Creating Connections: Understanding Young People with Autism

Designed by practitioners for practitioners

Overview

Creating Connections: Understanding Young People with Autism is the first in a two-part workshop series designed for practitioners who support parents and carers of children and young people with autism. This session offers a deep dive into current understandings of autism and explores how it shapes an individual's experience, behaviour, and interaction with the world.

The workshop invites participants to reflect on how neurodivergent and neurotypical people process information differently, using sensory experiences as a lens to challenge assumptions about what is considered 'normal'. Drawing on the formal definition of autism, the session unpacks common characteristics—such as social differences and sensory sensitivities—as variations in information processing.

Through practical demonstrations and immersive activities, participants will gain insight into the autistic experience and learn techniques to foster more inclusive, empathetic, and effective support for neurodivergent children and young people.

Learning Outcomes

By the end of this workshop, participants will be able to:

- Understand the **key characteristics of autism**, drawing on the latest research and contemporary perspectives.
- Connect **scientific knowledge** about autism with observable behaviours and lived experiences.
- Develop a deeper understanding of how **neurodivergent individuals process information**, particularly in contrast to neurotypical experiences.
- Apply **practical strategies** to support autistic children and young people in regulating emotions, preparing for change, and building capacity.
- Acquire a range of **communication techniques** to engage effectively with parents and carers about autism.
- Use inclusive approaches to create **supportive environments** that affirm neurodivergent identities and promote wellbeing.

Delivery and Suitability

This workshop is delivered as a 2-hour interactive session, available online or in-person to suit your organisation's needs. The session includes reflective activities, practical demonstrations, and opportunities for discussion to ensure an engaging and meaningful learning experience. To support active participation, each session is capped at 30 participants.

This training is ideal for professionals who support parents and carers of autistic children and young people.

This workshop forms Part One of the *Creating Connections* series. Participants are encouraged to continue their learning journey with Part Two: Supporting Young People with Autism, which builds on the foundational knowledge and introduces targeted strategies for direct support.

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