

Autism Spectrum Disorders CPD Update

Friday 5 February 2021

Online Meeting



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We are pleased to present this one-day course in association with the National Autism Unit, South London & Maudsley NHS Foundation Trust

General Information

Joining the webinar

We recommend you join the webinar at least 5 minutes prior to the start time so you can test your audio and ensure you are set up with the platform. You should have received a confirmation email from Zoom. This email will contain your unique joining link. Please check your spam folder if you have not received the confirmation. **Click the 'join the webinar' link**

Technology Requirements

- Access to a reliable internet connection
- A PC, laptop, tablet or phone
- Google Chrome or Microsoft Edge browser or Zoom installed on your PC, laptop, tablet or phone
- You do not need to have a Zoom account to attend.

Some users may experience difficulty joining Zoom meetings due to security settings. If this is the case, we suggest you select the option to join via a web browser, rather than the Zoom app. If you cannot join on your computer you can still join on your phone.

If you are having difficulty please read our [FAQs page](#) and the [support guide](#) from Zoom.

During the webinar

During the webinar you will be able to view the speakers as they present and any accompanying PowerPoint slides. You will not be visible to other attendees or speakers.

You can ask questions using the Q&A function located on the right-hand side of your screen. The speakers will endeavour to answer as many questions as

possible during the time period. There may be occasions when not all questions can be answered live, however we will try to answer any remaining questions offline, creating a Q&A resource sheet for all attendees.

If you lose connection during the webinar, please refresh your screen or try closing down browser and clicking the joining link again.

Watching on demand

Once the webinar has taken place live you will receive a link to watch the webinar on demand. To access the recording you will be required to enter your name, email address and a password. This is unique to you as a registered delegate so please do not share the recording link. **Please be aware that the recordings will only be available for two months after the webinar has taken place.**

Please note that the recordings of the webinars and presentations are the intellectual property of the speaker and the College and any unauthorised broadcasting/copying of the material is strictly prohibited.

Accreditation

This conference is eligible for up to 6 CPD hours, subject to peer group approval.

Certificates

Certificates of attendance will be emailed to delegates after the meeting.

Feedback

A detailed feedback form will be emailed to you on the day of the meeting. All comments received remain confidential and are viewed in an effort to improve future meetings.

Queries

Please email katie.newton@rcpsych.ac.uk if you require any assistance. We will try and respond to your email as soon as possible.

Social media

Please tweet us @RCPsych using the hashtag #ASD2021

Speaker presentations

Delegates will be emailed speaker presentations (where permission has been given) after the meeting.

Programme

Time	Session
09.30	What is autism, and how do we make a diagnosis in the new era of DSM-5 and ICD-11 Dr Susannah Whitwell
10.00	Assessment and treatment of common mental health problems in people with ASD Professor Emily Simonoff
10.30	Q&A
10.45	Break
11.15	Sex differences in neurodevelopmental disorders Dr Michael Craig
11.45	Autism, psychopathy and empathy Dr Quinton Deeley
12.15	Q&A
12.30	Lunch
13.30	Developing psychological interventions for adults with ASD Dr Sophie Doswell
14.00	Transforming Care – Transforming Lives Dr Sarah Blainey
14.30	Q&A
14.45	Tea and Coffee Break

15.15	Autism. Causes and treatments – where are we now Professor Declan Murphy
15.45	Pharmacological treatments of ASD – research initiatives Professor Grainne McAlonan
16.15	Q&A
16.30	Meeting Close

Presentation abstracts and biographies

(Listed in programme order)

What is autism, and how do we make a diagnosis in the new era of DSM-5 and ICD-11

Dr Susannah Whitwell

This talk will focus on the diagnosis of autism spectrum disorder with reference to DSM and ICD. I will consider the history of the disorder and challenges when it comes to assessment.

Dr Susannah Whitwell is a consultant psychiatrist. She has a special interest in adult neurodevelopmental disorders and works in the adult ADHD and ASD Service at the South London and Maudsley NHS Foundation Trust as clinical director for the adult neurodevelopmental pathways.

Assessment and treatment of common mental health problems in people with ASD

Professor Emily Simonoff

Sex differences in neurodevelopmental disorders

Dr Michael Craig

Autism, psychopathy and empathy

Dr Quinton Deeley

Impairments of empathy are features of autism spectrum disorder (ASD) and some personality disorders, including the severe personality disorder of psychopathy. This talk considers clinical and cognitive neuroscience perspectives on empathy deficits in autism and psychopathy. The aim is to show how improved understanding of the components of empathy can assist assessment, diagnosis, formulation and management of patients with autism and personality disorder respectively.

Dr Quinton Deeley is an honorary consultant psychiatrist in the National Autism Unit, and Neuropsychiatry Brain Injury Clinic at the South London and Maudsley NHS Foundation Trust. He is also senior lecturer in social behaviour and neurodevelopment at the Institute of Psychiatry, Psychology, and Neuroscience at Kings College London. Dr Deeley specialises in the assessment and management of autistic spectrum disorders, attention deficit hyperactivity disorder, learning disability, acquired brain injury, and common mental health conditions. He has worked with patients across a range of settings, including secure hospital care, 'step down' open rehabilitation wards, supported living, and outpatient services.. He research's biological, psychological, and social influences on development, particularly in relation

to common disorders such as autism, ADHD, conduct disorder, personality disorders, and psychosis. Dr Deeley also research's cross-cultural psychiatry and social and cultural neuroscience, leading a research group at the Institute of Psychiatry in this area. Dr Deeley's educational role includes undergraduate and postgraduate medical teaching, as well as teaching on MSc courses at the Institute of Psychiatry including Clinical Neurodevelopmental Sciences and Forensic Mental Health Studies.

