

All 5
sessions
for £50

Practical Interventions

A five session physical intervention training course for family members of a person with autism. The course offers an introduction to autism and a low arousal and practical approach to managing challenging behaviour.

The course has been adapted from Studio III™ training and we are able to offer a special discounted rate of £50 per person for all five sessions.

Tuesdays 17th January, 24th January, 31st January, 14th February, 21st February from 7pm - 9pm at Saltwells Education Centre, Bowling Green Road, Netherton, Dudley DY2 9LY.



Outline of the course

The course will cover the following:

- Introduction to autism
- Sensory issues and autism
- Defining challenging behaviour and why it occurs
- Low arousal techniques
- The importance of pre-empting situations
- Avoiding known triggers
- The importance of debriefing after an incident
- Practical training in the use of physical techniques e.g. being able to get out of grabs/hair pulls
- The importance of only using physical intervention as a last resort.

Outcomes

At the end of this course, you will:

- Have an increased overall understanding of autism
- Have an increased understanding of the impact that sensory issues can have on a person with autism and subsequently their behaviour
- Have an increased understanding of the impact that anxiety can have on a person with autism and subsequently their behaviour
- Increase your knowledge of why challenging behaviour can occur
- Be able to understand better the communicative function of some of the challenging behaviours you are presented with
- Gain knowledge of low arousal techniques for behaviour management and potential triggers to be avoided
- Learn, practice and gain confidence in four techniques of physical intervention.

Booking

To book, please visit www.autismwestmidlands.org.uk/shop

For more information, please contact Sue at
suemorris@autismwestmidlands.org.uk or call 0121 450 7582.

All sessions take place at Saltwells Education Centre, Bowling Green Road,
Netherton, Dudley DY2 9LY.



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Our vision is a world where all people on the autism spectrum have the specialist care and support they need to lead fulfilling and rewarding lives.

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