

# Understanding Aspergers & ASD

*Creating Positive Experiences for a Person with Aspergers or other Autism Spectrum Disorders*

## Overview

People with Aspergers & other ASD's (Autism Spectrum Disorders) perceive this same world differently to others and thus may often be seen to be responding negatively to situations that other people may appear to be responding positively to. All people in the world (including you and me) exist on a scale from 1 (calm) to 5 (meltdown). Meltdowns look different for all people but if we are honest we would see that most of us have them in some form! Increasing anxiety is a result of a person being presented with experiences they don't feel equipped to handle; thus a cause for many people's meltdowns. In this workshop you will gain insight and an understanding of the perceptions of a person with an ASD and support you to see the individual as a person and not a "disorder". You will learn to understand what might predict a meltdown for the person with an ASD and without judgment learn how that might differ to another. You will be exposed to hands on techniques that are required to achieve a reduction in anxiety and thus a reduction in use of unwanted behaviour while increasing the use of desired behaviours for a person with an ASD.

## 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

All those spending time with a child, teenager and/or adult exhibiting characteristics of Aspergers Syndrome or another ASD!

Appropriate for teenagers or adults exhibiting some characteristics associated with an ASD to learn to better understand themselves!

Employees from: Education Services, Disability Services, Mental Health Departments, Medical Services, Justice Departments, Welfare Agencies, Residential Support Networks, Legal Services & other Health & Human Services

Supporters of a person showing characteristics of an ASD including parents, partners, siblings, grandparents, relatives and friends

## Course Outline

### Module 1

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

### Module 2

Common Challenges (thus predictors of unwanted behaviour) a person with an ASD is likely to experience within:

- 1 Setting – their physical environment
- 2 Interactions –time with other people
  - a Social Skills
  - b Expressive Communication

### Module 3

Common Challenges (thus predictors of unwanted behaviour) a person with an ASD is likely to experience with:

- 1 Interactions – time with other people
  - a Means of receiving message from others (receptive communication)
- 2 Tasks and activities

### Module 4

Common Challenges (thus predictors of unwanted behaviour) a person with an ASD is likely to experience

- 1 From within the body (internal challenges)
- 2 Summary
- 3 Group Case Study

## Contact Fobic

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(ABN: 51755382014)

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## About FABIC

*Functional Assessment & Behaviour Interventions Centre*

Fabic is a National Behaviour Specialist Centre that supports people to understand and change behaviour used by any person.

Fabic's clinical staff consists of a team of highly skilled clinicians with extensive clinical experience and scientific understanding of behaviour. Fabic understands that behaviour is not WHO the person is and objectively review behaviour through a scientific analysis which supports positive behaviour change.

### Fabic offers:

- 1 Clinical Behaviour Specialist Services
- 2 Staff mentoring for behaviour change in the workplace
- 3 Behaviour specialist workshops
- 4 Products and Merchandise

Summary of all services offered at Fabic can be found at [www.fabic.com.au](http://www.fabic.com.au) or products at [www.tancurtis.com.au](http://www.tancurtis.com.au)

## About the presenters

Courses are presented by one of Fabics clinical team... All trained in the unique behaviour methodology practiced at Fabic.



**Ms Tan Curtis**  
Director  
Behaviour Specialist &  
Facilitator



**Mrs Shannan Puckeridge**  
Psychologist & Facilitator



**Dr Kaya Beinke**  
Psychologist & Facilitator



## About the Course Developer

**Tan Curtis**  
*Director, Behaviour Specialist & Facilitator*

Tan is the Managing Director and Founder of Fabic (established in 2006). Tan's professional qualifications include a: Master of Behaviour Management; Master of Counselling; Bachelor of Health Science (Behaviour Management) and an Associate Diploma of Education. Tan has extensive clinical experience working with people using a diversity of unwanted behaviours including but not limited to high functioning adults with some unwanted behaviours; mental health diagnosis; developmental disabilities; intellectual impairments and any children, adolescents and adults using behaviours they would like to change. Tan consults for schools, mental health departments, government agencies working with behaviour, justice department, disability services, rehabilitation centres & medical facilities working with behaviour. Courses developed by Tan are based on extensive clinical experience at Fabic & have been designed to be practical, user friendly and immediately beneficial when you return to your home and/or work setting. Tan is the author of "Challenging Change... behaviour strategies for life"; a helpful tool to support all people to understand and change behaviour for self or other people.

## Details

### 1 Day Workshop

**Date:** Monday, September 3, 2012

**Time:** 8.30am Registration  
9.00am Start – 4.00pm Finish

**Location:** The Swanston Hotel Grand Mecure.  
195 Swanston Street Melbourne Vic  
The hotel is positioned between 2 main train stations - Melbourne Central & Flinders St Station (both approximate 5 min walk to hotel). Tram line 16, 5, 8 stop outside hotel

**Provided:** Morning Tea > Afternoon Tea  
(Due to dietary restrictions we request you provide your own lunch or cafes are close by)

**Costs:** Full Price: \$198 per person  
Early Bird – Paying before 06.08.12>  
Single booking – \$176 > \$165 per person for group bookings (2 or more people) (ALL bookings \$198 single or multiple after Early bird discount date) HCWA Helping Children With Autism package price \$550. HCWA price includes 2x50min follow-up Skype, phone or face-to-face consultation with a Fabic behaviour specialist consultant to individualise course material to your family situation. (All prices are inclusive of GST. Cancellation Policy Applies. ALL payments to be finalised prior to workshop)

**Note:** Limited places available. Booking will be confirmed on receipt of payment (i.e. direct transfer, credit card or cheque by mail)

**Register:** Please fill in the registration form (page 3) of this attachment and return by fax, email or post.

**fabic**   
*behaviour science for real life*

## Contact Fabic

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