



The Autism Project's Catalogue of Training 2022-2023

The Autism Project has a robust library of workshops that are presented in-person, live over ZOOM, or via pre-recorded seminars. All workshops can be tailored to meet your organization's current needs, both in terms of content, and length of presentation.

Most workshops requested are 1.5 hours, 2.0 hours or 3.0 hours.

Individual Workshops

Autism Thinking: Understanding the Core Characteristics of ASD and How to Support an Individual Across the Day

"Autism Thinking" is designed to inform participants of the neurodevelopmental characteristics of Autism Spectrum Disorder (ASD). Topics include, but are not limited to: Executive Functioning, Context Blindness, Theory of Mind, Central Coherence, Joint Attention, and One-Channel Processing. An understanding of these characteristics and challenges arms participants with the knowledge required to support individuals with ASD in their daily lives (in the classroom, in the home, or in the community). This presentation ends with a discussion of the methods used to support individuals with ASD. These practical tools and strategies will help participants be proactive and confident in their efforts to support individuals with autism in a variety of settings.

Visual Supports in Practice

This training provides an understanding on how to create and use visuals to better support individuals with autism and related developmental disabilities (DD) by increasing independence, promoting communication, and reducing challenging behaviors in the classroom and at home. Participants will learn how to teach, "wait", "help" and how to ask for a "break" using visual supports. They will also learn about Social Narratives and other strategies used to explain a given situation and provide strategies to navigate it. Lastly, we will learn about how to use a countdown timer for successful transitions.

Supporting Self-Regulation

How the body feels and experiences one's emotions plays a vital role in daily quality of life, interpersonal interaction, and even communication. Participants explore the challenges that many autistic people face when working to maintain physical and emotional regulation. In addition, strategies to support a person before, during, and after a period of dysregulation will be discussed.

Introduction to Child Development

Based on the CDC'S "Learn the Signs. Act Early." evidence-based curriculum on Developmental Milestones, participants will review developmental milestones and discuss the importance of childhood development screening. Professionals and parents will learn practical strategies for providing structure

and will discuss the importance of visual supports to encourage independence. Professionals will learn how to improve effective communication with concerned families and increase knowledge of available resources.

Positive Behavior Supports

Challenging behaviors impact classroom learning, time in the community, and the family dynamic. The goal of this training is to provide basic information about a variety of positive behavior supports that can be used to teach key skills to students with autism. This training provides participants with information and tools to help parents and professionals view challenging behavior through a different lens. Discussion related to skill deficits, coexisting conditions, and possible motivation of behaviors will help professionals and parents create positive behavior supports to help build healthier interactions and a successful environment.

Supporting Individuals with ASD/DD During the COVID-19 Pandemic

The COVID-19 Pandemic has created many unique challenges for individuals with ASD/DD and their families. This training provides participants with an overview of those challenges, as well as strategies to support an individual with ASD during this difficult time. With research and insight from professionals such as Dr. Tony Atwood and Dr. Temple Grandin, participants will understand how to structure this unique and uncertain time for individuals with ASD/DD.

Understanding Characteristics of Autism Spectrum Disorder (ASD)

This training was created for individuals who work with the ASD/DD community outside of the classroom (community health workers, doctors, dentists, nurses, etc.) It allows participants to gain a better understanding of how to support and engage with individuals with ASD, DD, and other executive functioning challenges at home and in the community. Participants will learn: characteristics of ASD, identifying underlying skills deficits, strategies to support people during a meltdown, how to identify and respond according to a patient's brain state, and an awareness of one's own emotional triggers and the impact those triggers have on a response to a situation.

Preparing for Emergencies

Safety is a critical part of all our lives from crossing the street to having a family escape plan in case of a fire. The Autism Project presents an overview for parents of children with special learning needs on how to prepare for community outings and visually supported safety plans in the home. Attendees will receive a list of resources to help better prepare families and emergency management personnel for an emergency.

Introduction to Structured Teaching to Support Children with ASD

Participants will learn about Structured Teaching and how to incorporate strategies across the day to support children with Autism Spectrum Disorder (ASD). The strategies are appropriate across the day at school, at home, in a vocational setting, and in the community.

A Common Goal: Fostering Empathetic Relationships Within a Child's Care Team

To deliver impactful care, a person's team must work as a cohesive, trusting, and therapeutic network. Distrust, bias, frustration, miscommunication, cultural norms, opposing expectations, and trauma can all influence one's approach to members of the team. These influences often lead to breakdowns in communication and can negatively impact the individual with ASD as a result. This presentation addresses, from both the family and professional perspective, causes of these communication

breakdowns, and strategies for repairing and preventing them. Through an empathetic understanding of each person's experience, a therapeutic and effective team will emerge.

Professional & Parent Training Series

A Starting Point© (9 weeks/ Parents & Professionals)

"A Starting Point" is a comprehensive, 9-week training on key topics related to autism spectrum disorder. This training incorporates didactic instruction with many practical strategies. It also includes time to learn and practice those strategies, thus building confidence to use them the next day with your students or child.

Characteristics of Autism Spectrum Disorder (ASD): Understanding learning styles of ASD and how the differences impact an individual's learning experience and behaviors.

Visual Structure: Learn what visual structure is and why it is so important to an individual on the spectrum. Learn strategies to implement visual structure in a variety of settings.

Communication in ASD: Communication challenges affect all individuals with ASD. Learn the multiple facets of communication, and what strategies and programs will support growth in this area.

Understanding Sensory Integration: We all learn through our 7 senses. Through an interactive presentation and participation in centers that challenge our senses, participants learn how sensory integration challenges impact behaviors and one's ability to meet the demands of the environment.

