

# SOUTHAMPTON FAMILY INFORMATION WORKSHOPS

## AUTUMN 2023



### WORKSHOP DETAILS



#### Aims:

- To provide insight, advice and support to family members of autistic children and young people before, during and after diagnosis.
- Explore a child's unique experiences, and suggest practical ways in which their differences can be accommodated and supported.

#### WORKSHOP FORMAT



- Online via Microsoft Teams
- Workshop spread across 6 sessions
- Duration of sessions: 3 hours
- Part 1 of workshop: Presentation style
- Part 2 of workshop: opportunity for questions

#### WHO SHOULD ATTEND?



Family members and others closely associated with the care and support of the child. Professionals may only attend in their capacity as parents or carers.

### SESSION SCHEDULE

**Session 1** – Introduction to the Neurodiversity approach. Provides the foundation and context for the other sessions.

**Session 2** – Autistic Thinking. Explores how differences in brain structure can generate some unique and individual styles of thinking, and offers practical advice on how to support some areas of difficulty.

**Session 3** – Autistic Communication. Discusses autistic perspectives on the use and processing of communication and ideas for adapting interactive styles in order to respect and accommodate them.

**Session 4** – Autistic Social Interaction. The focus is on rethinking social expectations and helping autistic people develop relationships in an authentically autistic way.

**Session 5** – Autistic Sensory Perception. Demonstrates how atypical sensory perception is manifested in stims, how to interpret them, and suggests things to try in the absence of viable strategies created by the person themselves.

**Session 6** – Behaviour. Demonstrates how accepting, understanding and adapting to how children and young people see the world can dramatically reduce anxiety and behaviours of concern.

## COURSE DATES - AUTUMN 2023



Each course consists of six **ONLINE** sessions over six to seven weeks, excluding school holidays:

### **Group 3 - 10-1pm**

Tuesday 12th September  
Tuesday 19th September  
Tuesday 26th September  
Tuesday 3rd October  
Tuesday 10th October  
Tuesday 17th October

### **Group 4 - 6-9pm**

Tuesday 12th September  
Tuesday 19th September  
Tuesday 26th September  
Tuesday 3rd October  
Tuesday 10th October  
Tuesday 17th October

Please be aware that we expect participants to attend and actively engage with all six sessions. A certificate will be issued on successful completion of the full course. In the event that you are unable to attend a session, please let us know in advance, where possible at [trainingadmin@autismhampshire.org.uk](mailto:trainingadmin@autismhampshire.org.uk) or contact your trainer directly.

These sessions will all be held virtually via Microsoft Teams, so you will need to have access to the appropriate technology, including camera and microphone. If you require any reasonable adjustments in order to attend, please contact us to discuss prior to the start of the course.

### **BOOK HERE:**

<https://www.eventbrite.co.uk/o/autism-hampshire-38614451203>