

# Autism Training Workshops for Parents and Professionals 2019

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| <p><b>28<sup>th</sup> February 2019</b></p>  <p><b>10am-2pm</b></p>    | <p><b>Understanding and Managing Challenging Behaviour</b></p> <p>This workshop aims to help delegates understand the presentation of challenging type behaviours that may present in individuals with autism spectrum disorder. The workshop will use video to demonstrate understanding of behaviour as well as practical strategies to reduce these occurrences.</p>  |
| <p><b>21<sup>st</sup> March 2019</b></p>  <p><b>10am-2pm</b></p>       | <p><b>Strategies for Toilet Training</b></p> <p>This workshop will help delegates understand the problems that may occur when toilet training a child diagnosed with autism. The workshop will give various strategies to help increase this skill and result in successful continence. Troubleshooting difficulties will also be addressed.</p>   |
| <p><b>11<sup>th</sup> April 2019</b></p>  <p><b>10am-2pm</b></p>       | <p><b>Autism Awareness</b></p> <p>This workshop will provide delegates with an overview of the autism diagnosis. Attendees will be introduced to the traits and behaviours that may be associated with the diagnosis as well as the impact it may have on the individual and their wider family.</p>   |
| <p><b>23<sup>rd</sup> May 2019</b></p>  <p><b>10am-2pm</b></p>       | <p><b>Difficulties with speech and communication</b></p> <p>This workshop aims to help delegates understand the difficulties that may present with verbal behaviour for an individual with an autism diagnosis. Practical strategies augmented with video will be used to help teach verbal behaviour strategies to increase functional communication. Alternative ways to communicate will also be addressed.</p> |
| <p><b>20<sup>th</sup> June 2019</b></p>  <p><b>10am-2pm</b></p>      | <p><b>Anxiety and Autism</b></p> <p>Anxiety in individuals with an ASD is becoming more prevalent with many people at a loss at how to understand the anxiety, how it manifests, as well as practical strategies in how to help reduce this anxiety. This workshop will introduce delegates to practical strategies to help individuals on the autism spectrum manage their anxiety.</p>                           |
| <p><b>26<sup>th</sup> September 2019</b></p>  <p><b>10am-2pm</b></p> | <p><b>Strategies to help increase Social Skills/Confidence</b></p> <p>Social Skills are necessary skills in all aspects of life. Various strategies for increasing social skills will be discussed during this workshop enabling delegates to practice and teach in their own environment.</p>   |

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| <p><b>24<sup>th</sup> October 2019</b></p>  <p><b>10am-2pm</b></p>  | <p><b>Supporting a young person through Puberty</b></p> <p>Developing adult bodies is normal progression for all young people but for those on the autism spectrum it may be particularly difficult. Regardless of the diagnosis, all individuals with ASD will reach puberty around the same time as their neuro-typical peers. This is often a much under-discussed topic within autism with many parents and young people often unequipped with the body changes, hormone changes and other issues associated with puberty.</p> |
| <p><b>28<sup>th</sup> November 2019</b></p>  <p><b>10am-2pm</b></p> | <p><b>Understanding and Managing Challenging Behaviour</b></p> <p>This workshop aims to help delegates understand the presentation of challenging type behaviours that may present in individuals with autism spectrum disorder. The workshop will use video to demonstrate understanding of behaviour as well as practical strategies to reduce these occurrences.</p>  |
| <p><b>5<sup>th</sup> December 2019</b></p>  <p><b>10am-2pm</b></p>  | <p><b>Anxiety and Autism</b></p> <p>Anxiety in individuals with an ASD is becoming more prevalent with many people at a loss as to how to understand the anxiety, how it manifests, as well as practical strategies in how to help reduce this anxiety. This workshop will introduce delegates to practical strategies to help individuals on the autism spectrum manage their anxiety.</p>  |

- **Cost: £40 Parent // £70 Professional**
  - **Refreshments and light lunch included**
  - **Location: PEAT HQ, 385 Springfield Road, Belfast BT12 7DG**
  - **Enquiries and bookings T. 028 9032 4882 E. [info@peatni.org](mailto:info@peatni.org)**
    - **Electronic payments and invoicing available**
  - **Special Offer: Attend 5 workshops & receive 10% discount**
- **PEAT trainers are professionally credentialed Behaviour Analysts trained to International Standards.**
  - **Feel free to contact us for more information if you are interested in our bespoke training for your organisation.**

