**‘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 |
| **Session 2 – The Diagnosis and the terminology**   * Brief history of Autism * The 3 levels * Neurodiversity |
| **Session 3 – The Spectrum**   * The Triad of Impairments and Theory of Mind * Social expectations around interaction (conversation, small talk, eye contact) * Differences in gender |
| **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 |
| **Session 5 – Routine and Wellbeing**   * Coping strategies * Interests * BACE- balanced routine tool/ wellbeing wheel |
| **Session 6 – Communicating needs**   * Communication styles * Assertiveness * The benefits of saying ‘no’ to others |
| **Session 7 - Round-up session**   * Identify support available in local area and how to get involved. * Paperwork. * Discuss achievements |