



# Autism-Informed Therapy Institute

[www.autisminformedtherapy.com](http://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 27<sup>th</sup> August 2022, 9.00am - 1.00pm

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

Saturday 24<sup>th</sup> September 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](mailto:info@autisminformedtherapy.com)**

*Please specify preference for 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 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
- 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 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 nearly 10 years ago.*

*Certificate of Attendance for 4 CPD points is awarded*