



## Parents ASD Awareness and Support Course

Date	Subject Title	Areas Covered
Session 1	Understanding ASD from a parent's viewpoint	<ul style="list-style-type: none"> <li>• The Triad/Dyad of Impairment</li> <li>• The Diagnosis process in Norfolk</li> <li>• What is a co-morbidity condition?</li> </ul>
Session 2	ASD and Communication and Social Interaction	<ul style="list-style-type: none"> <li>• Difficulties in Communication</li> <li>• Help with the development of communication skills</li> </ul>
Session 3	ASD and the Rigidity of Thought	<ul style="list-style-type: none"> <li>• Why are ASD children so rigid in their thinking?</li> <li>• Dealing with Obsessional and Ritualistic Behaviours</li> </ul>
Session 4	ASD and the Anger Mountain	<ul style="list-style-type: none"> <li>• What is Anger?</li> <li>• The Anger Mountain</li> <li>• Calming and Coping Strategies</li> </ul>
Session 5	ASD and the Sensory World	<ul style="list-style-type: none"> <li>• The seven senses</li> <li>• High and Low arousal states</li> <li>• Hypo or hyper sensitive?</li> <li>• Helping with sensory integration</li> </ul>
Session 6	ASD, Anxiety and Stress	<ul style="list-style-type: none"> <li>• Why are ASD, Anxiety and stress linked?</li> <li>• Understanding Emotional and Behavioural responses</li> <li>• Practical Strategies for every day</li> </ul>

ASD Helping Hands

**Price:**

**£30.00 per person**

**Min 6 Learners Max 15**

**Upcoming Dates:**

16<sup>th</sup> September 2017

7<sup>th</sup> October 2017

21<sup>st</sup> October 2017

4<sup>th</sup> November 2017

18<sup>th</sup> November 2017

2<sup>nd</sup> December 2017

**For further details and locations please contact us on [asdhelplinghands@gmail.com](mailto:asdhelplinghands@gmail.com) / [lee.gibbons@asdhelplinghands.org.uk](mailto:lee.gibbons@asdhelplinghands.org.uk) or 01362 853018/07884141299**

**We are able to offer these to school groups, at a location to suit you please contact us to discuss.**