



COUNSELLING YOUTH ON THE AUTISM SPECTRUM

Gain a deeper understanding of your autistic clients and learn practical evidence-based strategies you can use in your practice tomorrow.

Overview

This 12-hour professional development training will be practical, using evidence-based strategies that you can individualise for your clients. You will be learning by doing, developing a deeper understanding of the autism spectrum and how to translate this into your practice. You will come away with a toolkit/kete full of practical ideas, strategies, and resources to use immediately in your sessions.

The training will be co-facilitated by Arletta and Abi, ASD counsellors with combined total of 25 years' experience working in the field of autism. Both Arletta and Abi are experienced groups facilitators and trainers who teach in a practical fun way where learners leave feeling confident in applying their learning.

This training will be of particular interest to therapists, counsellors and professionals working in a therapeutic setting with young people on the autism spectrum and/or their families. This training will be suitable for professionals with both limited and advanced ASD knowledge and useful to professionals working with other neurodiverse clients. A basic understanding of ASD would be ideal.

Key Learning points

Understanding your clients with ASD (their strengths, challenges, and processing differences).

- ▶ Translating our ASD knowledge into our practice
 - ▶ Evidence based strategies for youth with ASD
 - ▶ Modifications for practice
 - ▶ Adjustments for counselling style
- ▶ What does the research say on ASD and counselling
- ▶ Ways to work more collaboratively with families and schools
- ▶ Incorporating visual strategies into your practice
- ▶ How to write a social story or comic strip
- ▶ Using structure and routines to support your clients
- ▶ Sensory differences and needs in counselling
- ▶ Supporting social skill development
- ▶ Understanding anxiety and emotional regulation in ASD
- ▶ How to support generalisation of skills into their everyday life (including families, schools, and communities around your clients)

The Facilitators



Arletta van den Bosch

I am a full member of NZAC, and have been working as a child and family counsellor for 17 years. I have specialized in ASD for the last 9 years. I did an Educational Masters in Autism at Griffith University in Brisbane, with a special interest in ASD and anxiety. I worked part time for 8 years at a charity supporting families with ASD, and provided workshops, training, and PD on autism related topics. I now work full time in private practice, working mainly with clients with ASD, their families and communities.



Abigail Raymond

I am a full member of NZAC, a registered Arts Therapist and an approved supervisor with ANZACATA, NZAC and NZACC. I have worked within ASD specialist roles for the last 15 years providing individual therapy, social skills groups, parent support, behaviour support, parent education, group facilitation, ASD training and supervision. I currently work as a Supervising Behaviour Specialist at Explore Specialist Advice providing ASD education and intervention-based support to families. In my private practice, I provide parent support and clinical supervision with a specialty focus in ASD, wider disability support and group facilitation.

When:

Where:

Fees:

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Contact: Arletta van den Bosch info@childandfamilycounselling.co.nz