



# Educational Psychology & Specialist Support

**01/02/2023 09:30 - 12:30**

**Title:** AUTISM EDUCATION TRUST Autism and Anxiety

**Venue:** Online

**Trainer:** Julie Stewart

## Educational Psychology and Specialist Support

### AUTISM EDUCATION TRUST - Autism and Anxiety

#### Autism Education Trust

#### Autism and Anxiety

#### Outline

The aims

After completing this module, you will be able to understand:

How autistic CYP might express anxiety.

What can cause anxiety in autistic CYP.

What you can do to prevent and reduce anxiety in autistic CYP. Gain practical knowledge and discover hands-on tools and techniques to support pupils with autism in your setting.

#### Description

Autism and Anxiety training is part of an evidence-based national training program, which is endorsed by the DfE.

Autism and Anxiety is one of a suite of training modules developed by the Autism Education Trust (AET), see <https://www.autismeducationtrust.org.uk/training> - and delivered to education settings in Norfolk through the Educational Psychology and Specialist Support AET training Hub.

The Autism Education Trust believes that all pupils with autism should receive an education which enables them to reach their full potential to engage in society as active citizens and that individuals, families and professionals are informed, supported and equipped to enable this to be achieved.

#### Outcome

After completing 'Autism and anxiety', participants will be able:

To have greater knowledge about how prevalent and impactful anxiety can be on autistic CYP  
To learn that anxiety can be transactional and we all have a role in reducing anxiety in school

To understand that there is a toolbox of approaches that can be used to reduce anxiety and the first step is to learn about the individual's triggers and preferred means of support  
To understand that by reducing anxiety we can significantly improve a CYP's ability to engage with school life and their peers, as well as improve general well-being. work.

### **Audience**

Teachers, teaching assistants, senior management and any other practitioner in mainstream and/or specialist settings

### **Booking Information**

<https://s4s.norfolk.gov.uk/Event/184937>

Cost £50

The joining instructions will be emailed to delegates shortly before the event.

N.B. The link will be sent to the email address which is stored on Educator Solutions. This may be an office or administration email address, to amend this please email [enquiry@educatorsolutions.org.uk](mailto:enquiry@educatorsolutions.org.uk)

### **Programme**

#### **01/02/2023 09:30 - 12:30**

Title: AUTISM EDUCATION TRUST Autism and Anxiety

Venue: Online

Trainer: Julie Stewart, ASD Support Team Co-ordinator

Code: EPS-OM-0223-T002

Price per booking: 50.00

Sign up deadline: 26/01/2023