

PAACT

(Parents And Autistic Children Together)

Professor Tony Attwood

Saturday 19th May 2012

The Engine Shed, Lincoln University

9.00 am – 4.30 pm

Asperger's Syndrome

Managing Feelings: Cognitive Behaviour Therapy to manage anxiety, sadness and anger.

Cognitive Abilities: A different way of thinking and learning profile.

Ticket prices (includes lunch and refreshments):



	<u>PAACT Members</u>	<u>Non PAACT Members</u>
Professional	£85	£90
Person with ASD	£60	£65
Parent/Carer	£60	£65

In all categories, a £15 'Early Bird' discount will apply for those booking and paying for tickets before 31/03/12.

No crèche facilities available.

For more information: www.paact.org.uk or email: paact1@googlemail.com



Parents & Autistic Children Together



A life of happiness, dignity, achievement and inclusion

Professor Tony Attwood

Tony is a clinical psychologist who has specialised in autism spectrum disorders since he qualified as a clinical psychologist in England in 1975. He works in private practice in Brisbane, but is also adjunct professor at Griffith University, Queensland. His book *Asperger's Syndrome – A Guide for Parents and Professionals* has sold over 350,000 copies and has been translated into over twenty languages. He has worked with over 6,000 individuals of all ages with Asperger's syndrome or an Autism Spectrum Disorder.

Tony presents workshops and runs training courses for parents, professionals and individuals with Asperger's syndrome all over the world and is a prolific author of scientific papers and books on the subject. His latest book *The Complete Guide to Asperger's Syndrome* was published in October 2006.

Managing Feelings: Cognitive Behaviour Therapy to Manage Anxiety, Sadness and Anger

The presentation explains why children and adults with Asperger's syndrome are more prone to develop mood disorders and also explains strategies that can help such individuals learn about and manage emotions.

The Cognitive Behaviour Therapy includes affective education and cognitive restructuring, i.e. improving the understanding of emotions and changing the way the person perceives and responds to emotions. The concept of an emotional toolbox is used to provide a greater range of strategies to manage feelings.

Cognitive Abilities: A Different Way of Thinking and Learning Profile

The unusual profile of cognitive abilities associated with Asperger's syndrome is described with an emphasis on the profile of intellectual abilities, problems with executive function, attention and weak central coherence. Strategies are described to improve attention, organisational skills and academic achievement.

We would like to thank our sponsors/supporters for their contributions to the conference:

Autism Care UK, Jan Heywood and Blankney Golf Club, Ladies Section
The Councillor Big Society Fund



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