


Fetal Alcohol Spectrum Disorders: supporting children and young people

Date: Tuesday, 3 September 2019 (Glasgow)
 Tuesday, 24 March 2020 (Edinburgh)
Trainer: Eileen Calder, FASD Scotland
Cost: from £89

 Exposure to alcohol prenatally can interfere with a child's development, and cause growth deficiency and alterations to the internal organs, skeleton and central nervous systems. Often the conditions may go undiagnosed, or be misdiagnosed, for example as autism.


This workshop will illustrate the wide range of conditions encompassed by Fetal Alcohol Spectrum Disorders (FASD) and explore practical ways of supporting children who are affected.

Key learning:

- Conditions and symptoms by age and stage, and diagnosis
- Secondary disorders
- Impact on learning and development
- Support tools and strategies for building on strengths.

Girls and autism: with Sarah Hendrickx

Date: Thursday, 3 October 2019 (Glasgow)
Trainer: Sarah Hendrickx
Cost: from £89

 Girls are still less likely to be diagnosed with autism than boys and, as a result, are not referred for diagnosis or miss out on support.


This seminar is led by Sarah Hendrickx, an expert in autism spectrum conditions who also happens to have Asperger syndrome.

Key learning:

- Current research into girls on the spectrum – how autism presents differently in girls
- Diagnosis and how to apply the criteria
- Key problems girls face, including anxiety, puberty and co-morbidity
- Strategies to support girls on the spectrum and their families.

NEW Twilight sessions: practical techniques to support children with speech, language and communication difficulties

Date: Thursday, 5, 12 & 19 September 2019
 (5.30-7.30pm) (Edinburgh)
Trainer: Dr Liliias Nicholls
Cost: from £89

 This course will offer practical advice on how you can best support children and young people with speech, language and communication difficulties. It will explore what communication can mean and look like in different circumstances, and how augmentative and alternative communication can help children make themselves understood and express their needs and wants.

The course will take place on three consecutive Thursday evenings and can only be booked as a block of three twilight sessions.

Key learning:

- The how, why and where of communication
- Understanding good communicative practice
- Practising augmentative and alternative communication, including pointing, picture exchange and signing
- Testing engaging activities such as the brain gym, bucket time and sensory games.

"I think this should be compulsory training for all headteachers!"

*Delegate, May 2019
(Fetal Alcohol Spectrum Disorders)*



NEW ADHD, autism and attachment in early years

Date: Thursday, 26 September 2019 (Edinburgh)
Trainer: Emma Weaver, ADHD Foundation
Cost: from £89



This training will equip you with the knowledge and skills to effectively support the needs of young children with ADHD, autism and/or attachment difficulties. Particular focus will be on the symptom overlap, how we identify the conditions and how we support children with early intervention.

Key learning:

- Recognising the symptoms of ADHD, autism and attachment difficulties
- Supporting you to identify the symptom overlap and provide appropriate intervention
- Understanding the conditions and their impact on learning and development in the early years
- Observational tools to support early identification and intervention
- Practical strategies to support learning and development.

Music therapy for children with autism and related conditions

Date: Monday, 7 October 2019 (Edinburgh)
Trainer: Janet McLachlan, Nordoff Robbins Scotland
Cost: from £89



Research shows that children with autism respond positively to music. When Nordoff and Robbins founded their music therapy approach in the 1960s, they found that music helped children with autism to develop concentration, self-control and increased social and self-awareness. Although music therapy has significantly extended and developed, this client group remains one of the largest accessing music therapy today.

This workshop will include an introduction to music therapy and will offer you practical skills for using music with children who have autism and related conditions.

Key learning:

- A theoretical understanding of music therapy, including video examples
- Why music? The significance and impact of music for children with autism and related conditions
- Practical skills and confidence to use music as a medium to encourage self-expression and increased participation.

"Really well delivered and a great intro to music therapy."

"I had no idea what music therapists did and didn't realise the impact it could have on children."

*Delegates, February 2019
(Music therapy for children with autism and related conditions)*

NEW Music therapy for children with complex learning disabilities

Date: Monday, 24 February 2020 (Edinburgh)
Trainer: Mary Veal, Nordoff Robbins Scotland
Cost: from £89



Nordoff and Robbins founded their music therapy approach on the work that they carried out in the 1960s with children who had profound and complex needs. Although music therapy has significantly extended and developed, this client group remains one of the largest accessing music therapy today.

This workshop will include an introduction to music therapy and offer you practical skills in relation to using music with children who have more profound and complex needs.

Key learning:

- A theoretical understanding of music therapy
- Why music? The significance and impact of music for children with profound and complex needs
- Practical skills and confidence to use music as a medium to encourage self-expression and increased participation.

