

Understanding and working with individuals with Autism

Only
£65

Jenny Ronayne
MA (distinction), BSc(Hons), MBACP, MBPSS

Saturday 24th November 2018

9.30am-4.00pm

More than 1:100 people are estimated to be on the autism spectrum. Would you recognise that your client may have Autism?

This workshop is a comprehensive introduction to Autism. The day covers what ASD is, where it originates, how to recognise it, the typical needs for individuals with ASD and effective approaches and strategies for counselling those with ASD.

We will also consider what is *not* helpful when working with individuals with autism. Whether diagnosed or not, ASD brings specific challenges for the counselling professional. This workshop will address the most effective ways to approach therapy for clients with ASD.

Short clips by autistic people will be shown to underpin the essential understanding that while autistic people have personalities and attributes as different from each other as neuro-typicals, they nevertheless share common difficulties.

Participants may begin to recognise possible autism in their client group, in which case small group discussion can include topics such as:

- What leads the counsellor to consider autism likely
- Advisability of introducing the notion of autism to the client
- Understanding the client's presentation assuming autism is present
- How best to approach the client's difficulties, including strategies for support
- Consideration of client's environment outside the counselling room

Jenny will provide case studies to consider:

- The affect of autism on the client, their family, spouse, child
- What might underlie challenging behaviours demonstrated by the client
- discussion of communication style and its role in provoking or calming such challenges
- what is likely to be going on for the client to cause or exacerbate frustration, anxiety or depression
- Strategies that might help alleviate, avoid or change this



Jenny Ronayne has over 25 years' experience working with autism in the voluntary, private and public sectors. For 18 years Jenny was a mental health worker on the national specialist autism team at the Maudsley Hospital in London. Jenny speaks at conferences, runs workshops and delivers training to teachers and tutors, support assistants, social workers, mental health professionals and GPs, senior managers, care workers, parents and all who work with, or care for those with an ASC. She has a private counselling practice and her clients are young people, parents/carers, individuals and couples where one or both partners are on the spectrum.

Jenny successfully completed her Master's degree (2009) entitled 'A study into the use of Mindfulness Therapy in the reduction of anxiety experienced by individuals with Asperger Syndrome', for which she was awarded a distinction.