



Professional Development Series

Quality training by experienced presenters on
Autism Spectrum Disorder (ASD): autism,
High Functioning autism and Asperger syndrome.

February - December 2010

**Dates, times, cost, booking information will
be available online from December 2009**

www.autismsa.org.au

NB: all sessions will be 3 hours unless stated otherwise

Introduction to ASD

A highly engaging session where participants learn about the complexities of ASD and how this impacts on individuals across a range of settings, age ranges and levels of functioning. During the session, participants will have opportunities for informal discussion, will view DVD footage as well as complete a matrix of the key characteristics/impact of ASD for a student.

Key strategies to support student participation and engagement will be discussed as well.

Essential Classroom Skills

Participants will learn how to teach a student essential skills such as following instructions, waiting, turn taking, making a choice, referring to a schedule, asking for help, responding to a timer, accepting 'no' for an answer or who's the boss? An essential presentation for teachers of all junior primary and lower primary students.

Teaching Strategies for Asperger Syndrome (General)

This very popular presentation covers a range of practical strategies for Teachers/SSO's to support student participation and engagement. Topics covered include setting up the environment, using visual supports to enhance understanding and learning, routines, schedules, timers, explicit teaching, positive reinforcement and social/emotional regulation. Includes use of discussion and viewing a DVD. *This presentation assumes you have a general understanding of the characteristics of Asperger syndrome. If not it is recommended to register for Introduction to ASD.*

Customised Services

Need help with providing professional development for your staff? Not sure what training session to select? **Phone the Autism SA School Inclusion Program Coordinator to find out more about the presentations described below and your school's training needs.** We can easily negotiate targeted training packages to suit your requirements. This could be a specific presentation designed just for your school, or a series of sessions conducted either at your school, Autism SA or combined with other schools in the region. Waiting for your call!

Teaching Strategies for Asperger Syndrome (Advanced)

Topics in this session include: ways to support poor executive functioning, student organization, social engineering in the class/yard, social/emotional understanding, more on social/emotional regulation including ways to reduce stress and enhance the individual's ability to self regulate emotions, use of written contracts, increasing student work output, short and long term goal setting. Some very successful programs/resources will be shown such as the 'Incredible 5 Point Scale' or 'The Way to A'. Includes use of discussion, viewing a DVD, actual case studies and scenarios. *This presentation assumes participants have completed Teaching Strategies for Asperger Syndrome (General). If not it is recommended to register for this workshop first.*

Surviving Challenging Behaviours (General)

Can we change this behaviour? If so, how? If not, can we reduce it or can we survive it? Students with ASD often exhibit behaviours that challenge us as professionals and institutions. This very popular presentation will help participants understand both the characteristics and the impact of ASD on a student's anxiety level. A framework for examining the underlying reasons for behaviours and identifying effective strategies for dealing with them will be outlined. Theory and lots of practical advice, tips and examples.

Surviving Challenging Behaviour (Advanced)

This presentation assumes participants have completed Surviving Challenging Behaviours (General). If not it is recommended to register for this workshop first. This presentation will demonstrate the importance of incorporating knowledge of ASD with an understanding of individual strengths, weaknesses, likes and dislikes, when developing an effective positive behaviour support plan. This session incorporates discussion, case studies, examples of actual behaviour plans including Crisis Plans, as well as how to implement successful interventions such as 'The Incredible 5 Point Scale' or 'The Way to A'. Proactive ways to support students experiencing severe and challenging behaviours will also be discussed.



Using Reinforcement Schedules to Teach New Skills

School staff love this session! In this session participants will learn about the importance of using well designed reward systems to successfully motivate students to demonstrate/use skills such as: *I follow instructions, I use my break card, I take turns, I sit at my desk and work.* This presentation includes explicit instructions on what to do and how to do it, as well as many examples of successful reinforcement schedules for students of **all** ages.

A Communication Friendly Classroom

A 2 hour session where you will learn about a range of simple ways to effectively communicate to students to maximise their understanding. Strategies covered include: the importance of communication, using classroom visual supports, modifying Teacher/SSO language and what to say/ do when student starts to become anxious or non compliant.

How to Help Students with Sensory Needs

Many students experience sensory processing difficulties. This session describes the role of sensory processing in learning and the impact of this in the classroom. Practical strategies to support students are described and demonstrated. This session leads into the *Stress, Anxiety and Emotional Regulation* workshop, (see below).

Stress, Anxiety and Emotional Regulation

Flattening the highs and lows... How can we support students to reduce/ manage stress, anxiety or anger? Participants will learn about how to teach the skill of relaxation, progressive muscle relaxation, guided imagery, raising student awareness, calming strategies, the 'Incredible 5 Point Scale', and the 'Alert Program', (a popular program for teaching self regulation).

Developing Writing Skills

Efficient handwriting requires the development of a range of foundation skills including gross motor, fine motor, visual perception, planning and organisation. A fun, practical session providing strategies and activities to support students.

Taking Care of Myself

A highly anticipated new workshop covering a range of essential topics including: body awareness, personal hygiene, how to teach concepts such as public/private, the circles of friendship, managing behaviours such as masturbation and supporting girls at puberty with menstruation.



How to Run a Social Skills Group

Topics covered during the session include: why we teach social skills, what social skills to teach, how to set up and resource a group, suggested teaching strategies, behaviour management tips and other topics/fun activities to include in the group. Recommended resources for social skills programs will be shown and discussed during the session.



"I'm looking forward to trying out some new ideas."

"Lots of practical ideas and real life case scenarios. You made it easy to understand."

An Asperger Friendly High School

A whole day presentation with 3 sessions. 1st session: background to ASD, principles of inclusion, timetabling, SSO support, subject choices, transition planning, work experience and effective behaviour management, 2nd session: a range of best practice classroom and teaching strategies, 3rd session: how to support students' social/emotional development in their adolescent years. The presentation also includes informal discussion, activities and viewing of DVD's. A range of excellent resources will be available to view on the day.

Using Visual Supports and Social Scripts

You will learn why using visual supports work so well, see different examples of visual supports and find out many best practice tips. Other visual strategies, such as cognitive picture rehearsal, thinking stories or social scripts to teach social understanding will be discussed. During this session you will write your own social script with easy step by step instructions.

Practical Strategies Workshop

A popular, enjoyable workshop returns in 2010! Participants will be divided into small groups of 6, and then spend one hour doing each of these 3 mini sessions: writing a social script, designing and making a visual support (to take home), and discussion/problem solving of common behaviours. Total length is 4 hours. Maximum number of participants will be 18.

Supporting Students with ASD

A whole day session just for SSO's and ESO's. Topics covered include: brief background to ASD, support models, making and displaying of visuals, writing social scripts, a range of best practice teaching strategies, implementation of interventions, and non aversive tips to manage non compliance/oppositional behaviour. How can SSO's manage their own emotional wellbeing, especially after a stressful session with a student? We will finish with an informative discussion on how to look after yourself.

Special School

This whole day training provides extensive information especially for special class and special school teachers! Topics covered include: what is autism? setting up a positive learning environment, how to teach new skills, managing behaviour, reinforcement, sensory supports, curriculum support (e.g., the TEACCH program) and SMART goals.



Coming in Term 4: 2010

Planning for a great start in 2011!

You've just read your class list for next year and you'll have a student with an ASD.

Remember the 90:10 rule... extensive transition planning now reduces time spent on inappropriate behaviours later...

Planning in Term 4 starts with getting to know the student, meeting the current teacher and preparing a range of simple best practice strategies, ready for the first day of term. This brings enormous benefits for you and the student! An engaging session full of practical, easy to use strategies. Not to be missed!

