Autism Centre of Excellence
Autism Seminar Series - 2
Saturday 20 April 2013, 9.00am-4.00pm

Autism – Girls and Women

This seminar will explore issues for girls and women on the autism spectrum and will cover current research evidence about assessment and diagnosis; overview formal interventions and outline strategies for schools. The focus will be on Emotional Resilience: understanding research and practical strategies to build resilience.

Throughout the seminar, theory will be related to personal experiences and illustrated by case study. There will be opportunities for discussion as numbers are limited.

Our presenters Tony Attwood and Rachael Harris are highly qualified, experienced and engaging.

**Professor Tony Attwood** is a clinical psychologist who has specialised in autism spectrum disorders since he qualified as a clinical psychologist in England in 1975. He works in private practice in Brisbane, but is also adjunct professor at Griffith University, Queensland. His book *Asperger’s Syndrome – A Guide for Parents and Professionals* has sold over 350,000 copies and has been translated into over twenty languages. He has worked with over 6,000 individuals of all ages with Asperger’s syndrome or an Autism Spectrum Disorder.

Tony presents workshops and runs training courses for parents, professionals and individuals with Asperger’s syndrome all over the world and is a prolific author of scientific papers and books on the subject. His latest book *The Complete Guide to Asperger’s Syndrome* was published in October 2006.

**Rachael Lee Harris** (ARCAP) is a registered psychotherapist specialising in Asperger’s Syndrome and High Functioning Autism. Rachael provides a unique contribution to the field of A.S.C. research and therapy from her perspective as a woman who, herself, has been diagnosed with Asperger’s Syndrome.

Her search for self-understanding led her to exploring her creativity through occupations as diverse as Beauty Therapy and English Monasticism. Drawing on her life experience, Rachael continues to improve the quality of life of children and adults on the Autism Spectrum and also their carers and partners through her private practice and speaking engagements.

Amongst her invited lectures, Rachael has presented at the Mater Hospital’s ‘Grand Rounds’ on behalf of the Autism and Related Disorders Clinic and was interviewed on ABC Radio’s ‘Conversations with Richard Fidler’.
Program

Session 1 (9.00 – 10.30am)

Diagnosis and Assessment in Girls and Women

Professor Tony Attwood: Current research evidence about assessment and diagnosis. Aspects of Asperger girl’s developmental profile that mask and delay appropriate diagnosis.

Asperger’s Syndrome – an Insider’s Perspective

Rachael Lee Harris: An insight into Asperger’s Syndrome from Rachael’s lived experience, including aspects of childhood, terrible teens, dating and her work as a Psychotherapist.

Morning Tea (10.30 – 11.00am)

Session 2 (11.00 – 12.45pm)

Formal Interventions and Strategies for Schools

Professor Tony Attwood: The cognitive profile of girls on the Autism Spectrum, their creative strengths as well as difficulties in navigating their social environment. Tony explores future research into the distinctive profile of the Asperger girl.

‘School Daze’ – Running the Social Gauntlet

Rachael Lee Harris: Rachael reflects on her own schooling, both primary and secondary, noting the different social and educational dynamics and their impact on her further learning. Rachael examines strategies for the classroom and the place of mentors in an Asperger girl’s education.

Making school work for girls on the autism spectrum

Professor Jacqueline Roberts outlines a project in Far North Queensland working with school communities to improve outcomes for students on the autism spectrum.

Lunch (12.45 – 1.45pm)

Session 3 (1.45 – 3.00pm)

Building Emotional Resilience

Rachael Lee Harris: A holistic exploration of environmental, relational and self-esteem issues that contribute to positive or negative outcomes in building emotional fortitude in those on the Autism Spectrum.


Meditation and Mindfulness – Its Efficacy and Outcomes for those on the Autism Spectrum

Rachael Lee Harris: Rachael draws on her experience of monastic life and presents new insights in the light of meditation practiced by schools.

Relaxation and meditation experience for participants.

Afternoon Tea (3.00 – 3.30pm)

Session 4 (3.30 – 4.00pm)

Girls Growing up with Autism

Professor Tony Attwood: examines the prevalence of co-morbid ASC, as well as aspects of sexuality, relationships and vulnerabilities amongst women on the Spectrum.
**Who should attend:** This workshop will be of great interest to everyone involved with girls and women on the autism spectrum; professionals, researchers, parents, students and people with autism.

**Where:** Griffith University EcoCentre, Building N68, South Ring Rd, Nathan Campus

**When:** Saturday 20 April, 9.00am - 4.00pm (Registration from 8.30am)

**Cost:** Professionals $242 / Concession (students/parents) $165 (Prices quoted include GST)

**Meals:** All meals are catered for

**Parking:** Parking is **free** on the weekend

**RSVP:** Registrations close 15 April 2013

**Contact:** Email: ace@griffith.edu.au / Phone: 3735 5640


Places are limited so please register early to avoid disappointment.

*Cancellations after registration closing date are non-refundable*

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**EcoCentre**

Map for EcoCentre at Nathan Campus:


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This seminar is the second in the Griffith University Autism Centre of Excellence seminar series. Our third seminar in September 2013 will feature Professor Rita Jordan and focus on autism at school.

Register your interest for this workshop by emailing ace@griffith.edu.au