

autism • west midlands



TRAINING PROSPECTUS 2009

For External Organisations and Individuals

autism.west midlands Learning and Professional Development (LPD) Services, provides a wide range of training and continuing professional development opportunities which are available to external organisations and/or in partnership with other organisations. We are also a Registered Training Centre for NVQs. We have a team of well-qualified and experienced trainers and staff, and we are increasingly involving people with autism in our training. We view ourselves as a learning organisation and as the world of autism is constantly changing, we aim to keep our own knowledge up-to-date.

Our Training Prospectus reflects the fact that we offer autism specific services and we want to enable others to have access to our training opportunities. Those accessing the training may be from a larger organisation, be a smaller provider or individuals. Thus the training could be on in-fill to existing courses or specifically geared towards an organisation's needs.

If you would like to discuss any training opportunities or tailor made training programmes please feel free to contact us. We can deliver training ranging from autism awareness to more in-depth and with focus on specific subjects. For those from professional, independent or voluntary services there may be a need to focus on training geared towards particular organisational or individual needs. Venues for training can vary but we can include training sessions on-site ie on your own or others premises, it may also be possible to infill into spaces on our existing training programmes.

You may have contact with parents of people with autism, or you may be a parent of a son or daughter with autism, and may benefit from specific training such as Managing Behaviour or Sexuality and Autism. If you feel this is of relevance or to a family you know of, please contact us for further information. We can also recommend a range of books that you may wish to purchase.

Our Training Prospectus is available on our website: www.autismwestmidlands.org.uk
For further information please contact:

Email training@autismwestmidlands.org.uk Telephone 0121 4507575

Fax 0121 450 7581: or by post to: Training Course Bookings,
autism.west midlands, Learning and Professional Development Services,
18 Highfield Road, Edgbaston Birmingham. B15 3DU.

Sue Hatton Learning and Professional Development Services Manager

www.autismwestmidlands.org.uk: We are an independent provider of services for people with Autistic Spectrum Disorders.
Registered Charity Number 517077 Registered Company Number 1953344 (England)

Learning and Professional Development Services

Training Opportunities

autism.west midlands has a team of well-qualified and experienced staff able to deliver training across the region in a wide range of settings. Trainers have both teaching and care backgrounds, with additional academic and vocational qualifications as well as many years of direct experience with people with autistic spectrum disorders. Our trainers often work in co-operation with an individual with ASD to enhance the quality of training delivered.

We are happy to tailor make training for staff groups but also offer specific days on common themes associated with ASD. These include the following:

Basic Autism Awareness: A Foundation to Understanding ASD

Extended Autism Awareness: Building on Basic Experience and Understanding of ASD

Communication and Autistic Spectrum Disorder

Challenging Behaviour and Autistic Spectrum Disorder

Mental Health Issues and Autistic Spectrum Disorder

Sexuality and Relationship Issues and ASD

Person Centred Approaches and ASD

Developing Play and Social Skills in ASD

Self Help Skills and ASD

Sensory Issues and ASD

Working Effectively with Families of People with ASD

Rising to the Challenge – Family Workshop

Practical Intervention Techniques for Managing Challenging Behaviour

The University Certificate in Working with People with Autistic Spectrum Disorder

Learning and Professional Development Services **Training Day**

Basic Autism Awareness: **A Foundation to Understanding ASD**

Course Aims:

- To outline the history and current understanding on the causes of ASD.
- To give an overview of what ASD is and how it impacts upon different individuals with the diagnosis.
- To offer a brief overview of some key strategies to use when working or living with people who have ASD.

Learning Outcomes:

- Participants will have an understanding of the four key areas of impact that ASD has on individuals.
- Participants will be able to understand better why people with ASD may behave differently.
- Participants will gain some knowledge about basic strategies to be more effective in working with people with ASD.

Outline of Course Content:

- The historical and current understanding of what ASD is.
- The way diagnosis occurs and what a diagnosis then tells us about the individual who has been given it.
- How an understanding can and should affect the way we work with individuals with ASD.
- Strategies that really lead to effective ways of working with those with an ASD.

Learning and Professional Development Services Training Day

Extended Autism Awareness: Building on Basic Understanding and Experience of ASD

Course Aims:

- To give staff working with individuals with autistic spectrum disorders a more in-depth understanding of autism and some further insight into the difficulties faced by people who have this diagnosis.
- To provide some simple strategies which will help staff to support individuals with ASD more effectively.

