

Autism, Mental Health and Managing Anxiety : 2 Day Seminar

Registration: 8.45 AM

Seminar begins: 9.15 AM

Seminar concludes : 3.30 PM

This two-day course for teachers working with students with Autism is provided by the Special Education Support Service (SESS) in conjunction with the Middletown Centre for Autism and addresses understanding and promoting positive mental health in Autism.

Anticipated Outcomes

Participants will:

- Gain a better understanding of the mental health challenges faced by individuals with Autism and how these may present
- Gain some methods of helping individuals with Autism recognise and manage their anxiety
- Engage with learning materials relevant to Autism, mental health and managing anxiety

Course Overview/Content

- A review of the core features of Autism with reference to mental health, including anxiety
- A review of the impact of Theory of Mind and Executive Function on the mental health of individuals with Autism
- Appreciation of the presentation of a variety of mental health problems in Autism
- Information on how to help and manage mental health problems, in particular anxiety
- Information on aspects of cognitive therapy

Information for Applicants

The course is open to

- Teachers working in classes for student(s) with Autism in a mainstream setting
- Teachers in Special Schools who are currently working with student(s) with Autism
- Full-time Special Education Teachers who are currently working with student(s) with Autism

- Participants will require permission from the Board of Management to attend. Typically, substitution for this seminar will only be allowed to classroom teachers with primary responsibility for students with a special educational need and if it is deemed absolutely essential by the Principal
- Typically substitution will only be allocated to non - substitute teachers
- Payment is not available to teachers in a substitute capacity

Refreshments and lunch will be provided.

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