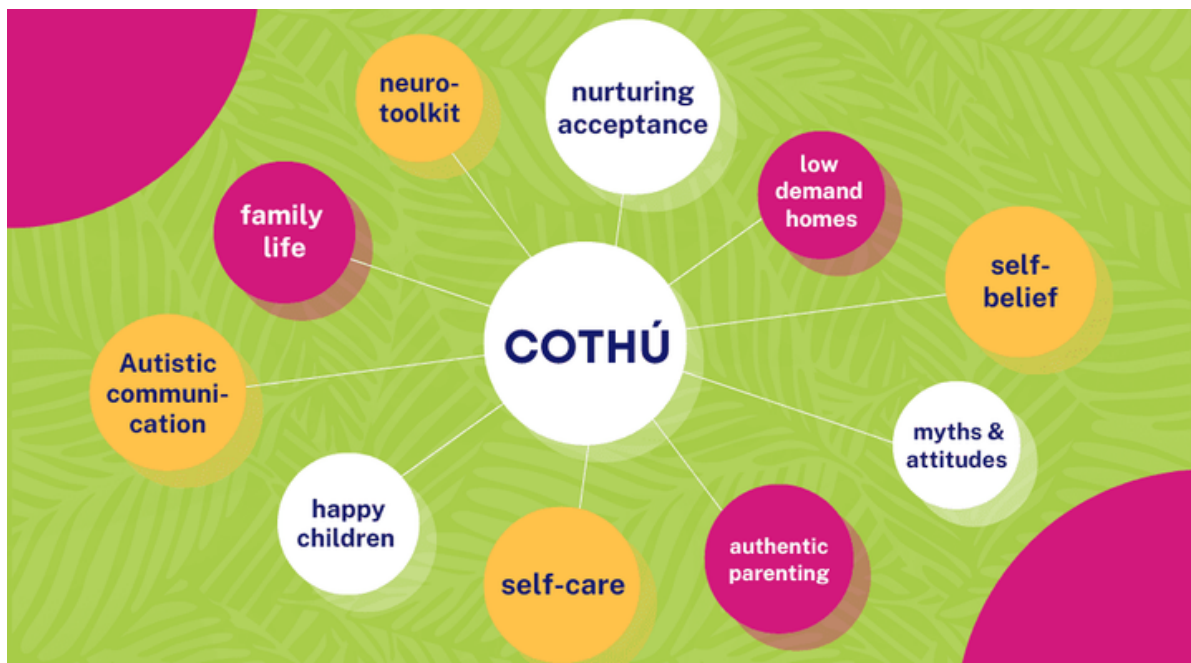
Outdated Autism parenting courses	Cothú
try to manage challenging behaviours & meltdowns	focuses on adapting the environment
focus on harm reduction	focuses on thriving
aim to reduce the impact of autism	focuses on strengthening relationships & acceptance
leave parents & siblings overwhelmed	focuses on self-care & stress reduction
keep parents isolated & fighting for support	focuses on building supportive community
informed by autism 'experts' & neuro-normative research	informed by neuro-affirming research & Autistic lived experience
try to sell parents intense & expensive invention programs	offers practical solutions that are easy to apply

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Key facts

- Your training will take place over 6 hours of self-guided induction and 14 hours face-to-face, online or in person.
- Your package includes a 2-year licence, an after-course mentoring session, parent feedback, and fidelity checks.
- You will deliver each round of Cothú over 5 weeks, for 2 hours a week, online or in person for a maximum of 12 parents.
- Cothú is recognised by the IACP with 13.5 CPD points.



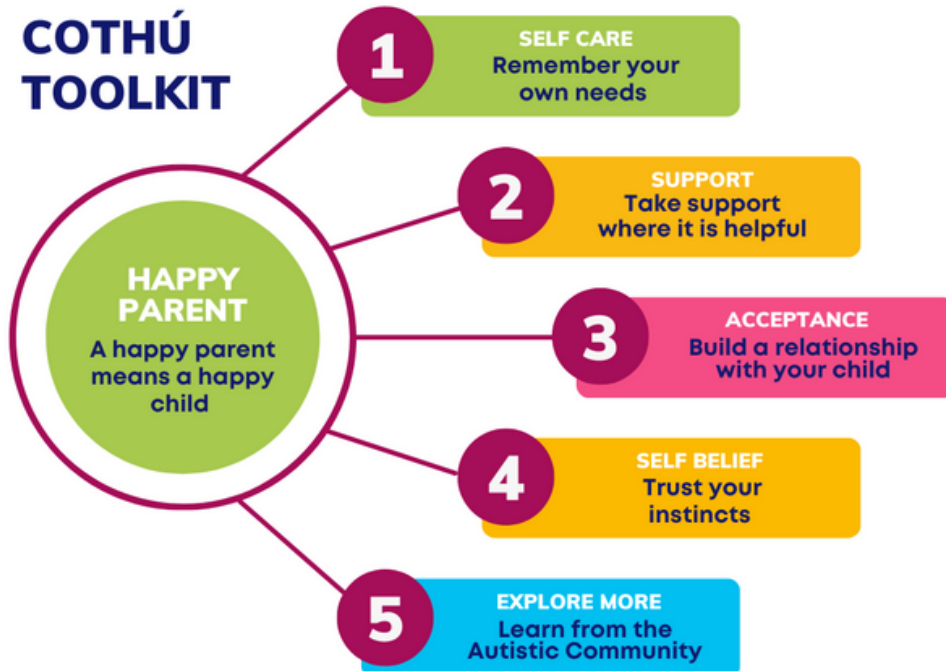
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Parents Course Plan