Learning Outcomes:

- Participants will have a clearer understanding of the meaning of the term **triad of impairments** and will recognise the different ways in which ASD may affect competence in **communication, social interaction and imagination**.
- Participants will know more about the **sensory differences** often experienced by people who have ASD and the difficulties such differences may cause in everyday functioning.
- Participants will have a more in-depth appreciation of the very broad range of difficulties associated with ASD across the spectrum of ability and its impact on the individual, including mental health issues that may arise if appropriate support is not provided.
- Participants will gain more knowledge about strategies that can be used to support individuals with ASD.

Outline of Course Content:

- Review of the three familiar core areas of difficulty in ASD, known as the triad of impairments.
- Sensory difficulties and differences in ASD.
- Other difficulties in viewing the world from an autistic point of view.
- Useful strategies. These include the modification of our own language to aid understanding; the use of physical exercise to reduce stress; the use of visual support and clear structure to increase predictability and to overcome anxiety associated with changes in routine.

Learning and Professional Development Services **Training Day**

Communication and Autistic Spectrum Disorder

Course Aims:

- To provide the opportunity to explore in greater depth the nature of the communication difficulties and differences associated with ASD.
- To look at the development of some simple strategies to help staff facilitate and improve communication with individuals with ASD.

Learning Outcomes:

- Participants will build on their basic understanding of communication difficulties and differences in ASD and will have the opportunity to gain more in-depth knowledge of the differing levels of competence of speech and other communication systems, in use and comprehension, found in individuals with ASD.
- Participants will gain a better understanding of the need to adjust their own practice, to aid effective communication, and how to implement strategies that improve communication.

Outline of Course Content:

- Contrast between the development of communication in people who have ASD and those who do not.
- The range of communication difficulties and differences associated with ASD, including problems with using and understanding both verbal and non-verbal language.
- How to begin to build a foundation for improved communication and consider the strategies and tools that can be used to support this.

Learning and Professional Development Services **Training Day**

Challenging Behaviour and Autistic Spectrum Disorder

Course Aims:

- To explore in greater depth the impact of the 'triad of impairments' and sensory differences on the behaviour of an individual with ASD.
- To look at the development of strategies to help individuals and their families or support staff to manage those behaviours more effectively and also change them.

Learning Outcomes:

- Participants will build on their basic understanding of ASD and have the opportunity to deepen their knowledge of why challenging behaviour can occur.
- Participants will be able to understand better the communicative function of some of the challenging behaviours they are presented with.
- Participants will be able to develop some new strategies for the prevention of challenging behaviour and also gain some ideas for altering behaviour.

Outline of Course Content:

- A recap of the elements central to ASD, communication, social interaction and inflexibility of thought as well as sensory differences and difficulties.
- The close link between the above difficulties and differences and the way an individual behaves that can often be challenging.
- With improved understanding will come new ways of working and participants will have the opportunity to make these links in their own working environment and explore what they can now do differently to improve and alter the behaviour that is a challenge.
- Clear ideas about the implementation of strategies and tools that can be created to support them.

Learning and Professional Development Services **Training Day**

Mental Health Issues and Autistic Spectrum Disorder

Course Aims:

- To give an overview of the nature of the core difficulties associated with ASD in communication, social interaction, inflexible thinking and behaviour and sensory difficulties and differences.
- To explore a range of mental health issues that may affect individuals with ASD and the underpinning reasons that cause them.
- To consider ways of helping people with ASD understand themselves better, develop coping strategies for dealing with these mental health issues and with the underlying autism related causes.

Learning Outcomes:

- Participants will gain a better understanding of the nature of autistic spectrum disorder and of the associated mental health issues that may result from living with this diagnosis.
- Participants will have an opportunity to explore strategies for helping people with ASD become more self-aware and cope better with mental health issues and with the way autism impacts on them as individuals.

Outline of Course Content:

- An overview of autistic spectrum disorder.
- An exploration of mental health issues associated with ASD.
- The need for greater self awareness of what it means to be autistic and coping strategies for dealing with the impact of ASD and the resulting mental health issues.

Learning and Professional Development Services **Training Day**

Sexuality and Relationship Issues and ASD

Course Aims:

- To explore what is known about how ASD impacts on the sexuality of individuals and on their ability to develop relationships across the spectrum of intellectual ability.
- To identify some reasons why people with ASD have difficulties in the area of sexuality and relationships.
- To identify strategies to help support individuals with ASD understand themselves better and their sexuality as part of who they are.
- To identify strategies to help individuals with ASD have a better understanding of different kinds of relationships.