The engagement model: looking differently at learners with complex needs

Date: Thursday, 24 October 2019 (Glasgow)
Trainer: Lindsay Graham
Cost: from £89



This training will present the engagement model as a form of personalised learning. It will shift the emphasis away from the learner's interests as a way of personalising learning and, instead, will look at the particular way(s) they engage. You will explore how to analyse what is happening when learners are engaged, and how the information gained from this can then be used to motivate these learners in other contexts.

Key learning:

- Understanding the different elements within the engagement model that will assist in analysing how an individual engages
- Understanding the difficulties faced by those who find it hard to engage in learning
- Understanding the long-term nature of personalised support
- Using case studies to practise developing the model of engagement
- Key strategies for developing a learning plan, using the ways the student has engaged in activities.

"Very enjoyable course – very useful resources to use in practice."

*Delegate, February 2019
(The engagement model)*

NEW Creating an autism inclusive setting

Date: Tuesday, 29 October 2019 (Edinburgh)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £89



This workshop will raise awareness of how autism may present itself in children and young people. You will explore how autism can affect the sensory experiences of learning and living in different environments. You will learn how autism can affect a child or young person's experience of your setting, and how you can make reasonable adjustments to both your communication style and setting to create a more inclusive environment.

Key learning:

- Understanding how autism may present in children and young people
- Focusing on sensory issues, environment and understanding behaviours
- Creating more inclusive language and communication
- Exploring further strategies, resources and signposting.

NEW Coping with Christmas: making the festive period more inclusive for children and young people with autism

Date: Thursday, 31 October 2019 (Edinburgh, am)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £55



This half-day training is aimed practitioners, parents and carers of children and young people with autism. It will help you navigate them through the excitement, chaos and transitions of the festive period. You will explore a range of practical strategies that will help you support those who may struggle with this time of year and will focus on making celebrations more autism inclusive.

Key learning:

- Identifying why Christmas and other celebrations may be challenging for someone with autism
- Creating key strategies to help parents, carers and practitioners support children with autism during this time of year
- Practical tips and links to resources that can make the festive period more inclusive for everyone.



Promoting emotional wellbeing in children and young people on the autism spectrum

Date: Wednesday, 20 November 2019 (Edinburgh)
Trainer: Ruth Fidler
Cost: from £89



This seminar will provide an understanding of the relationship between anxiety and autism, recognising the impact of anxiety on individuals with autism, and will support you to develop strategies to promote wellbeing.

You will receive a current overview of autism spectrum conditions, understand some of the reasons leading to raised anxiety for children and young people with autism, and will outline an action plan to take back to your setting.

Key learning:

- Understanding the impact of anxiety on children with autism spectrum disorders
- Embedding emotional wellbeing in your setting
- Interactive approaches to support children and young people with autism.

"As a probation teacher who has never previously trained in autism, I found today's advice and learning life changing in terms of ideas and confidence and motivation."

*Delegate, March 2019
(Promoting emotional wellbeing in children and young people on the autism spectrum)*

Understanding Pathological Demand Avoidance (PDA) Syndrome in children

Date: Thursday, 5 March 2020 (Edinburgh)
Trainer: Ruth Fidler
Cost: from £89



This seminar will help you develop a better understanding of the distinct behaviour profile associated with PDA Syndrome and explore how to provide better support to children affected.

Although PDA Syndrome is not yet officially recognised as being part of the autism spectrum, parents, carers and the sector have identified a need for improved support.

Key learning:

- The distinctive profile of PDA, in particular the way children are driven to avoid demands and expectations
- Issues for educational settings in meeting the needs of pupils with PDA
- Effective strategies for engaging with children with PDA and promoting their emotional wellbeing.

Relationships, sexual health and parenthood (RSHP) education in autism

Date: Monday, 25 November 2019 (Edinburgh)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £89



Relationships, sexual health and parenthood (RSHP) education is a vital part of any person's life but is often avoided or mismanaged when educating children and young people with autism.

This training workshop will look at the importance of RSHP education and help you gain confidence in supporting children and young people with autism.

Key learning:

- How autism may affect the way children and young people learn about sex and relationships
- Sex and the law
- The key milestones and topics that need to be tackled (i.e. puberty, consent)
- Case studies and practical tips to help boost confidence among staff.

"I thought Corrie was an excellent trainer. I found learning in depth about consent the most beneficial and will take this back to my work place."

