

Dr Ailsa Russell

University of Bath

Wednesday, 7th November 2018

Venue: Local to Reading



Adapting Cognitive Behavioural Interventions for Autism

Introduction:

Mental health problems, particularly anxiety and depression are reported to frequently co-occur with Autism. Cognitive behavioural interventions, if adapted for autism, have been found to be effective in treating co-occurring mental health problems in this group. This workshop will outline the adaptations to CBT that are considered important in working with autistic people. The workshop is suitable for clinicians with a solid foundation in CBT, interested in adapting their practice for Autism. The focus will be clinical practice with intellectually able individuals from 14 years and upwards.

Content

This workshop will provide a brief introduction to Autism as a clinical diagnosis and presentation, including co-occurring mental health problems.

The evidence base for Cognitive Behavioural interventions will be reviewed.

The rationale for adapted CBT will be discussed and the adaptations to assessment, formulation and intervention in CBT will be presented. Opportunities for skills practice will be used to bring these to life.

Learning objectives:

- To become familiar with the key adaptations to CBT for mental health problems in the context of Autism
- To understand the rationale for the adaptations to CBT
- To gain some skills practice with the key adaptations in the classroom
- To become familiar with the evidence base

Training modalities

The workshop will be interactive and include both experiential and didactic teaching. Participants will have a chance to discuss their own cases, and particularly are encouraged to use these as a basis for skills practice, preserving client confidentiality.



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Key references:

1. Anderson, S. & Morris, J. (2006) Cognitive Behaviour Therapy for people with Aspergers Syndrome *Behavioural and Cognitive Psychotherapy* 34(3):293-303
2. Cooper, K., Loades, M.E. and Russell, A. (2018) Adapting psychological therapies for Autism *Research in Autism Spectrum Disorders* 45; 43-50
3. Walters, S., Loades, M. and Russell, A. (2016) A Systematic Review of Effective Modifications to Cognitive Behavioural Therapy for Young People with Autism Spectrum Disorders *Review Journal of Autism and Developmental Disorders* 3(2) pp 137-153

About the presenter:

Dr Ailsa Russell is a Reader in Clinical Psychology at the University of Bath. She has worked in national specialist adult ASD services and community based adult autism services. She has led on 2 clinical trials investigating the usefulness of adapted CBT for co-occurring mental health problems, specifically treating Obsessive Compulsive Disorder (OCD) and Depression.

Cost of 1-day workshop: £130 including lunch

For further information contact the Charlie Waller Institute:

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading

