

How People with Autism Think - Half Day (3 Hours)

Overview

It is now commonly believed that autism is a neurological condition and is a difference with the way that the brain functions and develops. But what does this mean and how important is it when supporting individuals with autism? Understanding how a person with autism may think and process information differently can help with understanding their behaviour, communication and interaction with the world.

This course looks at the common theories of how the mind of people with autism functions differently from that of neurotypical people. The course is delivered in a workshop format with lots of exercises to help attendees understand why individuals on the autism spectrum may struggle with task changes, why they may find complex systems comforting and why they can sometimes be very literal. As such, the course is more suitable for people with some experience of autism who are looking to broaden their understanding, but can also be paced for those new to the subject.

Learning Outcomes

At the end of this course attendees will:

- Be aware of autism spectrum conditions.
 - Understand autism as a neurological condition.
 - Know that people on the autism spectrum think differently.
 - Have an awareness of the common theories in autism including *theory of mind*, *weak central coherence*, *executive functioning* and the *extreme male brain theory*.
 - Appreciate how this knowledge can improve the way people with autism are understood and supported.
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