

NWU | **a;sa** autism south africa

Connect to **STEP AHEAD**

SAVE THE DATE **06-09**
July 2019

4TH NATIONAL AUTISM SYMPOSIUM

BOOKINGS:
info@autismsouthafrica.org or call
 (011) 484 9909/9923 or (018) 299 1737.
 For more information, abstracts,
 special rates and exhibition stands
 contact IPWinfo@nwu.ac.za
 North West University, Potchefstroom

WORKSHOP PROGRAM

Only R150 per person per workshop you choose to attend. Please register for each workshop you plan to attend.

6 JULY

Workshop 1	Don't work harder; work smarter! Dr Carla Groenewald (Specialist Child Psychiatrist) and Dr Petro Erasmus (Educational Psychologist, North West University)
9:00	Registration
9:15-11:15	A workshop on exploring how the brain works, especially for children with neuro-developmental difficulties, and how to use this knowledge to make learning fun. We will be looking at study orientation, motivation, study habits, and the role of anxiety.
Workshop 2	Learning to use the toilet Antoinette Bruce-Alexander (Educator and Mother of an Autistic son)
12:00	Registration
12:15-14:15	This workshop will address the steps, considerations, activities, and routines necessary to support parents in helping their child to learn to use the toilet with confidence.

Workshop 3	Re-igniting Hope: Creating space for parents Debbie Fewster (Occupational therapist, University of Kwazulu Natal)
15:00	Registration
15:15-17:15	As the primary caregivers of a child with ASD, parents deal with many emotions, stress, juggling family demands, and advocating for the rights of their child. Along the way, they become so focused on the needs of their child that they lose sight of their own needs, which ultimately impacts on their health, wellbeing, and quality of life. The workshop will be interspersed with opportunities for participants to express their needs as well as activities to reflect on their well-being and quality of life, to re-ignite hope and a sense of purpose for the way forward in the management of their wellbeing.
Workshop 4	Listening Circle for parents Prof Chris Venter (Counselling Psychologist) and Rumando Kok (Clinical Psychologist), North West University
9:00	Registration
9:15-11:15	This listening group is in response to the positive feedback from participants attending a listening group in 2017 and the request of parents of autistic children to have professionals listen to their experiences and what they can importantly contribute to the management of Autism. During this session, a group of parents, an inner group, discuss their experiences of the challenges they face/faced while a listening group, which function as an outsider witness group, reflect on the individuals in the inner group's experiences. Such telling and the reflections of the listening group members may re-author the stories that they have about themselves as individuals.
Workshop 5	ASD and Literacy: What do we know and how do we adapt? Hanlie Degenaar, Linique Pretorius (Speech-language therapists) and Monique de Klerk (Counselling Psychologist), North West University
12:00	Registration
12:15-14:15	Emergent literacy skills develop from infancy and are often neglected by parents and therapeutic interventions. For some children with ASD learning letters and sounds isn't difficult. The challenge is to extract meaning from stories. It is the ability to comprehend the meaning and relate it to experiences that allow a child to learn and progress academically. Strengths in code related skills and weaknesses in meaning should not be assumed for these learners, variability and creating interest could rather be the focus. Adapting shared reading may be the best option to support children struggling with reading. This workshop is building on the presentation last year on the request of parents and educators.
Workshop 6	Let's Eat!: Managing feeding issues Hanlie Degenaar, Linique Pretorius (Speech-language therapists) and Monique de Klerk (Counselling Psychologist), North West University
15:00	Registration
15:15-17:15	Feeding problems or fussy eating in children with ASD has a serious negative effect on nutritional status, behavior, communication development, and social interaction. Children with ASD experience significantly more feeding problems (46- 89%) than peers without ASD. Management of feeding problems should be individualized and target the components of feeding: sensory experiences, postural adaptation, and formation of a bolus, swallowing, nutritional planning, and behavior. A management plan for feeding difficulties may assist parents and professionals in

	addressing the problem. This workshop is building on a previous presentation on the request of parents and educators.
Workshop 10	Listening Circle for Autistic adults Prof Chris Venter (Counselling Psychologist) and Rumando Kok (Clinical Psychologist), North West University
15:00	Registration
15:15-17:15	This presentation is in response to the positive feedback from participants attending a listening group last year and the request of autistic adults to have professionals listen to what they can importantly contribute to the knowledge base on Autism During this session, a group of autistic adults, an inner group, discuss their experiences of the challenges they face/faced while a listening group, which function as an outsider witness group, reflect on the individuals in the inner group's experiences. Such telling and the reflections of the listening group members may re-author the stories that they have about themselves as individuals.

7 JULY

Workshop 7	Parent Education and Training: What we know and what we don't Dr John-Joe Dawson-Squibb (Clinical Psychologist and researcher at the Centre for Autism Research in Africa)
9:00	Registration
9:15-11:15	The World Health Organisation (WHO) acknowledges Autism Spectrum Disorder as a major global public health challenge. One of the logical first steps after a diagnosis of ASD anywhere in the world is the provision of post-diagnostic psychoeducation to parents and carers to help them understand the meaning of ASD, the facts and figures about ASD, what they care to do to support their own child's learning and development, and how to prepare themselves for their journey with a developmental disability. There are many Parent Education and Training (PET) programs delivered around the world. This workshop will outline what PET is, and go over the evidence base in this area – detailing what we know and don't know about this important group of interventions. It will describe some of the key facets of PET using a recently developed evaluation framework. Finally, it will share the findings and conclusions of a recent research study that compared two PET programs in South Africa. The workshop has been designed in a way that also allows parents an opportunity for sharing and reflecting on their own experiences and insights.
Workshop 8	Makaton: Unlocking Communication and Language Reinette Lombard (Remedial therapist and Co-founder of Independent Learning)
12:00	Registration
12:15-14:15	All the strategies and resources to support teachers and parents in unlocking communication and language with hand signs and picture symbols.
Workshop 9	Perspectives on Behaviour and the SPACED Model Corne Strydom (Director of TIMIAN Training)

15:00	Registration
15:15-17:15	Within a country where we have 12 official languages and arguably 12 different cultures if not more, we can be sure that the behavior of an individual can be interpreted in various ways. How we interpret the behavior will ultimately determine to how we manage that behavior. Autism is often associated with challenging behavior – it has become a stigmatized perception that often leads to the exclusion of a person with Autism from ordinary services or experiences in society. Timian Training and Development strives to break that stigma by offering a training experience that challenges a person on their perspective of behavior and to empower an individual to manage perceived challenging behavior of a person needing support – in a manner that upholds the person's rights and dignity. For this symposium, we will be looking at perceptions of behavior and ask how you understand behavior. We will then look at our SPACED model as a practical guide on how to deal with a challenging situation. Our workshops will be aimed at care providers, support staff, and professionals that offer support to individuals on the Autism Spectrum, and we openly invite any person with Autism to join.
Workshop 11	Optimising Autism (Online) Tania Melnychuk (Autism Strategies Network)
12:00	Registration
12:15-14:15	Tania takes a systems approach to autism, working from the inside of the body and mind outwards, showing how autism can be optimized in diverse individuals and society. The workshop is presented in an accessible manner so that those who do not have a tertiary education (or whose first language is not English) can also benefit from participation.
Workshop 12	Diamond Project Research meeting
15:00-17:00	Only project participants invited by Dr Liezl Sclibusch

Also take a look at the program of the main event on 8 and 9 July. It is open to all!

You are registered for both days and 14 CEU points upon your payment of R1950 per person.

Group registration of 10 or more persons and **Autism South Africa members** pay R1750 per person.

Parents pay R 800 per person or R1300 for both parents to attend.