

HAMPSHIRE CAMHS

INFORMATION WORKSHOPS

2024



Autism Hampshire will be holding a course of 6 free Autism Support and Information workshops for families of autistic children and young people, across Hampshire.

WORKSHOP DETAILS



Aims:

- The aim of the course is to provide insight, advice and support prior, during or post a child's assessment and diagnosis.
- Each session will explore a child's unique way of experiencing the world, and suggest practical ways in which their differences can be accommodated and supported.
- The focus will be on nurturing the autistic child and their characteristics rather than teaching them to 'mask' or 'pass for normal'.

WORKSHOP FORMAT



Each workshop is 3 hours long. The first part consists of a presentation after which there will be an 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 (except for CAMHS professionals).

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.

Please be advised that if insufficient numbers of attendees are booked onto any specific course, we may be required to offer you an alternative. This will be avoided wherever possible and we will ensure to give five working days' notice if this is the case.

COURSE DATES - 2024



Group 15 - Online

10am - 1pm:

Tuesday 9th January 2024
Tuesday 23rd January 2024
Tuesday 6th February 2024
Tuesday 27th February 2024
Tuesday 12th March 2024
Tuesday 26th March 2024

Group 16 - online

10 am - 1 pm:

Tuesday 16th January 2024
Tuesday 30th January 2024
Tuesday 20th February 2024
Tuesday 5th March 2024
Tuesday 19th March 2024
Tuesday 16th April 2024

Group 17 - Online

10 am - 1 pm:

Wednesday 3rd January 2024
Wednesday 17th January 2024
Wednesday 31st January 2024
Wednesday 21st February 2024
Wednesday 6th March 2024
Wednesday 20th March 2024

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 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.

HOW TO BOOK

Group 15: <https://www.eventbrite.co.uk/e/709380685727?aff=oddttdtcreator>

Group 16: <https://www.eventbrite.co.uk/e/709383393827?aff=oddttdtcreator>

Group 17: <https://www.eventbrite.co.uk/e/709385660607?aff=oddttdtcreator>