

Supporting Parents of children and young people with Autism

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Child, Adolescent and Educational Psychologist

Overview

The objective of this course of parent training and support group is to establish a network of parents within the community that provides ongoing support and has been founded and informed through psychological input. **Attendance must be confirmed by February 10th, 2021.**

Overall Goals

1. To provide parents with an ongoing support group within the local community that is established through psychological input.
2. To facilitate the mental health and wellbeing of children and young people with Autism through empowering families with psychological knowledge and support.

Specifications

The group sessions will take place within a safe space that is lead by Nisha Parekh. The sessions will be collaborative, interactive and based on respect, sensitivity and confidentiality. This is a prerequisite that should be noted before committing to the course.

Training and Support Group Milestones

1. 'Introduction 24th February', 2021, 12:00 - 14:30

Session objectives will be to establish the group as a support tool in the local community and identify general and varying strengths and needs of the group. A psychological introduction to Autism as a condition will be shared and established as a foundation on which further training and discussion will be applied.

2. 'Autism and the Individual Self' 3rd March, 2021, 12:00 - 14:30

Understanding the views of a child or young person is key to respecting them as an individual person and appropriately addressing their needs. When the system of self is explored in individuals with Autism it is important to establish both their own perceptions of the self as an individual and their understanding of others' perceptions on themselves at a multidimensional level.

3. 'Autism across Childhood and into Adolescence' 10th March 2021, 12:00 - 14:30

It is essential for parents to be supported in understanding the developmental history of their child both as an individual and within the context of Autism. The presentation of Autism related traits occur at different stages of childhood depending on the individual young person. Children often do not exhibit traits consistent with ASC until mid-adolescence. Understanding changes in Autism related traits across time enables families to review past experiences and be facilitated in managing current and future developmental changes in their child.

4. 'Neurodiversity' 17th March, 2021, 12:00 -14:30

Neurodiversity is seen as a movement towards respect, equal treatment and more widespread understanding of young people with Autism. Through this essential perspective, Autism is seen as a normal variation of the human experience. Professor Baron-Cohen argues that autistic people have played a key role in human progress for seventy thousand years, from the first tools to the digital revolution; as the same genes that cause autism enable the pattern seeking that is essential to our species's inventiveness. However, these abilities exact a great cost on individuals with Autism, including social

and often medical challenges. Rather than trying to bend someone with autism into a definition of "normal" behaviours, society might bend to allow for differences in behaviour and needs, and create more opportunities for inclusion in schools, and workplaces.

5. 'Safeguarding and Life Optimisation' 24th March, 2021, 12:00 -14:30

Every assessment must be informed by the views of the child as well as the family. The views and needs of a young person enable successful safeguarding processes. These must be considered in balance with the needs and wishes of key adults in the child's life; across family and school settings. A child-centred approach should ensure that a child psychologist sees and speaks to the young person; to give space for the 'voice of the child', listen to what they say, take their views seriously and involve them in identifying the support they may need. Arming parents with this information and how to build on that independently, over time, facilitates the optimisation of a young person's mental health and wellbeing.

Course details

The course is charged per person at 125 Euro per session or 155 Euro for each set of parents; with a pre-established commitment to attending all sessions. Collective payment per person is 625 Euro, and for families, 775 Euro.

Cancellations and refunds are not accepted as facilitations for the course to take place will be set in advance.

The place on the course can be confirmed through bank transfer to Nisha Parekh, BCEE, IBAN LU17 0019 4555 4396 3000. Additionally, an email confirming payment and attendance and containing the following statement 'I agree to the prerequisites that should be noted before committing to the course of sensitivity, confidentiality and respect within the group and towards all other individuals within the group.'

The email should be sent to luxe-psy@outlook.com