

Nottingham City  
Autism Team



Schools , Families Specialist  
Services

Communication &  
Interaction Team

## Autism Conference: Promoting Positive Mental Health

**Friday 28th February 2020**  
**Double Tree Hotel, Nottingham**  
Registration from **8:30 - 3:00**  
**Professionals: £120 Parents: £65**  
(Booking closes on Friday 14th February 2020)

### KEYNOTE SPEAKERS

**Professor Barry Carpenter**

**Visiting Professor of Mental Health in Education at Oxford Brookes University**

Author of over 150 articles on a range of learning disabilities/special needs topics. With a career spanning 30 years and holding leadership positions in schools and academia, Barry now lectures nationally and internationally



**Katie Buckingham**

**Founder and Director of Altruist Enterprises**

Diagnosed with Asperger Syndrome at the age of 16 years, Katie sees her autism as an advantage. Katie recently delivered her first TEDxtalk titled, '*I'm fine. Let's stop masking our mental health issues*' which is available to watch on You Tube.



To book your place please follow the link below:-

<https://www.eventbrite.co.uk/o/nottingham-city-council-inclusive-education-service-15059617531>

(Please indicate any dietary requirements at time of booking)

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## WORKSHOP CHOICES

### Using 5 Point Scales to Regulate Emotions

Nottingham City Autism Team will deliver this workshop on 5 point scales, which are a visual, evidence based, preventative method for supporting children and young people. This approach helps children and young people to recognise and manage their own emotions before they become overwhelming.

### The Homunculi Approach: using CBT to deal with stress, anxiety and negative thoughts, feelings and behaviour'

Nottingham City Autism Team will introduce you to the Homunculi. Homunculi are miniature agents with problem-solving missions and special gadgets who live inside the brain and help out with distressing thoughts, feelings and behaviours.

### Interoception: the eighth sense

Nottinghamshire Autism Team will introduce you to the eighth sense. The interoception is the sense that provides information about the internal condition of our body, allowing us to experience many body sensations. It improves self-regulation, self-awareness and social understanding.

### Autism, puberty and adolescence

Nottinghamshire Autism Team will provide information and strategies to support pupils with autism through adolescence and puberty. Exploring how the four key areas of difference in autism affect puberty and adolescence. Strategies to reduce inappropriate sexual behaviours, or appropriate behaviours at inappropriate times. Teaching of social rules e.g. personal space, appropriate touch, public and private.

## MARKET PLACE



Terms and conditions our available on our website: <http://www.eduserve.co.uk/additional-needs/inclusive-education-service/ies-training>