You will deliver the course over a span of 5 weeks. Each session will take 90 mins + a 30 minute break. The break is important for parents to get to know each other.

- Week 1: Intro to Neurodiversity
- Week 2: What it feels like to be Autistic
- Week 3: Family Life
- Week 4: Parenting Autistically
- Week 5: Raising a happy, authentic child



Our Cothú toolkit will help you focus on what really matters: A happy child, a happy parent, a happy family.

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What do parents say about Cothú?

All Cothú trainers gather feedback from parents upon course completion – and it has been overwhelmingly positive:

- **100%** would recommend Cothú
- **92%** found it very informative
- **100%** learnt something new
- **100%** found it easy to understand
- **100%** thought the pace was just right

“The first course that didn't describe my child as a list of deficits”

“First week was an eye-opener to me. It put me into my kids' shoes”

“The course helped me refocus my mindset, goals, and perspective”

“Thoroughly enjoyed the course, it changed my whole outlook in the way I perceive autistic children...”



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What do our graduates say?

COTHÚ has given me the tools and the inspiration to support parents to have the confidence to parent and advocate for their children.

I can honestly say that it has been one of the most rewarding experiences, being able to reach out and offer a safe space for parents to voice a concern or explore and expand on their understanding of their young person's experience."



*Darina Stoilova,
Adolescent
Psychotherapist*

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What does the research say?

Cothú is a trauma-informed & rights-based program. It is based on current research which centres the lived experience and wellbeing of Autistic individuals. Here are some of the key concepts and pain points which form the foundation of Cothú:

- Double Empathy Problem
- Minority Stress Model
- Diversity in Social Intelligence (DART)
- Masking & Camouflaging
- Prejudice & Bias between Neurotypes
- Autistic Mental Health, Bullying & Burnout
- Adverse Childhood Experiences, Cumulative Trauma / PTSD
- Self-harm & Self-injury
- Child mortality & Suicide
- Identity, Intersectionality & Stigma
- Negative Effects of Positive Reinforcement
- Harms of ABA & PBS
- Parental Self-Care & Mindful Parenting
- Collaborative & Proactive Solutions (CPS)
- Stimming & Special Interests

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FAQ

Is Cothú suitable for children with complex support needs?

The Autistic population is diverse and Cothú caters for this diversity. **Our course focuses on the role of the parent** and is therefore suitable for all parents whether the child is non-speaking, has a label of Intellectual Disability, or is Dyslexic, Dyspraxic, Apraxic etc.

As parent Sharon says: “With other courses, there would be a big division in the level of care and additional needs your child would have. This is the first time every need was covered.” - Sharon

What happens after the course?

Your journey with us doesn't end there!

Here are some ways you can stay connected:

- become a member of our **directory** of neuro-affirming practitioners
- free networking opportunities with other AUsome alumni, **monthly zoom sessions**
- discounted further **CPD opportunities**
- discounted **AUmazing membership**
- **support with marketing** your Cothú course

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FAQ

Who is this program for?

Cothú is a Train-the-Trainer Course available for **private** or **public** practice. Ideal for diagnostic teams, psychotherapists, counsellors, play therapists, teachers, social workers and other professionals who want to start parents on the right track after identification of their Autistic child.

How will I benefit from Cothú?

By becoming a licensed Cothú Trainer, you join our **network and directory of neuro-affirming practitioners**. You will be able to access regular zoom meetups and build connections with like-minded practitioners and parents.

We are inundated with requests from parents who are desperately looking for support. We have created this network so that we can direct them to neuro-affirming providers, knowing that they will receive the best support.

We will provide you with everything you need to deliver a parenting course that changes families' lives, including advice on how to market your course.

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COURSE GUIDE

More information

You can access our step-by-step guide on how to book, train, and deliver Cothú [here](#).

Questions?

Email us:

hello@ausometraining.com or [book a free consultation](#).

We are happy to provide **payment plans at no extra cost**.

We also welcome **group bookings**.

