

Webinar (via Zoom)

Presented by Eoin Stephens & Sarah Dwan

Sensory Trauma and Mental Health: An Autistic Perspective

Exploring the connections between sensory experiences/issues and emotional/mental health issues

(For therapists etc with some knowledge in relation to autism & the neurodiversity paradigm)

Date: Saturday 22nd June 2024

Time: 11.00-1.00 Cost: €25

In this webinar Eoin & Sarah will be looking at:

- Sensory System in general (sensory system shape EVERYONE'S worldview)
- Unsung Senses: Interoception, Vestibular, Proprioception. High/Low Thresholds.
- Sensory Trauma: Microaggressions. Invalidation. Gaslighting. Panic attacks, meltdowns, shutdowns, not trusting our senses.
- Autistic Masking: Unmasking as a privilege. Example: Autistic parent sensory overload (guilt/shame).
- Effects on specific aspects of Mental health – Depression, Anxiety Disorders, cPTSD, Eating Disorders, Addictions, etc.
- Strategies: Understanding the Autistic Way of Being. Neuro-affirming approach (practice grounded in the neurodiversity paradigm. Understanding one's unique sensory profile. Polyvagal theory (mindfulness/glimmers/regulation/coregulation). Connecting with other Autistics (Social Identity Theory/Double Empathy Theory).

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. These days, his primary focus is on working with autistic adults, and on understanding the problems they face & their specific therapeutic needs. He is himself autistic, having made the discovery in 2012.

Sarah Dwan, of "Life Through My Lens," is an Autistic Disability and Neuroinclusion Advocate, parent, speaker, and writer. Her goal is to promote neuroinclusion and centre Neurodivergent voices in a bid to create a society that is less traumatising for the Autistic and broader Neurodivergent communities. Currently pursuing her degree in psychology, she is passionate about reshaping the narrative surrounding neurodivergence by advocating for a societal shift towards the neurodiversity paradigm and away from the pathology paradigm.

Certificate of Attendance for 2 CPD points is awarded