

# Creating Positive Experiences

for a Person with an Autism Spectrum Disorder (ASD)

4 Week Workshop

# CPE 401

## Overview

All people have an anxiety scale from 1 (calm) to 5 (meltdown). Increasing anxiety is a result of a person being presented with events they perceive as challenging in their day-to-day environment. Individuals exhibiting characteristics of an Autism Spectrum Disorder (ASD) including Aspergers Syndrome perceive the same world we all live in, in their own unique manner. A person with an ASD finds some daily experiences challenging ... experiences that others do not find challenging, in fact might enjoy; thus we are all experiencing the same situations differently. Knowledge and understanding gained from extensive clinical experience with individuals with an ASD and their families has led to the development of this course. You will gain knowledge of innovative, hands on techniques that are required to achieve a reduction in anxiety and challenging behaviours for the person with an ASD. The practical and common sense strategies presented in your user friendly workbook will allow for ongoing reference and effective implementation after you have completed this workshop.

## Objectives

This programme has been designed to assist those who work with, or in some manner support a person with an ASD, to learn to understand how the person with an ASD experiences the world differently to you and their peers ... remembering that different does not mean wrong! By identifying these different experiences we are able to identify and understand the person's unique triggers to escalated anxiety and thus likely behavioural deterioration. Strategies are taught to equip supporters to modify these triggers or to understand when and how to teach the person with an ASD to learn new behavioural responses; thus reducing both anxiety and behavioural deterioration. Throughout this programme participants will learn:

- > How a person with an ASD experiences the world differently to you and others
- > To identify common challenges a person with an ASD is presented with on a daily basis
- > That behavioural deterioration is often the person's only means of managing these challenging situations
- > How to develop more favourable experiences in which a person with an ASD will become less anxious and therefore can function most successfully

## Who Should Attend

Employees from: Education Services, Disability Services, Mental Health, Medical, Justice Departments, Welfare agencies, Residential Support Networks, Legal Services working with families with an ASD person & other Health & Human Services whom comprise of clientele presenting with an Autism Spectrum Disorder including Aspergers Syndrome.

Carers & Supporters of people who have an ASD including parents, partners, siblings, grandparents, relatives and friends.

Individuals with Aspergers Syndrome.

## Course Outline

### Module 1

- 1 Defining ASD
- 2 10 Behaviour Assumptions
- 3 Anxiety, ASD and behavioural deterioration
- 4 Thermometer
- 5 Sequence and Functions of Behaviour

### Module 2

Common Challenges a person with an ASD is likely to experience within:

- 1 Setting
- 2 Interactions
  - a Social Skills
  - b Expressive Communication

### Module 3

Common Challenges a person with an ASD is likely to experience with:

- 1 Interactions
  - a Receptive Communication
- 2 Tasks and activities

### Module 4

- 1 Automatic & internal challenges
- 2 Summary
- 3 Group Case Study

# Creating Positive Experiences

for a Person with an Autism Spectrum Disorder (ASD)  
4 Week Workshop

# CPE 401

## About FABIC

FABIC are the experts in the science of behaviour. We are a team of highly skilled clinicians with a broad experience in helping people understand behaviour. More about the Fabic team can be found at [www.fabic.com.au](http://www.fabic.com.au). This course has been written by Tan Curtis FABIC's founding director and Senior Clinician.

## About the presenters



**Shannan Puckeridge**  
Course Facilitator

Shannan has a Bachelor of Psychology (First Class Honours) and is a registered Psychologist with the Australian National Psychology Board. Shannan offers her professional guidance in supporting carers and clients to understand and change their own unwanted behaviours; and supports others to understand behaviours used by other people. Shannan has extensive experience in developing, implementing and evaluating positive behavioural interventions for people using unwanted behaviours

## Details

### 4 Day Workshop

This programme is run over four 1½ hour sessions at FABIC's clinic at Worongary. There is a limit of 8 people per group.

**Course fee:** \$330 (including GST) for all four sessions. Approved with Helping Children with Autism Package: \$363 (including GST) for all four sessions.

Next session dates and times are:

Thursday 6 October	10–11.30am
Thursday 13 October	10–11.30am
Thursday 20 October	10–11.30am
Thursday 27 October	10–11.30am

## Testimonials

Absolutely fantastic; incredibly thorough yet easy to understand and apply. Relevant to people in various situations and professions.

*Monique van Spronen, Boroondara City Council*

A nicely integrated view of behaviour and ASD focussing on the positive.

*Jennifer Morgan, DSO*

The course explained and clarified many areas that I was needing to explore. The best course I have attended in many years!

*Rachel McNaught DADHC*

## Contact

FABIC

P 07 5530 5099

F 07 5530 5079

[info@fabic.com.au](mailto:info@fabic.com.au)

[fabic.com.au](http://fabic.com.au)

Course Name \_\_\_\_\_ Location \_\_\_\_\_ Date of Course \_\_\_\_\_

Course Times: 10.00am to 11.30am

Price: \$330 per person for 4 sessions > FaHCSIA Helping Children With Autism package prices \$363

All prices are inclusive of GST. ALL payments to be finalised prior to workshops.

**Invoice Details**

Contact/Invoice Name	Company	Email	Postal Address	Phone	Fax

**Participant Details**

Attendee Name/s	Email	Phone	\$
Total			\$

**Payment Details**

Cheque *Please make all cheques payable to FABIC*

Visa  Mastercard  Bankcard

Direct Transfer (EFT) *Please Record Receipt No:*

Card Number

Expiry Date  Name of Card Holder \_\_\_\_\_

Signature \_\_\_\_\_

Account Name FABIC Pty Ltd  
Bank Westpac  
BSB 034-610  
Account No. 213 340

FABIC Pty Ltd (ACN: 131219915) ATF FABIC & EDUCATIONAL TRUST (ABN: 51755382014)

**Cancellation Policy:** Workshop bookings cancelled within 14 days of course date will receive no refund due to catering and booking fees. Workshop bookings cancelled 15 days or more prior to course date will incur a \$50 service fee. Workshops are transferrable to another attendee with prior notice.

**To Register**

Please fax, post or email registration form to details below:

Suite 34 Worongary Town Centre  
1 Mudgeeraba Road  
*(exit 77 via Pacific Hwy)*  
Worongary QLD 4213  
P 07 55 305 099  
F 07 55 305 079  
info@fobic.com.au

**fobic.com.au**