

Understanding Autism Spectrum Disorder: Practical Strategies for Teachers



Newcastle 5 & 6 May 2020

Early Bird Registration Closes: 20 March 2020

Standard Registration Closes: 17 April 2020

Why Autism Spectrum Disorder?

As more children are being diagnosed with Autism Spectrum Disorder (ASD), mainstream teachers are increasingly expected to provide appropriate support for students with complex learning needs within mainstream classes. Students with ASD often require support to cope with the social demands of the classroom and playground, deal with change, avoid sensory overload, and achieve their full learning potential.

Who should attend?

Teachers and teachers' aides who want to learn and share practical strategies which benefit students with ASD in the classroom and the playground.

Why this workshop?

Emphasis is placed on understanding how students with ASD perceive the world differently, and how this impacts on their behaviour at school. Participants are encouraged to make subtle changes to their interaction and intervention style to reduce students' anxiety and prevent challenging behaviours. Participants will practice their skills by responding to scenarios in small groups. Course notes include visual aids and proformas that can be adapted to suit your own students.

How do I register?

To secure your place please complete and return the Registration Form on Page 3.

Workshop Program

Day 1

- 1. Features of Autism Spectrum Disorder**
- 2. Positive Behaviour Support and Stress Reduction Strategies**

Day 2

- 3. Working with Families**
- 4. Using Visuals**
- 5. Building Social Skills**
- 6. Managing Change**

Morning Tea, Lunch and Afternoon Tea provided



Autism Understanding Pty Ltd

autismunderstanding@gmail.com

Ph: (02) 4967 3363
PO Box 747, The Junction NSW 2291

www.autismunderstanding.com.au

Suite 109 10-16 Kenrick Street
The Junction NSW 2291

The Presenter



Lydia Meem BA(Psych)(Hons), MPsych(Clin), MAPS, CCLin

Clinical Psychologist and Founder of Autism Understanding Pty Ltd

Lydia specialises in autism and developmental disabilities. She provides a range of assessments, tailors behavioural strategies for families with children with ASD, and provides ASD training for parents, teachers, and school counsellors. Lydia has worked as a School Counsellor in a mainstream independent school for students from Preschool to Year 12. Lydia previously worked as a Family Counsellor at ASPECT's Hunter School for Children with Autism, providing diagnostic assessments, outreach to schools and facilitating autism training. Lydia has also worked within two Psychology Teams focused on preventing and managing challenging behaviours in children, adolescents and adults with intellectual disabilities living in the community and in a large residential centre. Lydia is a member of the Australian Psychological Society's College of Clinical Psychologists and the Association of Psychologists in Developmental Disability Services. She presented her research on Cognitive Assessments in Autism at the Asia Pacific Autism Conference 2015.



Resources and Proformas in workshop notes include:

- ♦ **ASD Student Profile** (educational and clinical tool)
- ♦ **Behavioural Brainstorming** (functions to consider for challenging behaviours)
- ♦ **Antecedents, Behaviour, Consequences** (looking for setting events & triggers)
- ♦ **Chain Analysis drawing** (for incident debriefing and prevention of recurrence)
- ♦ **Information for Students** (for excursions and out-of-routine days)
- ♦ **Feelings Game** (for teaching students to read facial expressions & body language)
- ♦ **Visual Timetables & Behaviour Supports** for classroom, playground & home
- ♦ **Visuals for Emotional Awareness and Regulation**
- ♦ **Social Stories**
 - When I'm angry
 - When it's noisy
 - Dealing with mistakes
 - Catching the school bus
 - We take turns to talk and listen (for primary school students)
 - Being a good listener (for high school students)
 - Assembly and awards
 - Athletics carnival
 - Touching myself in private



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To Register: Please email this Registration Form to autismunderstanding@gmail.com and make payment via:

Direct Deposit: Deposit your payment into our bank account: **Autism Understanding Pty Ltd**

BSB: 062814

Account Number: 1034 2242

(Please include your name or the school's name so we can identify your deposit)

Credit Card: Please phone us on **(02) 49 673363** to pay by **credit card**. (2% surcharge)

Registration Form

ABN: 68164519608

Full Name for Certificate: _____

Preferred First Name for Name Tag: _____

School: _____

Suburb: _____

Phone: _____

Email: _____

Any allergies or special dietary needs? _____

Times: Coffee & Registration at 9 am

Workshop: 9.30 am to 4 pm

Newcastle Valentine Bowling Club, 17A Valentine Cres, Valentine NSW 2280

5 & 6 May 2020

☐ **\$495** Early Bird (incl.\$45 GST) Payment must be received by **20 March 2020**

☐ **\$550** Standard (incl.\$50 GST) Payment must be received by **17 April 2020**

* **Tax invoice:** This Registration Form becomes a tax invoice for GST purposes upon completion of payment. **Full payment must be made within 5 days of booking.**
Confirmation of your place will be sent to you by email on receipt of full payment.

* **Cancellations:** If you are unable to attend the workshop, your school is welcome to send another participant in your place. For a full refund, cancellations must be received in writing more than 10 working days prior to the workshop. 50% of the fee is payable for cancellations received between 6-10 working days prior to the workshop. Unfortunately cancellations within 5 working days of the workshop will not be refunded.

* If we cancel the workshop you will be notified by email and phone, and your registration fee will be refunded.



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