



StarTraining

Developing professional excellence

A guide to understanding Autism - a strengths-based perspective.

Course Highlights

- **Target Audience:** Suitable for all staff working with autistic individuals, including teachers, teaching assistants, healthcare assistants, support workers and anyone involved in direct care or support.
- **Delivery Format:** This course is delivered exclusively as a bespoke training package tailored to your workplace needs. Available both online and in-person.

Course Details

Pricing will be discussed in accordance with each organisation's needs and the specific outcomes they are looking to achieve.

Learning Outcomes

By the end of this course, participants will:

- Understand the key principles of neurodiversity and how they relate to autism.
- Recognise the impact of sensory environments on autistic individuals.
- Explore strategies to create psychologically safe and supportive spaces.
- Be able to identify barriers to inclusion and how to reduce them.
- Understand the importance of autistic strengths and lived experience – not deficits.
- Feel confident in applying inclusive practices in their own settings.

Key Topics Covered

- Autism and neurodiversity: a strengths-based perspective
- History and diagnosis
- Sensory processing – inc. Alexithymia
- Monotropism
- Double empathy problem
- SPELL
- Masking
- Autonomic nervous system
- Creating psychologically safe spaces: emotional and physical safety.
- Inclusive practice and understanding individuality.

Empower your team to foster environments where autistic individuals feel safe, understood, and supported—enquire today to start making a lasting impact.