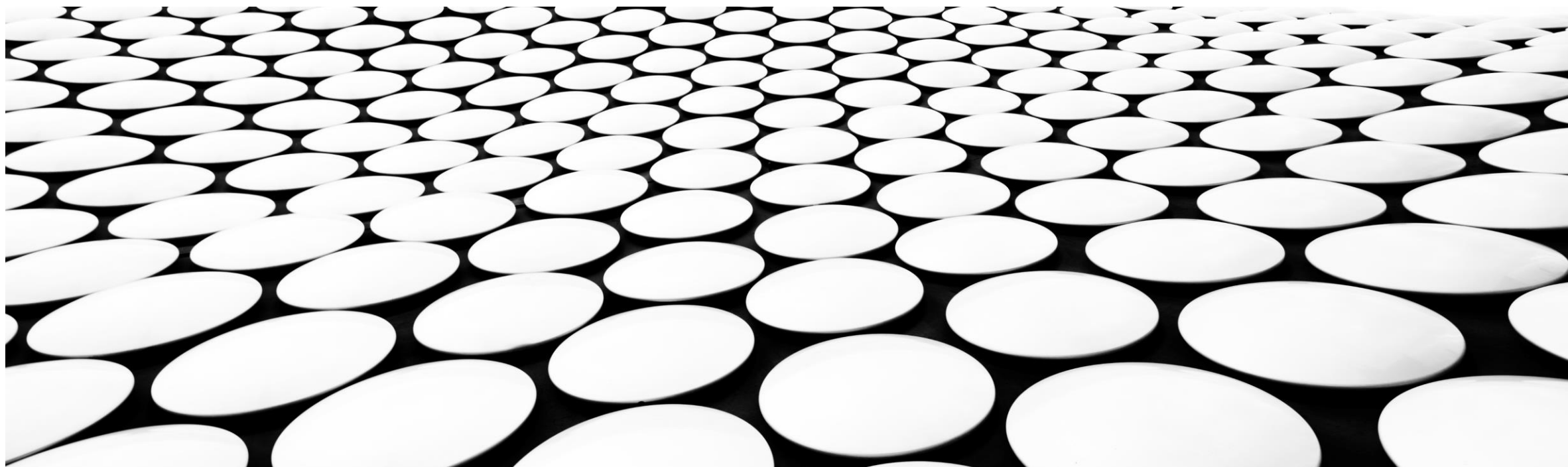

DEVELOPING PSYCHOLOGICAL INTERVENTIONS FOR ADULTS WITH AUTISM

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CONTEXT

Local community post diagnostic support service (3 Borough)

Specialist national psychology service (NAAAPS)

Transforming Care Autism service

National Autism Unit (NAU)



POST DIAGNOSTIC SUPPORT

- Psychoeducation is important
- Typically this would include
 - An opportunity to discuss the assessment
 - A description of models of autism
 - Talking about ‘what helps’ in autism
 - Bespoke application of this for each individual

POST DIAGNOSTIC SUPPORT – CASE EXAMPLES

- Clients say the diagnosis is a relief, and makes sense of difficulties
- We describe the Triad of Impairment and Theory of Mind
- For some families a framework regarding what helps can be useful
- It is important to have an open discussion about cultural factors

INDIVIDUAL THERAPEUTIC SUPPORT

- Across the services we offer a range of therapeutic input including
 - Cognitive Behavioural Therapy (CBT)
 - 3rd Wave CBT
 - Psychotherapy including counselling and creative therapies

INDIVIDUAL THERAPEUTIC SUPPORT – CASE EXAMPLES

- Much of the extended post diagnostic support and NAAAPS work focuses on depression and anxiety
- In the NAU, we use CBT for exposure/response prevention in OCD



WORKING WITH SYSTEMS

- Complexity means it is not sufficient to work solely with the individual
- System approaches include
 - Trauma Informed Care
 - Positive Behaviour Support
 - Family therapy

Trauma-informed care shifts the focus from:

What is **WRONG** with you?

to

What **HAPPENED** to you?

