Adapting cognitive-behavioural therapy for people with Autism

Introduction:

Autism is a lifelong neurodevelopmental disability characterised by differences in reciprocal social interaction and social communication, along with restricted interests and rigid and repetitive behaviours. This population has an increased prevalence of a range of mental health problems, and as a consequence, there has been an ever-increasing interest in adapting and delivering psychological therapies for people with autism.

Learning objectives:

- Discuss and explain autism spectrum disorders
- Consider the theories that have been developed to explain and understand autism
- Consider this information and its relevance to psychological formulation in groups
- Discuss some of the adaptations that have been made to therapy for people with autism
- Consider how you might adapt psychological therapies effectively for people with autism in groups
- Review and consider the evidence for psychological therapies when used with people with autism

Training modalities

The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to ask questions and discuss cases.
Professor Peter Langdon  
University of Kent  

Thursday, 26th September 2019  
Venue: University of Reading  

Key references:


About the presenter:

Professor Langdon is a Consultant Clinical and Forensic Psychologist and non-medical approved clinician currently working within the Tizard Centre at the University of Kent and the Broadland Clinic, Hertfordshire Partnership University Foundation Trust in Norfolk. From September, he will be joining the Centre for Educational Development, Appraisal and Research, University of Warwick. Peter completed his undergraduate degree at Memorial University of Newfoundland, Canada and went on to complete his Doctorate in Clinical Psychology at the Institute of Psychiatry, King’s College, London as a Lord Rothermere Fellow. He completed his PhD at the Tizard Centre as an NIHR Research Fellow, and has held a further NIHR research fellowship. During his career he has held research grants totalling more than £6 million. He is Editor of the Journal of Applied Research in Intellectual Disabilities, and Chair of the Challenging Behaviour and Mental Health Special Interest Research Group with the International Association for the Scientific Study of Intellectual and Developmental Disabilities. He is also a Panel Member of the Transforming Care Stakeholder Roundtable and an Advisor Panel Member of with the Quality Network for Inpatient Learning Disability Services.

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Cost of 1-day workshop:  
£130 including lunch

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