*Delegate, October 2018
(RSHP education in autism)*

NEW Sex, gender and sexuality: supporting LGBT young people with autism

Date: Wednesday, 5 February 2020 (Edinburgh, am)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £55



This half-day training will explore your understanding of gender and autism. You will delve into the history of sexuality and disability, as well as improve your knowledge on the difference between sex, gender, gender expression and attraction.

The session will help you to improve your understanding of the diversity of the autistic LGBT community and how we can make sure our language and approaches make us more inclusive.

Key learning:

- Understanding the history of sexuality and disability
- Recognising the diversity of the LGBT community
- Differentiating between sex, gender, gender expression and attraction
- Understanding the relationship between gender and autism
- Signposting to practical resources and working directly with the new Scottish national relationships, sexual health and parenthood (RSHP) resource.



Growing up: discussing puberty and managing change with children with mild to moderate learning disabilities

Date: Wednesday, 6 May 2020 (Edinburgh)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £89



This practical training workshop will help you understand how having a learning disability and/or autism affects the way young people learn about sex and relationships. You will explore sexual rights and stigmas related to people with a learning disability and/or autism. You will also receive practical tips and resources to improve your knowledge and confidence in providing support to the young people you work with.

Key learning:

- Key age and intellectual milestones and important topics: talking about body parts, puberty, sex, relationships and consent
- Case studies and practical tips to help improve confidence and knowledge in your delivery
- Key resources, including the new Scottish national relationships, sexual health and parenthood (RSHP) resource, and examples of how to adapt and use them in your everyday practice.

"Really enthusiastic and passionate course leader, making a somewhat delicate subject comfortable and enjoyable. Loved the course!"

Delegate, May 2019 (Growing up)



Understanding and managing ADHD

Date: Friday, 21 February 2020 (Edinburgh)
Trainer: Colin Foley, ADHD Foundation
Cost: from £89



This training workshop will equip you with the knowledge and skills to effectively support the needs of children and young people with ADHD.

It will help you understand what ADHD is (and is not) and which strategies and therapeutic approaches may support the children and young people you work with to increase their learning experience.

Key learning:

- Current research, key features and diagnostic criteria
- Executive functioning impairments, emotional dysregulation and the different presentations of ADHD
- The learner's experience of ADHD
- Practical strategies to support executive functioning, literacy, anxiety, movement and activity.



NEW Deaf awareness in the early years

Date: Friday, 13 March 2020 (Edinburgh, am)
Trainer: Siân Wilson, National Deaf Children's Society
Cost: from £55



Deaf children can do anything other children can do, given the right support from the start. Effective language and communication skills lie at the heart of their social, emotional and intellectual development.

This half-day workshop has been created to help mainstream early years practitioners to feel confident in supporting children with hearing loss in their setting. It will give you an understanding of what deafness is and explain some of its causes whilst exploring best practices when communicating with children with a hearing loss. You will have the opportunity to learn some basic signs and explore how you can use books and rhymes to support children with hearing loss.

Key learning:

- Understanding deafness and causes of childhood deafness
- Exploring technology
- Using gestures and iconic signs
- Using books with deaf children.



Sensory stories: helping children with autism access literacy

Date: Tuesday, 3 March 2020 (Glasgow, am)
Trainer: Dr Liliias Nicholls
Cost: from £55



Young children with autism can sometimes have tactile differences and difficulties. Sensory stories can be a fun way of incorporating literacy and exposure to different touch experiences.

This half-day workshop will explore a variety of simple sensory stories and give you the opportunity to try making your own. It is aimed at practitioners working with pre-school children, early primary classes or older children with a severe cognitive loss.

Key learning:

- Developing joint attention in young children
- Promoting understanding/expressive skills
- Decreasing hyper-sensitivities to touch and promoting awareness of different textures.

"Liliias was excellent, very knowledgeable and enthusiastic."

"I loved the ideas the course gave me. I shall use them often and come up with more!"

"It was great to have the opportunity to create our own sensory story."

Delegates, April 2019 (Sensory stories)

Signalong: giving children with communication difficulties a voice

Date: Wednesday, 29 April 2020 (Stirling)
Trainer: Dr Liliias Nicholls
Cost: from £89



Signalong is a supporting system which can help children and young people with communication difficulties to acquire and develop language skills.

Because signing is visual, it promotes the comprehension of language in children on the autism spectrum, with Down Syndrome and those who are developmentally young.

This training workshop will offer you a comprehensive introduction to Signalong. It will teach you a great number of signs including nouns, verbs and adjectives. You will practise these in sentences and experience conversations through role play and scenarios.

Key learning:

- The philosophy of Signalong and how it works
- Practising signs, sentences and conversations in role play
- How to use Signalong with the children and young people you work with and/or care for.