



Autism-Informed Therapy Institute

www.autisminformedtherapy.com

“Autism-Informed Therapy”

Counselling & Psychotherapy with Autistic Adults

Half-Day Webinars/Workshops for Therapists

Presented by Eoin Stephens

Workshop 1: Introduction

(Current thinking)

Saturday 29th October 2022, 9.00am - 1.00pm

Workshop 2: Follow-up

(Practical applications)

Saturday 26th November 2022, 9.00am - 1.00pm

*Each webinar/workshop has 15 places available online (via Zoom)
& 7 places available offline (Osprey Hotel Business Centre, Naas)*

Fee: €50 per workshop - To book, email: info@autisminformedtherapy.com

Please specify preference for online/offline attendance

These days, as our awareness grows beyond the notion that autism is something to be associated mostly with children (and mostly with the male gender), many adults (of all genders) are having the realisation that they may be autistic. This realisation can then be used to make a lot of sense of their life experiences and struggles, but many need informed professional help to do so. Autistic people, especially when 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 Pragmatic, Humanistic, Evolution-Informed, Cognitive-Behavioural approach to this challenge, with time for discussion & questions, looking at:

- Current thinking about autism: the neurodiversity perspective, terminology, masking, etc
- Autistic differences in social information-processing
- The value of structure in the therapy process
- Realistic therapy goals, & other relevant issues
- Possible adjustments for working with Worry & Social Anxiety
- 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 primarily on working with autistic adults, and on understanding the problems they face & their specific therapeutic needs. He is himself autistic, having made the discovery about 10 years ago.

Certificate of Attendance for 4 CPD points is awarded