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| BPS Approved Autism and Eating Disorder/Disordered Eating for AWD Providers*With National Centre for Autism & Mental Health* |
| 3 Mandatory 1hr virtual check in sessions & distance learning over a 2-month period.**What will I learn on this course?*** Aware of the range and prevalence of Eating-Disorders and Disordered Eating patterns (including ARFID) experienced by autistic people.
* How Eating- Disorders and Disordered Eating Patterns (including ARFID) may present amongst autistic people.
* Ability to spot the signs of Eating -Disorders and Disordered Eating patterns using the “Spotting the Signs Tool and related screening tools.”
* Aware of gender bias in autism assessments and specific issues relating to the female presentation that may go under the radar.
* How Eating-Disorders/Disordered Eating Patterns may present amongst young autistic men.
* The importance of sensory food profiling as part of an initial assessment for autistic people experiencing disordered eating patterns.
* Ability to use the sensory food profiling tool as part of your initial assessments and practice using them.
* Overview of how low interoceptive awareness, the double empathy problem, monotropic thinking, differences in communication style, masking and camouflaging and sensory hyper and hyposensitivities may impact on food preferences, eating patterns and disordered eating.
* How change and transitions impact on anxiety and eating patterns amongst autistic people.
* Why co-occurring mental health conditions increase risks for eating disorders/disordered eating patterns amongst autistic people (e.g. Obsessive Compulsive Disorder).
* Understand the principles of re-feeding at home and in the community.
* Introduction to family skills for autism and eating disorders/disordered eating (key skills for supporting re-feeding).
* Ability to use a range practices, resources, psychoeducation tools, worksheets and strategies for increasing self-awareness, self- acceptance, balance and improved mental health.
* Reviewed the literature and best practice approaches for supporting autistic people who experience eating disorders/disordered eating patterns (including ARFID).
* Access to supplementary psychoeducation, learning materials and resources.

 **What are the benefits of completing this training?*** Understanding of Autism and Mental Health (using an inside out & neuro-affirmative approach)
* Certificate of completion
* Work towards the BPS Approved Certification in Autism and Mental Health.
* Ability to adjust practice.
* Specific core skills for supporting Autistic people who experience co- occurring mental health conditions.
* Access to supportive resources, skills, and approaches.
* Increased awareness around your own practice.
* Application of learning into practice.

**What else will I take away from this training?*** PDF Course Handouts.
* 12 weeks access to Tutor led videos.
* Course Guide
* Certificate of Completion for this course.
* NCAMH Podcast Interviews.
* Downloadable Articles.
* 2 Spotting the Signs Tool (including printable visuals)
* Sensory profiling tool
* Downloadable Worksheets.
* Psychoeducation Tools.
* 4 Downloadable Reflective Practice Worksheets.
* Further reading/reference list.
* Access to supplementary learning materials

**One space per company.**  |
| DateStart date in the first week of March. Date to be set with attendees.  |  | Distance Learning – Platform tbc  |

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| Delegate name/s: |
| Name of company, Service and geographical area covered: |
| Work Email: |
| Phone: |

This course is only open to registered adult social care services that are based within the geographical boundaries of Essex County Council.

Please complete the booking table, return to quality.innovation@essex.gov.uk  and await booking confirmation.

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