Learning Outcomes:

- Participants will have a better understanding of issues around sexuality and relationships for people with ASD.
- Participants will take away some ideas to help support people with ASD more effectively in this area of development.

Outline of Course Content:

- The issues when looking at sexuality and ASD as expressed by people with ASD themselves and in research.
- The problems and difficulties that exist for people with ASD and the people who work with them in relation to sexuality and relationships.
- An opportunity for sharing experiences and problems, asking questions and exploring useful strategies that may help.

Learning and Professional Development Services **Training Day**

Person Centred Approaches and ASD

Course Aims:

- To provide an overview of the changes in service user planning leading up to person centred plans and to explain current thinking behind person centred planning.
- To identify the need for autism specific person centred planning and the process to make this happen.
- To raise awareness of the need for a person centred approach to all aspects of working with people with ASD.

Learning Outcomes:

- Participants will gain knowledge of the general principles of person centred planning and be able to identify what a person centred plan is and what it is not.
- Participants will be able to demonstrate understanding and application of an autism specific approach in their own role for the people they work with that takes into account their very specific individual needs.

Outline of Course Content:

- Overview of traditional needs assessment, the development of services to become person centred in line with government regulations and different models of person centred planning.
- The process of autism specific person centred planning and a highly individualised approach to the needs of people with ASD.

Learning and Professional Development Services **Training Day**

Developing Play and Social Skills in ASD

Course Aims:

- To compare and contrast the play and social development of children with and without ASD.
- To explore the idiosyncratic nature of play and social interaction in children with ASD.
- To consider the social concepts and ideas that people with ASD have difficulty with throughout their lives and that neurotypical people take for granted.
- To explore strategies for engaging with people with ASD at all ages and levels of ability, in order to promote their social development.

Learning Outcomes:

- Participants will gain an understanding of how the play and social development of people with and without ASD differs and the difficulties with social understanding and interaction that this may cause.
- Participants will broaden their knowledge of autism friendly approaches for overcoming some of these difficulties and promoting the social development of people with ASD.

Outline of Course Content:

- Similarities and differences found in the play and social development of children with and without ASD.
- Examples of ways that individuals with ASD play and interact and the reasons underpinning this behaviour.
- The 'secret code' of social understanding: how to help people with ASD develop social skills and improve their social interaction.

Learning and Professional Development Services **Training Day**

Self Help Skills and Autistic Spectrum Disorder

Course Aims:

- To raise awareness of the difficulties caused by ASD in the development of self help skills.
- To consider strategies to overcome some of the difficulties and help people with ASD function more independently in their daily lives.

Learning Outcomes:

- Participants will gain a clearer understanding of the difficulties people with ASD have in developing self help skills such as using the toilet, bathing, dressing, eating, and the reasons for these difficulties.
- Participants will have the opportunity to learn more about strategies that may be used to help people with ASD improve their self help skills.

Outline of Course Content:

- Some common difficulties experienced by people with ASD in relation to self help skills, caused by lack of communication skills, inflexibility of thought and behaviour, sensory issues and a lack of understanding of social rules.
- Useful strategies for improving skill development in these areas, including social stories, visual timetables and schedules and modification of the environment.

Learning and Professional Development Services **Training Day**

Sensory Issues and ASD

Course Aims:

- To explore the range of sensory difficulties and differences associated with ASD and their impact on the individual.
- To consider ways of minimising the impact of some of these sensory issues and creating an autism friendly environment.

Learning Outcomes:

- Participants will broaden their knowledge of the range of sensory issues associated with ASD in general.
- Participants will have the opportunity to gain more in-depth understanding of the impact of sensory difficulties and differences on the daily lives of people with ASD and will appreciate better the need to modify the sensory environment and how to go about dealing with that change.

Outline of Course Content:

- General introduction to the importance of sensory issues in relation to ASD and an explanation of associated concepts and terminology, including sensory processing, sensory modulation, sensory overload, hyper and hyposensitivity.
- Overview of the range of sensory issues that may be encountered by people with ASD, with emphasis on the individuality of these issues for specific people.
- Ways of modifying the sensory environment and developing coping strategies for people with ASD that will better enable them to function in a multi-sensory world.

