

## **EAST KENT COASTAL BRANCH**

# **Adapting Cognitive Behavioural Interventions for Autism**

Presented by Ailsa Russell

Thursday 12 September 2019

**Times:** 9.30am to 4.20pm (Registration from 9.00am)

**Venue:** The Alexander Centre, 15-17 Preston Street, Faversham, ME13 8NZ

### **Workshop background**

Mental health problems, particularly anxiety and depression are reported to frequently co-occur with autism across the lifespan. Cognitive Behaviour Therapy (CBT), if adapted for the needs of autistic people, has been found to be effective in treating co-occurring mental health problems.

This workshop will provide a brief introduction to Autism as a clinical diagnosis, co-occurring mental health problems and the evidence base for Cognitive Behavioural interventions.

The rationale for adapted CBT will be discussed and the adaptations to assessment, formulation and intervention in CBT will be presented. Opportunities for skills practice will be used to bring these to life.

The workshop is suitable for clinicians with a solid foundation in CBT, interested in adapting their practice for Autism. The focus will be clinical practice with intellectually able individuals from 14 years and upwards.

### **Intended learning outcomes;**

- To become familiar with the key adaptations to CBT for mental health problems in the context of Autism
- To understand the rationale for the adaptations to CBT
- To gain some skills practice with the key adaptations in the classroom
- To become familiar with the evidence base

This workshop aims to improve therapist knowledge about and confidence in working with autistic people. The intended learning outcomes may also be helpful in adapting practice for people with social communication difficulties who do not have a formal diagnosis.

### **Widely Recognised Accreditation | High Quality CPD | CBT Register UK**

### **About Ailsa Russell**

Dr Ailsa Russell is a Reader in Clinical Psychology at the Centre for Applied Autism Research, Department of Psychology, University of Bath. She has held clinical posts in NHS national specialist and community-based adult autism services. She has led on two clinical trials investigating the usefulness of adapted CBT for autistic people with co-occurring mental health problems, specifically Obsessive-Compulsive Disorder (OCD) and Depression.

### **Registration and General Information**

BABCP Member fee: £65

Non-Member fee: £80

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

**Closing date for registrations is Thursday 5<sup>th</sup> September.**

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 - <https://www.thealexandercentre.com/>