Self-Regulation - Sensory Diet: How the body interprets input, and that interpretation's impact on emotional regulation, plays a vital role in success in social interactions. Participants explore strategies to support an individual with both physical and emotional regulation.

Independent Work Systems: Learn about the systems that can be developed to support an individual with ASD in the educational, vocational, and leisure settings. These systems teach independence and the concept of "finished".

Visual Strategies to Support Independence: Participants will review basic life strategies such as help, wait, break and more. Learn about how to teach these important life skills to an individual with ASD. Also, we will introduce Carol Gray's strategy of Social Stories®.

Positive Behavior Supports: ASD is often described by behavior. Though it is described by behaviors it is not a behavior disorder. Learn what may be causing challenging behavior in an individual with ASD and what strategies we can use to support the individual.

Panel Discussion: During this panel discussion, families will share experiences of having a child who is diagnosed with ASD. This session also serves as an opportunity for participants to ask questions of families, and to learn about ASD from each family's unique perspective.

Aspire©

Individuals with a Level 1 ASD profile (previously identified as Asperger Syndrome in DSM-IV) face unique challenges and often, their distinctive strengths can mask their areas of need. The Aspire series is designed to teach parents and professionals about the unique characteristics and learning styles of individuals with a "high functioning autism" profile.

Understanding "Level 1 Autism": Understanding the learning style of people with a "Level 1 Autism" profile and understand how their learning style can impact their experiences.

Social Communication: Social communication challenges affect all individuals with a “Level 1 Autism” profile. Learn what Social Communication is and strategies to support functional communication.

Self-Regulation: Key to Social Interaction: Learn about Emotional Intelligence. Learn about the primary and secondary emotions and how anxiety can affect learning and behaviors. Learn strategies to understand the “tell signs” and support a student through meltdowns.

Making Sense of People: Social Intelligence for Social Situations: Learn about Social Intelligence and what skills are needed for a student to be socially successful and to be part of a group, class and community.

Marching to the Beat of a Different Drummer: People with a “Level 1 Autism” profile are often described by their behavior. Though it is described by behaviors, it is not a behavior disorder. Learn why we may face challenging behaviors and strategies we can use to support the individual.

Parent-Only Training Series

Parent to Parent (ASD or General Developmental Delays) 5-Week Series

This unique training series is taught by parent coaches who bring their experiences and education to support families who are raising a child with autism. Families will gain a deeper understanding of their child’s delays or diagnosis and learn how to create a supportive environment for their child to be successful.

“Parent-to-Parent: ASD”

Understanding ASD: Parents will gain an understanding of three (3) core areas affected by Autism Spectrum Disorders (communication, social skills, fixed/repetitive behaviors, interests, and activities) and how they impact a child’s abilities in communication, self-regulation and learning.

Communication: Communication challenges impact individuals with ASD. We will discuss the various forms of communication (verbal and nonverbal) and how best to support our children as their ability to communicate develops.

Visual Supports: Most individuals with ASD are visual learners. Visual supports promote communication and independence. Families will learn how to implement these tools at home and in the community. The group will have an opportunity to “make and take” a schedule with them to begin using at home.

Visual Supports in Practice: As we continue to learn and experience the importance of visual supports, families will be taught how to teach “wait”, “help” and how to ask for a break, using visual supports. We will also learn about Carol Gray’s strategy of using Social Stories® to explain and help navigate a given situation. Lastly, we will learn about how to use a countdown timer to structure the passing of time to promote successful transitions.

Positive Advocacy: Having a child with special needs often means we need to learn a whole new language. We will discuss how to form a positive team of professionals around you and your child and how to be an effective communicator. Families will learn about special education law, IDEA, what an IEP and 504 plans are, and how they benefit our children.

“Parent to Parent: The Beginning Stages”

The Autism Project is launching a new series this fall “Parent to Parent: The Beginning Stages”. Similar to the original P2P: ASD, the five-week series is for parents of young children with either have identified developmental delays or there are concerns about their development. In addition, information on tracking development, and communicating that information to a child’s care team, is provided

A Starting Point for Paraprofessionals Level 1.0: This is the base training for paraprofessionals. Level 2.0 which covers advanced strategies, is also available.

Understanding Autism Spectrum Disorder (ASD): Understanding learning styles of ASD and how the differences impact an individual’s learning experience and behaviors.

Visual Strategies: Learn what visual structure is and why it is so important to an individual on the spectrum. Learn strategies to implement visual structure in a variety of settings.

Self-Regulation: How the body feels and experiences one’s emotions play a vital role in success in social interactions. Participants explore strategies to support an individual with both body and emotional regulation.

Accommodating on the Fly: Best practice for supporting students with ASD is to back up communication with visual information. What does that mean and how can I do it all day? Participants will learn basic tools and strategies to use visual information as a means of communicating, prompting and supporting students.

Positive Behavior Supports: ASD is often described by behavior. Though it is described by behaviors, it is not a behavior disorder. Learn what may be challenging behavior in an individual with ASD and what strategies we can use to support the individual.

Social Emotional Learning (SEL) in the Classroom: Participants will gain an awareness of the daily challenges faced by individuals with social emotional challenges. Topics such as SEL, academics and positive behavior plans will be discussed.

Conscious Discipline®- 5-week training series for parents

Conscious Discipline is an evidence-based, trauma-informed approach that teaches adults to control their own emotional responses to children so they can stay present at the moment, connect with the child, and then work through the feelings the child is having together. Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.

For inquiries on our above trainings and panels, please contact:

Ariana DeAngelis, M.Ed.

Training Manager – The Autism Project

ADeAngelis1@lifespan.org

+1-401-785-2666, ex. 4