**‘Exploring Autism’ Course Topics**

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| **Session 1 - Introductory session*** Introducing the group and housekeeping
* Spoon theory- energy management tool
* Tap and glass stress management tool
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| **Session 2 – The Diagnosis and the terminology*** Brief history of Autism
* The 3 levels
* Neurodiversity
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| **Session 3 – The Spectrum*** The Triad of Impairments and Theory of Mind
* Social expectations around interaction (conversation, small talk, eye contact)
* Differences in gender
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| **Session 4 – Sensory Issues*** What is meant by hyper and hypo
* How being sensitive to different senses might affect people
* Coping strategies/ sensory tool kit
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| **Session 5 – Routine and Wellbeing*** Coping strategies
* Interests
* BACE- balanced routine tool/ wellbeing wheel
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| **Session 6 – Communicating needs*** Communication styles
* Assertiveness
* The benefits of saying ‘no’ to others
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| **Session 7 - Round-up session*** Identify support available in local area and how to get involved.
* Paperwork.
* Discuss achievements
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