Developing psychological interventions for adults with ASD

Dr Sophie Doswell

This presentation will describe psychological approaches that are useful for autistic individuals. This will cover input across the pathway - from post-diagnostic support in the community to inpatient support, and include useful adaptations for this client group in all contexts.

Dr Sophie Doswell is a Consultant Clinical Psychologist across the South London and Maudsley NHS Trust Autism and ADHD pathway. She has worked in the NHS with individuals with autism and/or learning disability for twenty years. Dr Doswell is currently the Chair of the Faculty for People with Intellectual Disabilities within the British Psychological Society.

Transforming Care – Transforming Lives

Dr Sarah Blainey

The Transforming Care agenda is focused on improving community services for people with a learning disability and/or autism, with the overarching aim of reducing the historical over-reliance on inappropriate inpatient care. The approach has developed from scandals such as that at the Winterbourne View care home, and government policy has been developed in response to this.

However, implementation so far has been slow and limited, and mostly focused on people with intellectual disabilities. Half of all people with autism do not have an intellectual disability, and given high rates of cooccurring mental health conditions and low levels of community support, they may be considered to be even more at risk of inappropriate and lengthy admissions.

In this talk Dr Blainey will describe the development and piloting of a new service: Transforming Care in Autism. This service has been developed to work with autistic people, who fall under the Transforming Care agenda, and to develop local service capacity in working with autistic people more generally.

Dr Sarah Blainey is a clinical psychologist working to improve inpatient care for autistic people at Central and North West London NHS Foundation Trust. She was previously a clinical psychologist and lecturer, based at the Institute

of Psychiatry, Psychology & Neuroscience and South London & Maudsley NHS Foundation Trust working clinically in a national specialist service for adults with autism and/or ADHD and associated mental health difficulties. Her research interests are around psychological therapy for adults on the autism spectrum

Autism. Causes and treatments – where are we now

Professor Declan Murphy

In this talk Declan will summarise the current prescribing practice in autism, and discuss why we have an absence of effective pharmacological treatments for the core symptoms of autism. He will then suggest a way forward, and stress the need to develop 'individualised medicine' approaches.

Professor Declan Murphy is Professor of Translational Neurodevelopment, and Director of the Sackler Institute for Translational Neurodevelopment, Institute of Psychiatry Psychology and Neuroscience, King's College London. He is also Head of Department of Forensic and Neurodevelopmental Sciences, at King's College London. He leads EU AIMS-2-TRIALS an Innovative Medicine Initiative seeking to develop new treatments for autism. <https://www.aims-2-trials.eu/>

Pharmacological treatments of ASD – research initiatives

Professor Grainne McAlonan

Clinical trials of candidate drug treatments in autism spectrum conditions usually fail. One reason for this, is that they adopt an 'all comers' approach. This may not be appropriate in a condition as diverse as autism spectrum where multiple genetic and environmental risk factors interact to make the brain vulnerable to autism. The resulting heterogeneous clinical picture likely includes a heterogeneous response to medication. First the existing treatments used in ASD will briefly be reviewed.

Next, a strategy and our initial progress towards providing better tailored treatment options for autistic individuals who want that choice will be presented. These studies show that brain biology in ASD can be shifted, even in adults. However, unsurprisingly the response to candidate treatments varies and is not always the same as in individuals without ASD. Thus, the autistic brain is atypically responsive to some pharmacological challenges. This has implications for using treatments developed and tested in non-autistic individuals in autism spectrum conditions. Moving forward this direction of research may improve our understanding of mechanisms underpinning this spectrum and help us to identify likely responders prior to clinical trial.

Grainne McAlonan is Professor of Translational Neuroscience based in the Department of Forensic and Neurodevelopmental Sciences, Institute of

Psychiatry, Psychology and Neuroscience (IoPPN), King's College London. She studied medicine at University of Cambridge and Imperial College London and completed a PhD in Behavioural Neuroscience at University of Cambridge.

After clinical and research posts in the UK, she worked for over a decade in the University of Hong Kong before returning to the IoPPN. She uses MRI as a translational tool to link brain and behaviour in people with neurodevelopmental conditions such as autism spectrum disorder (ASD); and to 'back' (and 'forward') translate to laboratory models.

Her current research is informed by her work in the National ADHD and Autism Service for Adults at the South London and Maudsley NHS Foundation Trust where she is also Head of Research. In addition, she is the Clinical Disorders Cluster Lead for the NIHR-Biomedical Research Centre for Mental Health at the Trust and IoPPN.

Prof. McAlonan is a group leader within the MRC Centre for neurodevelopmental disorders at IoPPN and is a lead investigator within the EU-AIMS-2-TRIALS consortium – a European network hosting the world's largest grant for autism research. She is responsible for fetal/neonatal/infant brain imaging studies of children vulnerable to neurodevelopmental conditions and for pharmacology studies in adults with ASD.