

DAWN COURSE

For Helping Professionals working with Autistic Adults

60 hours over 10 days (40 sessions)

******Please note that we update the course each time we run it to ensure it meets the most current needs and to include any further advances in research so this outline is subject to change***

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)

Day/Session/Content	Trainer	Learning Outcomes
Day 1	Evaleen & Eoin	At the end of this session participants will:
Session 1 Introductions	Evaleen & Eoin	
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
Lunch	1-2pm IST	
Session 3 Autistic Communication	Evaleen	<ul style="list-style-type: none"> • Have 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 • Adapt communication in therapy
DAY 2		

Day/Session/Content	Trainer	Learning Outcomes
Session 5 Senses & Sensitivities: What being Autistic feels like	Stiof	<ul style="list-style-type: none"> • Understand Autistic sensory and social experiences and the emotional responses they provoke as a coherent process • Adapt the physical environment in therapy • Apply this understanding to work through Double Empathy problems
Session 6 Un-Human Behaviour: What being Autistic looks like	Stiof	<ul style="list-style-type: none"> • Understand stimming as a common human activity • Appreciate 'behaviours' as 'ordered' expression instead of 'disordered' behaviour • Apply learnings to understand client non-spoken communication
Lunch	1-2pm IST	
Session 7 The narratives of autism	Katie Munday	<ul style="list-style-type: none"> • Evaluate the medical model of autism • Evaluate the impact this narrative & injustice has on the Autistic population
Session 8 Dissecting the Autism Industry and Professional Opinion	Katie Munday	<ul style="list-style-type: none"> • Understand barriers Autistic people face • Evaluate the impact this industry has on the Autistic population
DAY 3		
Session 9 The 'Dress' and Distress: Autistic Trauma	Stiof	<ul style="list-style-type: none"> • Understand why trauma is a common Autistic experience • Learn the processes by which unintentional harm is done... and intentional harm justified • Appreciate why 'reframing' can make things worse • Apply this learning to your clients' experiences and therapy needs

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Session 10 Cycle- syncing	Lila H	<ul style="list-style-type: none"> • Learn what cycle syncing is and why it can be so important for people with a menstrual cycle who have been socialised as girls and women, particularly if they are neurodivergent • Learn how cycle syncing can empower you and your neurodivergent clients to protect personal energy capacity and reframe motivation fluctuations for enhanced well-being and improved self-esteem
Lunch	1-2pm IST	
Session 11 Masking	Eoin	<ul style="list-style-type: none"> • Understand "masking" as Distorted Self-Perception & Self-Presentation.
Session 12 Unmasking	Eoin	<ul style="list-style-type: none"> • Support clients to reconnect with their authentic self & real needs
Day 4		
Session 13 Making your practise accessible	Eoin	<ul style="list-style-type: none"> • Adapting practise for the varying needs of Autistic clients
Session 14 Anxiety	Eoin	<ul style="list-style-type: none"> • Understand possible adaptations, for autistic clients, to standard CBT approaches to these two common issues

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Lunch	1-2pm IST	
Session 15 Depression, low self esteem, suicidality	Eoin	<ul style="list-style-type: none"> • Understand how to identify & help with burnout & depression • Be able to explain the nature of low self-esteem to clients, and its links with burnout, depression, masking, shame etc
Session 16 Complex PTSD/ developmental trauma	Eoin	<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		
Session 17 Assessment, diagnosis/ discovery, common misdiagnoses	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
Session 18 Special Interests	Eoin	<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	1-2pm IST	
Session 19 OCD / Addictions / Eating Disorders	Eoin	<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
Session 20 Substance Use	Katie Munday	<ul style="list-style-type: none"> • Have begun to explore the relevance of these links to client work
Day 6		

Day/Session/Content	Trainer	Learning Outcomes
Session 21 Intersections I - ADHD	Stiof	<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 Intersections II - Not just ‘Endy’... also ‘Bendy’	Stiof	<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	1-2pm IST	
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		
Session 25 Person-Centred Therapy	Eoin	<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 Psychodynamic Psychotherapy	Grace Harrison & Eoin	<ul style="list-style-type: none"> • Be able to reflect on aspects of the Psychodynamic approach in relation to working with autistic clients
Lunch	1-2pm IST	
Session 27 Demo/Practice Sessions	Eoin	<ul style="list-style-type: none"> • Begin to develop a feel for working with autistic clients

Day/Session/Content	Trainer	Learning Outcomes
Session 28 Practice Sessions	Eoin	<ul style="list-style-type: none"> • Begin to develop a feel for working with autistic clients
Day 8		
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 Motivational Interviewing	Eoin	<ul style="list-style-type: none"> • Be able to reflect on aspects of Motivational Interviewing in relation to working with autistic clients
Lunch	1-2pm IST	
Session 31 Demo/Practice Sessions	Christine	<ul style="list-style-type: none"> • Puberty and Menstruation and the Autistic experience, Supporting Pregnant and Post Partum Autistic adults, Perimenopause and Menopause and what is helpful for Autistic people who menstruate
Session 32 Practice Sessions	Christine	As above
Day 9		
Session 33 Marketing your business	Evaleen	<ul style="list-style-type: none"> • Start to consider marketing opportunities
Session 34 Practice considerations: supervision, CPD, etc	Eoin	<ul style="list-style-type: none"> • Develop confidence re professional practicalities of working with autistic clients

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Lunch	1-2pm IST	
Session 35 Demo session? Discussion of case examples.	Eoin	<ul style="list-style-type: none"> • Continue to develop a feel for working with autistic clients.
Session 36 Discussion of case examples. Practice in triads?	Eoin	<ul style="list-style-type: none"> • Continue to develop a feel for working with autistic clients.
Day 10		
Session 37 Presentations	Evaleen & Eoin	<ul style="list-style-type: none"> • Integrate & solidify course learning
Session 38 Presentations	Evaleen & Eoin	<ul style="list-style-type: none"> • Integrate & solidify course learning
Lunch	1-2pm IST	
Session 39 Presentations	Evaleen & Eoin	<ul style="list-style-type: none"> • Integrate & solidify course learning
Session 40 Presentations	Evaleen & Eoin	<ul style="list-style-type: none"> • Integrate & solidify course learning