



Autism-Informed Therapy Institute

www.autisminformedtherapy.com

Half-Day Workshops/Webinars *Presented by Eoin Stephens*

“Autism-Informed Therapy” *Counselling & Psychotherapy with Autistic Adults*

Workshop 1: Introduction *(Current theory)*

Choose from either of these dates:

Friday 18th February 2022, 9.00am - 1.00pm
or Saturday 5th March 2022, 9.00am - 1.00pm

Workshop 2: Follow-up *(Practical application)*

Choose from either of these dates:

Friday 18th March 2022, 9.00am - 1.00pm
or Saturday 2nd April 2022, 9.00am - 1.00pm

***Each workshop has 15 places available online (via Zoom)
& 5 places available offline for the Saturdays (Osprey Hotel, Naas)***

***Fee: €50 per workshop - To book, email: info@autisminformedtherapy.com
Please specify preferences for workshop(s), date(s), & online/offline attendance***

As more children are being identified as autistic, many adults are also realising that being autistic may make a lot of sense of their life experiences and struggles.

Autistic people (especially growing up without knowledge of being autistic) are very vulnerable to Social Anxiety, Depression, Low Self-Esteem etc, and the suicide rate among autistic people is much higher than in the general population.

When they seek therapy, allowance needs to be made for their autistic personality & perspective.

These workshops will present a primarily Person-Centred, Cognitive-Behavioural and Evolution-Informed approach to this challenge, with time for discussion & questions, looking at:

- Current thinking about autism, especially the neurodiversity perspective
- Autistic differences in social information-processing
- Realistic therapy goals, & other relevant issues
- The value of structure in the therapy process
- Therapeutic Approaches to Anxiety, Low Self-Esteem etc
- Further learning resources

Eoin Stephens is a counsellor & trainer who has worked in the area of mental health for over 30 years, particularly focusing on issues such as social anxiety & behavioural addictions. He was awarded the IACP Carl Berkeley Award in 2010.

He is currently focusing attention on understanding the problems faced by autistic adults & their specific therapeutic needs, and is himself autistic, having made the discovery in late adulthood.