



AUSOME TRAINING & MENTORING PROGRAMS online

For Neuro-affirmative practitioners



Making change together

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INTRODUCTION

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**.

It's been quite the journey
and I want to share it with
you, so that together, we
can work towards impactful
change.

The Autistic Community is a
**vibrant, rich and interesting
community** who have had a
medical model imposed on
us. We are a community
**recovering from a lifetime
of collective trauma**.

It's time for change.
Let's support the Autistic
Community together.

Evaleen Whelton



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AUSOME LANGUAGE GUIDE

Community



Community

MENTORS

It is often difficult to put into words the way our Autistic trainers **guide people to engage with and serve our community**. Our courses create emotional spaces where our mentors and course participants share in the vulnerability of **addressing our biases**, of **reframing our thinking** and **understanding what acceptance truly means**.

NEURODIVERSITY

Much like biodiversity, neurodiversity means we have many different kinds of thinkers in the world. But our interpretation of neurodiversity doesn't end there. To us it means that there is a **beauty in the diversity of humankind** and how we each sense, feel, think, learn, create and come to meet each other. **When we talk about neurodiversity we mean equity.**

Connection



Connection

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WHAT IS **neuro-affirmative** PRACTICE?

- It understands the depths of our community's trauma and **centres the rights and dignity** of Autistics
- It expands **beyond the medical model** into social, minority stress and human rights models
- It is **respectful** and **supportive** of the client's neurotype and neuroculture
- It **values lived experience** and is guided by the community it serves
- It is **reflective** and **continual**

WITH YOU
every step
OF THE WAY

Unsure which of our programs to start with? Book a free consultation with our founder Evaleen:
hello@ausometraining.com



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PATHWAY TO Neurodiversification™

"without doubt the best and most caring trainers I have met"

Making the **change to neuro-affirmative practice** can be a time-consuming and challenging journey.

Our **all-Autistic** team are here to support and guide you. We can give you the very best resources and **we will be there with you every step of the way.**

Support
Autistic children
& teens



Neurodiversify
your practice
with
LEANBH

Support
Autistic children
& teens



Neuro-affirming
Social Skills
with
GET KONNECTED

Support
Autistic adults
of all ages



Neurodiversify
your practice
with
DAWN

Support
parents of
Autistic children



Create your own
parenting course
with
COTHÚ

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LEANBH

cooperation • community • connection

For practitioners working with **Autistic children and teens** in a therapeutic or educational setting

"By far the most informative and helpful course I have completed in the last ten years. It has massively improved my own neuro-affirmative clinical practice" – Catherine Mackey, SLT

Meet your mentor



Stiof Macamhalghaidh

A valuable space where you can openly share, learn and grow. Completion of this 5-day program will equip you to **create a Neurodiversity-affirming practice** and approach to supporting your Autistic clients.

22 CPD points, IACP recognised

Leanbh, Irish for child, is our program crafted with care for helping professionals working with Autistic children and teens.

Prepare to be **moved, inspired** and **challenged** as we navigate the complexities of Autistic childhood together.

Meet your mentor



Gillian Kearns

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COURSE OUTCOME



Autistic childhood development



Become trauma-informed



Understand intense experiences



Learn root cause analysis techniques



Meet your client's needs effectively



€595

Payment plans
available at no extra cost

GET KONNECTED

connection • confidence • advocacy

For practitioners who support
Autistic children and teens socially

"Absolutely amazing. It was incredibly helpful to have the lived experience insights and to be able to ask questions openly"

Get Konnected offers you a space to grow and develop your skills. A 5-day collaborative deep dive where we learn from each other and gain **deep insights into the social experiences** of Autistic kids and teens.

Meet your mentor



Evaleen Whelton

Meet your mentor



Yael Clark

Our communication is influenced by many factors. Neurotype is part of the picture, but it is far more complex.

By exploring communication through Evaleen's **Six S's of Social Interaction** together we can find new ways to support our young clients.