Learn more at chcs.org/traumainformed

CHCS Center for Health Care Strategies

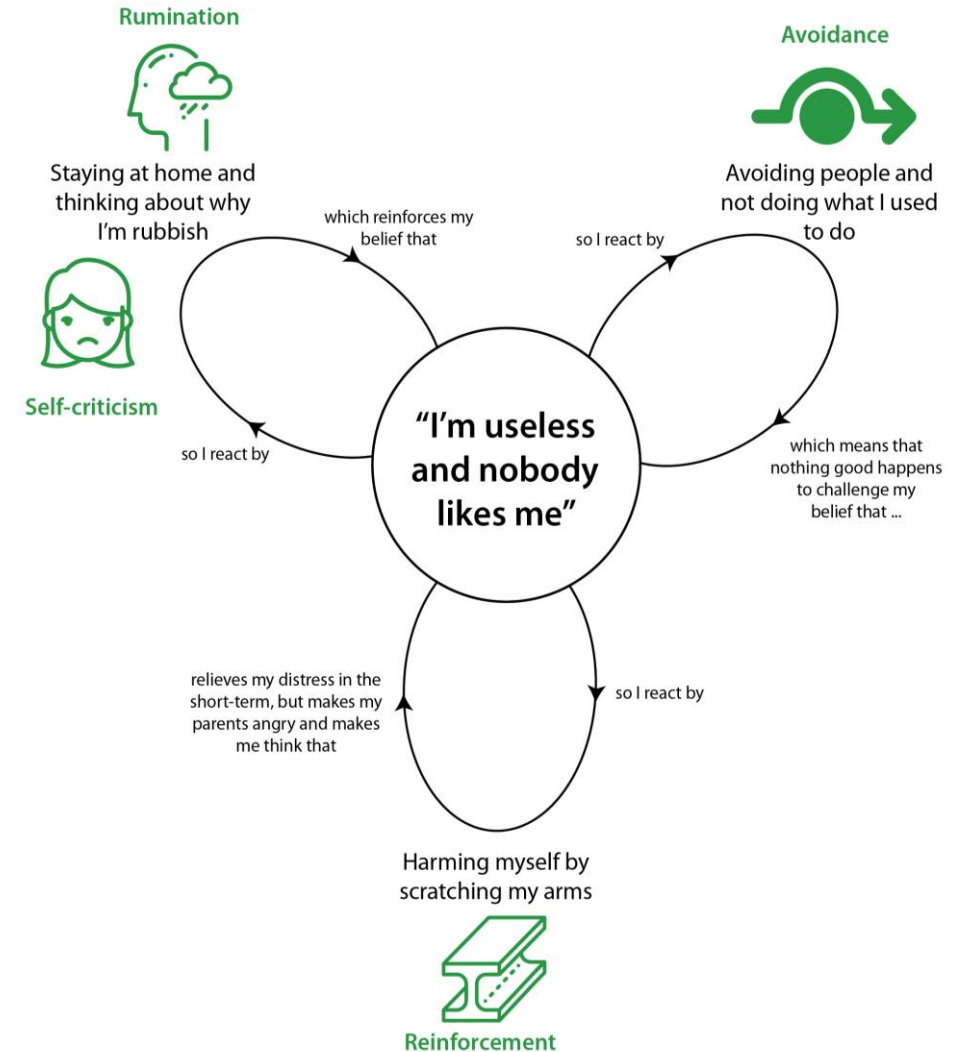
ADAPTATIONS ACROSS CONTEXTS

- Setting up sessions



ADAPTATIONS ACROSS CONTEXTS

