Resources for Autism – Training Menu (Southwark and Lewisham MT)

Training title	Duration	Delivery type	Third sector (youth orgs, charities)	Local authorities	Education	Employers	Other community services
Understanding autism L1	Half day 2.5hrs	In setting	✓✓	✓	✓✓		✓
		Virtual					
Understanding autism and supporting behaviours L1	Half day 3.5hrs	In setting	✓✓	✓	✓✓		✓
		Virtual					
Understanding autism + add on modules/bespoke topics	Half day 2.5 /3.5hrs	In setting	✓	✓	✓	✓	✓
Understanding autism and supporting families	Half day 2.5hrs	In setting	✓	✓✓			✓
		Virtual					
Autism and Neurodiversity in the Workplace	Half day 3.5hrs	In setting	✓	✓		✓✓	✓
		Virtual					
Understanding PDA	Half day 2.5 hrs	In setting	✓	✓	✓✓		
		Virtual					
Understanding autism L2	Full day 5hrs	In setting	✓	✓	✓✓		
Understanding autism and supporting behaviours L2	Full day 5hrs	In setting	✓	✓	✓✓		
Add on modules: ADHD, mentoring autistic young people, presentations in women and girls, autism and mental health, creating inclusive spaces							

resources for autism

Resources for Autism – Training Menu descriptions (MT)

Training title	Content description	Add on modules	Description/contents
Understanding autism L1	This training presents what autism is, exploring challenges, differences and strengths in the following key areas: flexibility of thought and information processing, social interaction, communication and sensory experiences. Content includes "how to help," sections after each topic with tips and practical strategies that can be applied to direct support and concludes with a scenario activity based on topics discussed throughout the session.	**ADHD**	This module details the 3 different types of ADHD, presenting associated challenges, differences, strengths and links between ADHD and Autism.
Understanding autism and supporting behaviours L1	Accompanying the above "Understanding autism" content, this training looks at understanding the functions of behaviours in more depth, proactive prevention strategies and how to use different strategies at different stages of arousal with a focus on responding to needs and reducing anxiety. The training will also close with a scenario activity.	**Mentoring autistic people**	This module looks at both 1:1 and group mentoring styles, brainstorming extra considerations and tips to support autistic mentees.
Understanding autism + add on modules/ bespoke topics	Along with our standard "Understanding autism L1" topics, this training will allow for another hour of content either tailored to your service's specific needs or, up to two of the specified "add on modules."	**Presentations in women and girls**	This module explores gender bias within autism diagnosis, differences in presentations and misconceptions.
Understanding autism and supporting families	This training details what autism is, expanding on the 4 main areas of difference. "How to help" tips and strategies follow each section of the training are tailored to practitioners who support families and include strategies to cascade to parents and ideas things to consider conducting visits, and planning support.	**Autism and mental health**	This module presents common co-occurring mental health conditions, discussion around contributing factors, misdiagnosis and receiving appropriate support.

Resources for Autism – Training Menu descriptions (MT)

Training title	Content description	Add on modules	Content description
Autism and Neurodiversity in the Workplace	This training looks at challenges, differences and strengths for autistic people in the work environment and explores a range of topics for employers to consider such as reasonable adjustments and support plans	**Creating inclusive spaces**	This module considers physical spaces, processes/service delivery and resources to consider ways to increase inclusivity and accessibility and support sensory experiences.
Understanding PDA	This training presents common characteristics of a PDA profile of autism, exploring demands and perceived demands, the hierarchy of avoidance and some helpful tips and strategies to support with a focus on reducing perception of demands and anxiety.	**Bespoke topics**	Bespoke topics are guided by the needs of your organisation, if it is within our remit we will do our best to accommodate.
Understanding autism L2	This training is a more comprehensive version of our Understanding autism L1 training (rather than L2 to follow the L1) allowing for further detail, examples and activities throughout the session.		
Understanding autism and supporting behaviours L2	This training is a more comprehensive version of our Understanding autism and supporting behaviours L1 training (rather than L2 to follow the L1) allowing for further detail, examples and activities throughout the session.		

resources for autism