

## Exploring Invisible Autism.

Do you sometimes feel challenged and confused by the fact that some clients just don't seem to respond as you might expect despite your best efforts?

Maybe they are depressed but don't get better? Say they have always been outsiders? Find groups difficult? Are very persistent? Have trouble seeing other points of view? Often interrupt and seem to have difficulty listening? Perhaps in they are on the autism spectrum – over 1% of the population are<sup>i</sup> and most of them are undiagnosed<sup>ii</sup>!

Autism influences how people get on with others socially and at work so many autistics seek help from counsellors and therapists for help understanding the problems they encounter and the depression that can result from these. It can be very difficult to help autistics with their difficulties if the underlying autism is not recognised, or understood. Understanding autism can help you engage meaningfully with such clients and help them to navigate a way to a more fulfilling life.

### Session outline.

- An overview of the autism Spectrum, including experiential exercises to give a taste of how autism is experienced by those with the condition.
- How and why autistic people experience emotions differently and communicate differently.
- How and why autistic people respond differently to information in the environment
- The issues autistic people might have with flexibility and organisation
- Autistic abilities and disabilities.
- Potential impacts of on individuals and their families of being identified as autistic.

### The Facilitator

Caroline Hearst qualified as an art psycho-therapist, is an experienced teacher of adults, and was diagnosed with an autism spectrum condition as a mature adult. She runs Autism Matters is a director of AutAngel CIC sits on the council of the National Autistic Society and on the scientific advisory group for Autistica.

### Testimonials

*'Caroline's training really brought the true issue of adult autism to light. She delivered the training from not only a position of clinical knowledge but of personal knowledge. This perspective is unique and added a dimension to the training that I have not found in many other training sessions I have attended. A must for any clinical professional working with people or for anyone who is in a helping profession. Delivered in a clear, simple yet effective way, I left feeling the training with added skills and different perspective. It really did make the case, Autism Matters!' Naomi Mwasambili. Managing Director. Community Therapies and Training Service (SSE London 2013)*

*Very enlightening training- definitely made me see the difficulties people in the autistic spectrum in a much clearer light. The presenters personal experience and delivery of the information also convinced me of the importance of delving deeper into the underlying challenges that people on the spectrum might face in order to properly support this population" Laura Kempainen. Co-worker – trainee psychologist (Lothlorien Corsock 2011)*

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<sup>i</sup> <http://www.autism.org.uk/about-autism/myths-facts-and-statistics/statistics-how-many-people-have-autism-spectrum-disorders.aspx>

<sup>ii</sup> <http://archpsyc.jamanetwork.com/article.aspx?articleid=211276>