



Workshop facilitated by
Sara Heath

The Challenges of Counselling People on the Autism Spectrum

on
Friday 10th June, 2016

10.00 am to 4.00 pm
(Registration and coffee 9.30 am)

at

**Sunstone Centre,
Hope House Children's Hospice, Nr Oswestry**

This workshop will focus on the experience of counselling people with autism spectrum conditions (ASCs), also known as autism spectrum disorder (ASD), including Asperger's syndrome, and explore how personal perspectives and issues can be challenging for both the individual and the counsellor.

We will discuss the challenge of "understanding" and cover the key criteria of ASCs in men and women and how these link with mental health conditions. The challenges of "communication," "inflexibility" and "sensory issues" and major differences between people with ASCs and "typical" people will also be considered.

Hearing real life experiences of counselling from individuals will provide insight as to why having ASCs may have affected their understanding of, and involvement in, the counselling process. This enables us to look at our professional practice in order to consider how we may work better with these individuals.

Workshop Facilitator: Sara Heath – Independent Specialist Asperger's Practitioner.

Sara is a well qualified and experienced special needs teacher and lecturer with a special interest in autism. She has an adult son, Eric, who has Asperger's syndrome and they founded the Autonomy Self-Help and Social Group for local people with Asperger's syndrome in Shropshire and Telford, which they have co-run for the past 12 years. Sara was Senior Practitioner for Asperger's Syndrome for Telford and Wrekin Council for 4 years but after redundancy set up Autonomy Plus, which is an internationally recognised training, consultancy and pre-diagnostic service; her work has been featured in "The Very Late Diagnosis of Asperger's Syndrome (ASD)" by Philip Wylie (2014).

Refreshments will be provided but please bring your own packed lunch.

There will be a bookstall, so please do bring any therapy books you no longer need.

COST: £40.00 for FORUM members and students, £60.00 for non-members.

Receipts will be given on the day as requested, but if you require an acknowledgement of your application, please send a S.A.E. with your cheque.

Bursaries are available to members - see website for details

www.forum4counsellors.co.uk **To reserve a place, please return the slip below with your cheque. We are not able to accept payment on the door or reserve places without payment.**

ADDRESS and DIRECTIONS for workshop

The workshop will be held in the Sunstone Centre, Hope House Children's Hospice, Nant Lane, Morda, Nr Oswestry, SY10 9BX. Telephone: 01691 72618.

The location can be found on the Hope House website [www.hopehouse.org.uk) – go to 'about us' – 'hope house' – location map. The hospice is situated up the hill on the left, after a residential area. The Sunstone Centre is the farthest building to the right and has its own parking.

CANCELLATION POLICY

Should you need to cancel your workshop booking, please contact the Treasurer, Vicki Kerwin. Cancellations with over 2 weeks' notice will be refunded in full. Refunds for bookings cancelled with less than 2 weeks' notice will be at the discretion of the Chair. If, however, members have booked a place but do not attend a workshop without having contacted the Treasurer, their money will not be refunded.

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Workshop – The Challenges of Counselling People on the Autism Spectrum

At Hope House Hospice, Morda, Oswestry - **Friday 10th June** 10.00 am to 4.00 pm

I wish to attend the workshop and enclose a cheque for £.....

Name: Email address:

Contact no(s):

Please send this slip, together with your cheque, payable to Forum for Counsellors and Psychotherapists, to:

Vicki Kerwin
Fron Las
Llanwddyn
Oswestry SY10 0NN

Note: Please write your email address clearly to enable us to contact you and confirm receipt of your cheque and form.