



CPD WORKSHOP

WORKING WITH AUTISM IN A CLINICAL SETTING

Saturday, 28 October 2023: 10am to 1pm. The workshop will be delivered via Zoom.

Workshop fee: £35.00 HCC members, £45.00 non-HCC members

Overview:

This half-day workshop aims to provide participants with an introduction to the fundamentals of autism and its impact on the therapeutic space through open and interactive learning, discussion, and reflection. The goal is to increase knowledge and enable practitioners and counsellors in training to have more confidence in working with autistic clients. Alongside this, we will consider the concepts of difference, otherness and our own autistic biases.

Topics covered will include:

- Defining the autism label.
- Exploring difference, otherness and our own biases.
- Discussing how autism influences mental health and its wider impact.
- How labels are used, and their impact on autistic clients.
- Why it matters to educate ourselves in clinical practice.
- Consider and explore how you would proceed with the work.
- Discussion of the double empathy problem.
- Practicalities of working with autistic clients.

The workshop is highly interactive and will give participants ample opportunities to discuss and consider the concepts around this topic, as well as inviting them to explore and question their own biases.

Facilitator:

Anna Disley (she/her) is an accredited member of the BACP and works as an integrative therapist in private practice. She is also a lecturer and tutor, on both Foundation and BA degree courses along with providing counselling to students at one of the London universities.

Please email training@highgatecounselling.org.uk with your name to reserve a space and make payment to the following bank account:

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