Learning and Professional Development Services **Training Day**

Working Effectively with Families of People with ASD

Course Aims:

- To provide opportunities to consider all aspects of the impact on a family of having a child with ASD, including the emotional issues.
- To consider reasons why some families may present difficulties to professionals who work with them.
- To explore ways of working more effectively in partnership with families.

Learning Outcomes:

- Participants will gain an appreciation of the difficulties faced by families of individuals with ASD across the life span and the impact of ASD on family life.
- Participants will have a better understanding of why some families of individuals with ASD may appear difficult to work with.
- Participants will have a better grasp of what families seek in a partnership with professionals and how to achieve this.

Outline of Course Content:

- Understanding the emotional rollercoaster families face in coming to terms with ASD in the family.
- Understanding the family's 'journey' and the considerable impact on family life, caused by battling for assessment, diagnosis, services and appropriate support, that will have affected the family's attitudes to professionals.
- Approaches and strategies for working more effectively with families of individuals with ASD.

Learning and Professional Development Services **Training Day**

Rising to the Challenge **Family Workshops**

A series of six workshops aimed at families and carers of individuals with autistic spectrum disorder.

Aims of the day:

Aims of the workshops are to help you understand autism and how it affects your child, provide an opportunity for sharing ideas and experiences and give some practical strategies for managing difficulties and helping your child's development.

Contents:

- Understanding your Child's Autistic Spectrum Disorder
- Developing Communication Skills
- Understanding and Managing Behaviour
- Promoting Play and Social Skills
- Issues around Growing Up
- Coping with Stress

All workshops are three hours in length.

Handouts and information leaflets will accompany each session.

Learning and Professional Development Services **Training Day**

Practical Intervention Techniques for Managing **Challenging Behaviour**

A course of six practical sessions for Parents and/or family members of children and young people with Autistic Spectrum Disorders.

Outline of the course:

This is a course of physical intervention training aimed at the family members of a person who has an autistic spectrum disorder. It is designed specifically for the people who are significant in that person's life. To get the most out of the training we advise you to come as a pair, e.g. this could include one or both parents, grandparents, sibling, etc. It is a course of six sessions, offering a non-aversive approach to managing challenging behaviour, and it is very important that you attend every sessions.

Contents:

The course will cover the following:

- Defining challenging behaviour and why it occurs
- Low arousal techniques
- The importance of pre-empting situations
- Avoiding known triggers
- The importance of debriefing after an incident
- Participation into the use of physical techniques, e.g. being able to get out of grabs/hair pulls

There is also an emphasises the importance of only using physical intervention as a last resort.

The course is usually run as six sessions of 2½ – 3 hours during the day or evening.

Learning and Professional Development Services **Training Day**

The University Certificate in Working with People **With Autistic Spectrum Disorder**

This is a modular course accredited by the University of Worcester and can be undertaken at Undergraduate or Postgraduate level. It is suitable for staff supporting people with ASD of all ages and abilities and the course content can be delivered in a variety of flexible ways to meet the needs of the staff involved. Our own trainers run the course, with visiting speakers from a range of disciplines and contributions from individuals who have ASD. Tutors on the course vary, but the Course Co-ordinator is a member of autism.west midlands Learning and Professional Development Services staff.

This course can be specifically organised for you're a group of staff from an organisation or may be accessed by infill on to a current programme.

Course Content:

Module One is taught and covers the following broad topics:

- The implications of a diagnosis of ASD for staff and individuals
- Communication and language
- Behaviour that is a challenge
- Sensory differences and difficulties
- The development of social understanding
- Approaches and Interventions
- Creating an effective environment for the individual with ASD
- Person Centred Approaches to ASD
- Differentiating Need within the Autism Spectrum
- Working with families and other professionals

There is an assessed piece of work at the end of Module One.

- Module Two consists of tutorial time while students carry out a small piece of action-based research.
- Module 3 is an independent study enabling students to follow up an autism-related area of personal interest.

Successful completion of all three modules leads to a full accredited certificate through the University of Worcester.

The training delivered within this prospectus can be mapped against the Autistic Spectrum Disorders Training Framework published in 2006. The framework was compiled by the West Midlands Regional Partnership Autism Training Group known as FREDa (Forum for Educational Development, Autism). A number of staff from autism.west midlands have been involved in the development of this framework and feature in its membership. This modular course is mapped appropriately.

Contact Details

If you would like further information on these courses please contact:

Email training@autismwestmidlands.org.uk

Telephone 0121 4507575 Fax 0121 450 7581: or by post to:
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