

## DEVON & CORNWALL BRANCH

### Adapting CBT for Autistic Spectrum Disorders

Presented by Darren Liddle

Friday 18 October 2019

**Times:** 9.30am to 4.30pm (Registration from 9.00am)

**Venue:** Buckfast Abbey, Northwood Lane, Buckfastleigh, Devon, TQ11 0EG

#### Workshop overview:

People with autism can pose unique challenges for a therapist. In addition to any 'presenting mental health problems', those with autism experience difficulties in relation to social communication, social understanding, social imagination, sensory issues and emotional literacy. This client group can experience everyday events as confusing and frequently feel misunderstood, which can lead them to exhibit many behaviours their family, peers and other supporters may find challenging (i.e. aggression and self-injury, social and communication issues, repetitive behaviours and restricted interests). People with autism frequently experience anxiety and depression, and often feel dissatisfied with the help that they receive. This may be (at least partly) due to both practitioners and clients trying to apply 'neurotypical' understandings to autism.

This workshop is designed to develop awareness of autism and the challenges this client group face, as well as the therapeutic interventions that can be adapted to support this population to better understand themselves and obtain more satisfactory outcomes.

This workshop will be most suitable for High Intensity and other qualified Cognitive Behavioural Psychotherapists, working with working age and older adult populations. Other CBT therapists, those who may apply CBT strategies or techniques as part of their therapeutic work, including those still in training, and low-intensity workers may also find it useful.

**Darren Liddle** is a qualified and accredited (BABCP) cognitive behavioural therapist and supervisor, working in a primary care IAPT service in the Northeast of England. Darren has gained extensive knowledge and experience in working with people with autism, over a 14 year period. Darren completed an MA in autism studies at Northumbria University where he continues to present lectures on depression, anxiety and anger management for people with autism as well as emotional literacy. Darren has also practiced as a person centred counsellor and a psychological wellbeing practitioner (PWP).

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## **Registration and General Information**

BABCP Member fee: £65

Non-Member fee: £80

Student fee: £60 (evidence required)

Lunch and refreshments will be provided. A CPD certificate for 6 hours will be issued.

**Closing date for registrations is Friday 11<sup>th</sup> October 2019**

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email [workshops@babcp.com](mailto:workshops@babcp.com)

For venue enquiries please see website - [www.buckfastconferences.org.uk](http://www.buckfastconferences.org.uk)