



# An Introduction to Autistic-Centred Counselling

This **workshop** has been developed as a result of many years of working with people on the autism spectrum (including Asperger Syndrome), their families and associated professionals. It addresses their struggle to find suitable counselling that empathises with the many traits of the autism spectrum that can present in confused meaning when it comes to making sense of their emotions, communications and social awareness.

The **co-facilitators** have observed how autistic client-centred counselling can resolve many stressors for the client, their family and often for the professionals. Sherine and Serena have been counselling autistic people for over 20 years. They both have family members on the autism spectrum, giving them lived experience, knowledge and understanding into the issues and challenges experienced by autistic people and their families.

The **focus** of the workshop will be to provide understanding, strategies and techniques for professionals to have confidence supporting autistic clients and their families. Examples will be presented from both counselling case studies and stories from autistic clients to help professionals make sense of 'everyday' worlds through the eyes and minds of autistic clients regardless of their cognitive ability.

This **training** will be of particular interest to counsellors, therapists, and professionals who support people on the autism spectrum and their families.

*Some of topics we will explore:*

- Counselling principles and modification for counselling when working with autistic people.
- Anxiety and depression and other feelings
- Stuff that works and stuff that doesn't
- Strategies and case studies

*Workshop notes and a PD Certificate will be given at the end of the workshop.*

**Facilitators:** Sherine Mettini (MNZAC) & Serena Stace (MNZAC, AThR)

**When:** Thursday 24th June 2021. Time 9am - 3pm (registration 8:45am)

**Where:** Lyon Room, Home of Compassion, 2 Rhine Street, Island Bay (parking on the grounds)

**Kai:** Morning and afternoon tea provided. The venue is some distance from shops. Please bring your own lunch, there is a small café on site.

**Registration:** [Click here to register](#)

**Cost:** Cost: \$250 including GST / Early bird \$230 (pay by 1/5/2021) / Students: \$180

**Contact:** Sherine Mettini, email: [sherinemettini@gmail.com](mailto:sherinemettini@gmail.com), phone: 029-972-4411

**Or:** Serena Stace, email: [serenestace@gmail.com](mailto:serenestace@gmail.com), phone: 027-353-4120