



Tuesday 21<sup>st</sup> April 2015

### Proactive Approaches to Autism

09:30 – 13:00

Venue: The Diamond Centre, Sprowston

*A workshop on positive approaches to behaviours that may challenge*

Aims of this workshop:

- raise awareness of the importance of proactive approaches and how these can be used to avoid reactive behaviours
- give you confidence to use some of the tools and strategies in a proactive way
- enable you to share some of the information, strategies and tools with others



Thursday 14<sup>th</sup> May 2015

### A Little Understanding Goes a Long Way

09:30 – 13:00

Venue: The Diamond Centre, Sprowston

*A workshop providing an introduction to Autistic Spectrum Disorders*

Aims of this basic workshop:

- give an overview of the difficulties and differences that someone with autism may experience
- give you the confidence to understand a range of behaviours at a basic level
- provide you with knowledge & understanding to give appropriate and effective support
- provide a 'toolbox' of approaches to use in some typical situations
- give information of where to go for further or additional support and advice



Wednesday 8<sup>th</sup> July 2015

### Understanding You, Understanding Me

09:30 – 13:00

Venue: The Diamond Centre, Sprowston

*A workshop on enabling effective communication*

Aims of this workshop:

- provide understanding of what communication is and involves
- identify some of the difficulties people with autism have with communication
- look at different types of communication
- give you the opportunity to plan your own communication aids
- provide sources of information for useful resources





Thursday 24<sup>th</sup> September 2015

## The Sensory World

09:30 – 13:00

Venue: The Diamond Centre, Sprowston

Aims of this workshop:

- provide an understanding of what is meant by “sensory” in the world of autism
- provide understanding of how sensory differences can impact upon all areas of life for those with ASD
- look at some of the sensory differences and discuss strategies and tools that can be used in a variety of situations
- enable you to begin to use some strategies in everyday situations



## About Michelle

Michelle is mum to an adult daughter who at 3 years old was diagnosed with autism.

She is a member of the British Psychological Society and is registered with The Royal College of General Practitioners.

Michelle's qualifications include: Cert Autistic Spectrum Disorders (Birmingham); an honours degree in psychology and Advanced Diploma in Psychotherapeutic Counselling and she has done a TEACCH course in structured teaching for people with autism.

## Contact details



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MS IMPACT

## Autism Workshops

For professionals and  
Parent carers and family members  
of someone with autism

**Programme 2015**

