

'Autism and your Practice' with Caroline Hearst

Saturday 3 March 2018

CANCELLED DUE TO SNOW

**NEW DATE: Saturday 21 April
10.30-16.30**

This is a follow up session to “Exploring Autism” We review and discuss the understandings of autism explored in the introductory session and begin to look at how therapists and counsellors might use this knowledge in their work.

Sometimes therapists and counsellors have information to suggest that a client might be autistic – there are various possibilities of where to go with that. Does it help to share this with the client, when you can't be sure? or is it better to just work with them in an autism friendly manner?

Using personal stories from autistic clients, experiential exercises and role play
We will explore:

- What exactly does “autism friendly” mean in practise?
- What would the consequences be for the client of discovering it is thought they might be autistic?
- Do autistic people benefit from diagnosis ? how would they go about getting diagnosed?
- The session will be conducted using a mixture of written materials and experiential exercises and role play to explore how issues relating to autism might begin to be addressed in therapy.

Caroline Hearst trained as an art psychotherapist and self-identified and achieved a diagnosis of autism in adulthood after years of personal therapy. She raised two sons, one of whom is autistic. She uses these experiences and her background in adult education to provide enjoyable and informative sessions that increase understanding and acceptance of autism.

In addition to offering sessions about autism to health professionals and psychotherapists Caroline runs a 10 week education and peer support programme for adults who identify as autistic or wonder if they might be autistic and support groups for autistic adults. She has written about autism in specialist and general publications (most recently in the October 2016 issue of “Private Practice) and is the founder and a director of AutAngel CIC and serves on the National Autistic Society Forum and Reading Autism Strategy Board.