

Asperger's Syndrome / High Functioning Autism in Adults – The Hidden 'Disorder'

There has been greatly improved awareness and early detection for children on the Autism Spectrum.

However, despite prevalence estimates of 1 in 68 in the general population, higher functioning individuals, especially those born prior to 1990, and/or who are often academically very competent, can pass through the school system undetected despite struggling to make sense of the world and having ongoing difficulty relating to others.

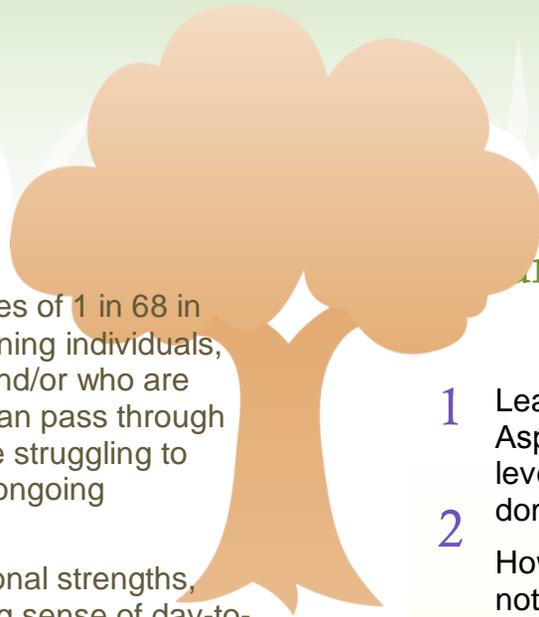
Even though they often have exceptional strengths, these people can struggle with making sense of day-to-day life, presenting to doctors and counsellors with symptoms of depression, anxiety, OCD, addiction, and many more. Some even get misdiagnosed with a personality disorder, and conventional treatment is often unhelpful because the primary issue, Asperger's or High Functioning Autism, hasn't been identified.

This workshop uses videos to help clinicians both understand and recognize how differently the symptoms of Asperger's / ASD / HFA present in adults compared to children, and provides strategies for working with and supporting such individuals.

Who is this workshop for?

This workshop is for case managers and clinicians from all disciplines who work with adults in general and specialist health settings, e.g. community, AOD, forensic etc.

No prior counseling training or knowledge of working with autism spectrum disorders is required.



Learning Outcomes

- 1 Learn features of Asperger's / HFA / ASD level 1, across four key domains.
- 2 How these features can not only be hidden in adults, but even more so in women.
- 3 Differentiate Asperger's/HFA from traditionally understood Autism Spectrum Disorder.
- 4 Explore the ethical question of whether HFA/ASD should be seen as a disorder or just a part of 'neurodiversity'.
- 5 Understand DSM 5 criteria, and if appropriate to do so.
- 6 Offer behavioural strategies to minimize distress.
- 7 Help the client to identify their unique strengths and superpowers due to having Asperger's.
- 8 Use a 7-step framework

Foundation Day One

This sample session is based upon 6.5 hours contact time, to allow video vignettes

Topic 1 – Background and contact

9:00 First Vignette

9:30 History of the diagnosis through the 20th Century

9:40 Facts and fantasies around the causes

9:50 Gender and ASD

Topic 2 – The Elements of the Syndrome

10:00A) Social Challenges

10:10 Empathy & Theory of Mind

10:30 Social Strengths

10:40 Strategies for friendships

10:45 BREAK

11:00B) Communication

11:05 Language Expression

11:15 Language Interpretation

11:25 Conversation Skills

11:35 DSM 5 Criterion A

11:40C) Sensory/Motor

11:45 Hyper/hypo sensitivities

11:55 Motor functioning

12:00 'Stimming'

12:15 Sensory/Motor Strategies

1:00 LUNCH

1:45 D) Cognitive Domain

1:40 Rigidity of thought

1:50 Decision making

2:00 Rationality and Perseveration

2:10 Special Interests

2:20 Processing Style

2:30 DSM 5 Criterion B

2:35 Meltdowns and Shutdowns

2:45 BREAK

3:15 Part 3 – Life Areas

3:20 School, work and career.

3:35 Romantic Relationships & Sex

3:45 Offending and Addiction

3:50 Part 4 – Treatment Planning

3:55 Ethical questions

4:00 Summary of Assessment & Diagnosis

4:10 Identification & Trauma Work

4:20 "Coming Out" and building a happy Aspie life!



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About the presenter

Dr Matthew Berry *FCCLinP FCCounsP*

Matthew is a psychologist working primarily with adults and organisations, who himself received a late diagnosis of Asperger's syndrome in his 40s.

An experienced supervisor and international trainer he has been a university lecturer for the past 15 years.

His areas of professional interest include:

- Substance use and addiction
- Sexual compulsiveness
- Asperger's Syndrome in adults
- Happiness and well-being
- Supervision and management skills.

His psychological approach is strengths based, with a foundation in Emotion-Focused Therapy and ACT, informed by attachment, systems, and drive theory.



More Information

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