



The Association
for Child and Adolescent
Mental Health

Tony Attwood

'Autism essentials for parents'

Friday 29 May, 09.00 – 17.00

H.G. Wells Conference & Events Centre,
Church Street East, Woking GU21 6H

Plus LIVE STREAM available

Two incredible talks, one insightful day.

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

The presentation explains why children and adults with ASD-Level 1 (Asperger's syndrome) are more prone to have intense emotions and to develop mood disorders. The presentation also explains strategies that can help moderate and manage emotions.

The Cognitive Behaviour Therapy includes affective education and cognitive restructuring, i.e. improving the understanding of emotions in yourself and others 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 and repair feelings.

Cognitive Abilities: *A Different Way Of Thinking And Learning Profile*

The unusual profile of cognitive abilities associated with ASD-Level 1 (Asperger's syndrome) is described with an emphasis on the distinct profile of intellectual abilities, problems with executive function, flexible thinking, coping with mistakes and weak central coherence. Strategies are described to improve motivation, organisational skills and academic achievement.



Tickets
from
£74^{pp}

**LIVE
STREAM**
£50^{pp}

**NO
VAT**

***"Fantastic..., would recommend
to all professionals and parents"***

Who should attend

This event should be of interest to those who support autistic children and young people.

- Parents/carers of those with autistic children
- Social care workers and leaders
- Teachers and support staff
- Youth-based service workers and leaders
- Mental Health & Health Professionals
- Commissioners of health and education service

About Tony

- Foremost expert on Autism & Asperger's
- Clinical Psychologist, Ph.D.
- International Keynote speaker
- 1 million+ book sales, translated in 28 languages

BOOK NOW ONLINE
acamh.org/event/attwood20
or telephone - 020 7403 7458

acamh.org/event/attwood20

Call 020 7403 7458



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TO BOOK YOUR PLACE, PLEASE COMPLETE AND RETURN THIS FORM TO:

REF: 864

ACAMH Conferences
St Saviour's House
39-41 Union Street
London SE1 1SD, UK

T +44 (0)20 7403 7458
F +44 (0)20 7403 7081
events@acamh.org

Fees include conference materials,
lunch and refreshments. Please note
that ACAMH will film this event.

To read more about this
and future events visit
www.acamh.org/events

Booking form

PERSON ATTENDING

Title
Job title
Name
Dietary requirements
Organisation

PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

Title
Job title
Name
Organisation
Contact Number

CONTACT DETAILS OF PERSON ATTENDING

Address type	WORK	HOME
Address		
		Postcode
Email	Telephone	

PAYMENT

<p>£74 Parents of children with autism, carers, those with an autism diagnosis</p> <p>£124 ACAMH Members</p> <p>£174 Non-Members</p> <p>£50 Live stream</p>	<p>I enclose a cheque made payable to ACAMH</p> <p>Invoice payment - Invoice can only be issued on receipt of an official purchase order, clearly indicating purchase order number and paying body. Invoice requests without relevant documentation will be returned.</p>
<p>Card Payment</p> <p>VISA MASTERCARD EUROCARD MAESTRO ELECTRON AMEX</p> <p>For your own security please do not send any credit card details via email.</p>	
Name on card	Card number
Expiry date	Issue No (if Maestro)
Billing address	CCV (last three digits on back of card or four on front for AMEX)
Cardholder's signature	Date

Closing date: Wednesday 25 May 2020.

Confirmation will be emailed to all delegates, if you have not received confirmation at least one week before the event please contact the office on 020 7403 7458. Please do not turn up on the day without having received confirmation by email.

Cancellation policy: cancellations received 6 weeks in advance of the event will be refunded in full less a £10 administration charge; cancellations received after this date will receive no refund.

Data Protection: By signing this application you are entering into a contract with ACAMH to attend the above event. ACAMH will use the information provided to communicate details with you about the event. As part of the contract the email address provided will be added to our weekly newsletter, with details about CYP mental health topics, you can unsubscribe from this at any time.