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COURSE OUTCOME

- ☒ Understand the role of trauma
- ☒ Develop individualised support
- ☒ Run neuro-affirming groups or 1-1s
- ☒ Support self-advocacy
- ☒ Enable parental learning



€595

Payment plans
available at no extra cost

DAWN

discovery • understanding • support

For practitioners working with **Autistic adults**
in a therapeutic setting

*"A truly insightful and transformative experience" – Grace Harrison,
Student Counsellor & Psychotherapist, University of Galway*

Meet your trainer



Eoin Stephens

Join a vibrant community of professionals who are supporting adults through **unmasking**, late discovery, **trauma**, dealing with exclusion, addiction, low self-esteem and many other struggles.

60 CPD points, IACP approved

Over the course of 10 days you will be **immersed in Autistic experiences** so that you can recognise and support your clients with a **sensitivity that understands the trauma** experienced by our community.

Meet your mentor



Christine Doyle

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COURSE OUTCOME



Develop confidence



Support clients to explore unmasking



Recognise Autistic anxiety & trauma



Identify signs of burnout



Gain insight into intersectionality



€1,250

Payment plans
available at no extra cost

COTHÚ

acceptance • self-care • empowerment

A train-the-trainer program for practitioners working with **parents and carers of Autistic children**

"It's hard to put into words how one session for 5 weeks can make such a difference to you, for you, it's amazing" – Sharon Powell, parent

nurturing



families

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

Two-year licence includes **mentoring sessions, fidelity checks** and **ongoing support** as part of our Neuro-affirming network.

13.5 CPD points, IACP approved

Cothú is the Irish word for **nurture** – we will give you everything you need to deliver this **empowering course** to parents of Autistic children and teens.

Cothú offers parents a different view of their child, a very human view. It is full of **practical tools**, exercises and opportunities for **growth and relationship building**.

nurturing



Autistic children

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COURSE OUTCOME



Ready-to-go program



Provide a transformative experience



Empower parents



Redesign pathways to care



Validate Autistic experiences



**€1,150 to
€2950**

Group discounts &
payment plans
available at no extra cost

WITH YOU **every step** OF THE WAY

"I cried through huge chunks of it because the generosity, vision, and selflessness of the trainers was so beautiful. I'm sort of a "training snob" and often underwhelmed by trainings. . . this one really shook my whole mind, spirit, and heart in a real way."

– Danielle Maxonight, LCSW

We believe in **mutual support** and **collaborative learning**. We're here to serve and support you so that you can serve and support our community. We find joy in connecting with like-minded people who are ready to make a difference and to be **part of our AUsome community!**

Here's how:

- pre-course **welcome** and **resources**
- compassionate **training** and **mentoring sessions**
- a **supportive space to share** throughout the course
- a **vibrant community** of professionals
- **ongoing support** and **connection** long after your course has finished through our **directory**, **membership** options, **networking sessions**, and further CPD opportunities

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YOUR journey with us DOESN'T END HERE

With us you can make sure you're always up to date:
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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MEET YOUR AUTISTIC MENTORS & TRAINERS



"Our community needs you.
We need people to see
beyond the medical model
and to support us through
the trauma of exclusion."

EVALEEN WHELTON

"Sharing lived experience,
allowing a window into the
richness and complexity of
our experiences, is how we
will change things for the
better."

GILLIAN KEARNS



"As therapists, we need to
adapt our therapeutic
settings, approaches and
goals to the particular
ways Autistic people
process the world."

EOIN STEPHENS



MEET YOUR AUTISTIC MENTORS & TRAINERS



"We need spaces that support authentic Autistic experiences, where we can be brave in our emotions, where we can be wholeheartedly emotional and sensitive ."

CHRISTINE DOYLE

"Dignity is our soul. Joy is our sustenance. We have a lot to be proud of, and I say 'we' deliberately because the pride I feel in being Autistic is a shared experience as a member of a community."

STIOF MACAMHALGHAI DH



"Once we truly listen to Autistic voices, the rest will flow from there: an organic development of educational, therapeutic and social approaches that are truly respectful and inclusive."

Yael Clark





WITH YOU **every step** OF THE WAY

Contact us for questions on our
programs, payment plans, group
discounts
or **book your free consultation today:**

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