

## Autism Seminars

### Professor Tony Attwood

For Parents, Carers, Educators, Teachers,  
Support Workers and Allied Health Professionals

Join Professor Tony Attwood, an internationally renowned leader in the field of Autism Spectrum Disorders for three practical seminars that provide valuable explanations, strategies and advice.

#### Option to Attend One or Both Days

**Wednesday, 6 March 2024 – 5.00pm – 7.00pm**

- Cognitive Abilities: A different way of thinking and learning profile

**Thursday, 7 March 2024 – 9.30am – 3.30pm**

- Managing Feelings: Cognitive Behaviour Therapy to manage anxiety, sadness and anger
- Making Friends: Strategies to improve social understanding and friendship skills

**Venue:** Lighthouse Theatre Warrnambool – 185 Timor Street Warrnambool

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#### **Presenter: Professor Tony Attwood**



Tony is a clinical psychologist who has specialised in Autism Spectrum Disorders since he qualified as a clinical psychologist in England in 1975. He has over 40 years clinical experience and is also adjunct professor at Griffith University, Queensland.

His books have sold over 1 million copies and translated into 27 languages. Topics of his books include anxiety and depression, relationships and sexuality, employment and general advice for autistic children and adults including Autism Spectrum Disorder.

Tony has been invited to be a keynote speaker at many Australasian and International Conferences. He presents workshops and webinars and runs training courses on ASD for parents, professionals and autistic individuals all over the world and is a prolific author of scientific papers and books on the subject. He has presented numerous live webinars and worked with many thousands of autistic individuals of all ages with many expressions of autism.

***Please turn over for all booking details.***

# Professor Tony Attwood – Autism Seminars

Lighthouse Theatre Warrnambool – 185 Timor Street Warrnambool

Wednesday 6<sup>th</sup> March 2024

4.45 pm	Registration & Coffee
5.00 pm	Seminar Commences – Cognitive Abilities
7.00 pm	Seminar Concludes

## ◆ Cognitive Abilities

The unusual profile of cognitive abilities associated with autism is described with an emphasis on the distinct profile of intellectual abilities, problems with executive function, flexible thinking, coping with mistakes and weak central coherence. Strategies are described to improve motivation, organisational skills and academic achievement.

**Cost:** \$75 [Register Here](#)

Thursday 7<sup>th</sup> March 2024

9.00 – 9:30 am	Registration & Coffee
9.30 – 10.30 am	Managing Feelings: CBT to manage anxiety, sadness and anger
10.30 – 11.00 am	Morning Tea Break
11.00 – 12:00	Managing Feelings continues
12.00 – 1.00 pm	Lunch Break
1.00 – 2.00 pm	Making Friends: Strategies to Improve Social Understanding and Friendship Skills Seminar
2.00 – 2.30 pm	Afternoon Tea Break
2.30 – 3.30 pm	Making Friends continues
3.30 pm	Workshop Concludes

## ◆ Managing Feelings: Cognitive Behaviour Therapy to manage anxiety, sadness and anger

The presentation explains why autistic children and adults are more prone to have intense emotions and develop mood disorders. The presentation also explains strategies that can help moderate and manage emotions.

The Cognitive Behaviour Therapy includes emotion education and cognitive restructuring, i.e. improving the understanding of emotions in yourself and others and changing the way the person perceives and responds to emotions. The concept of an emotional toolbox is used to provide a greater range of strategies to manage and repair feelings.

## ◆ Making Friends: Strategies to Improve Social Understanding and Friendship Skills

The presentation explains the four stages in the development of friendship and strategies to encourage the development of friendship skills and social integration for autistic children and adolescents from as young as three years to late teens. The activities can be applied in the classroom, playground and at home.

**Cost:** \$165 [Register Here](#)

Morning Tea, Lunch and Afternoon Tea are included in the registration fee.