



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



DAWN

COURSE OUTLINE

Day 1: Intro to neurodiversity in your practice

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

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Day 2: Understanding the Autistic experience

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

Day 3: What “being Autistic” is not

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

Day 4: Specific therapy issues

Session	Trainer	Learning Outcome
<p>Session 13 Making your practice accessible</p>	<p>Evaleen</p>	<ul style="list-style-type: none"> • Make communication accessible • Understand the role of AAC • Adapt your practice for the varying needs of Autistic clients
<p>Session 14 Anxiety</p>	<p>Eoin</p>	<ul style="list-style-type: none"> • Understand possible adaptations to standard CBT approaches regarding social and generalised anxiety
<p>Session 15 Depression, low self esteem, suicidality</p>	<p>Eoin</p>	<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.
<p>Session 16 Complex PTSD/ developmental trauma</p>	<p>Eoin</p>	<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: Further specific therapeutic issues

Session	Trainer	Learning Outcome
<p>Session 17 Assessment, diagnosis/ discovery, common misdiagnoses</p>	Eoin	<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
<p>Session 18 Special Interests</p>	Eoin	<ul style="list-style-type: none"> • Develop a good grasp of the depth of meaning in the concept of Special Interests • Understand the relevance of SPINs to therapeutic work
<p>Session 19 OCD, Addictions & Eating Disorders</p>	Eoin	<ul style="list-style-type: none"> • Grasp the role addictive behaviours & eating disorders may play in the lives of Autistic people • Understand the possible links between autism & eating disorders
<p>Session 20 OCD & Substance Use <i>Personal Experience</i></p>	Katie Munday	<ul style="list-style-type: none"> • Understand the connection between these issues and adverse childhood events • Gain insights into how to work with Autistic substance users

Day 6: Intersectionality

Session	Trainer	Learning Outcome
Session 21 ADHD	Katie Kerley	<ul style="list-style-type: none"> • Understand the distinctive characteristics of “AuDHD” • Appreciate the prevalence of this intersection • Apply appropriate strategies to AuDHD clients
Session 22 Other neurodivergent intersections	Katie Kerley	<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
Session 23 LGBTQIA+ Intersections I	Katie Munday	<ul style="list-style-type: none"> • Have a better understanding of LGBTQIA+ Autistic identities and experiences
Session 24 LGBTQIA+ Intersections II	Katie Munday	<ul style="list-style-type: none"> • Reflect on how you can better support LGBTQIA+ Autistic clients

Day 7: Therapeutic approaches

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

Day 8: Further therapeutic approaches

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

Day 9: What next?

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



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

Session	Trainer	Learning Outcome
Session 37-40 Student presentations	Evaleen & Eoin	• Integrate & solidify course learning

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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