- Supporting engagement and understanding



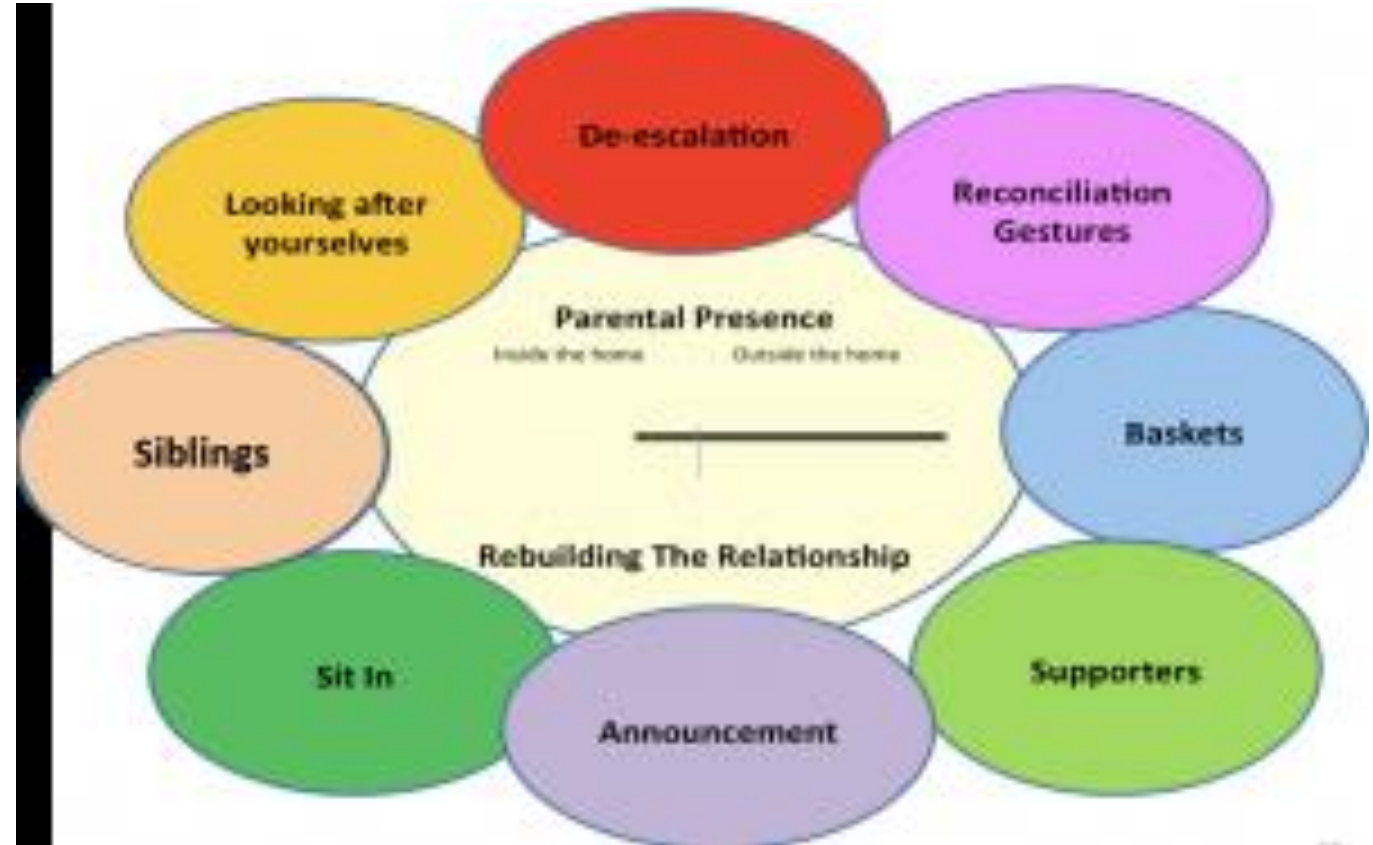
ADAPTATIONS ACROSS CONTEXTS

- Maintenance



INNOVATIONS

- Non Violent Resistance parenting approach
- Narrative approaches



SUMMARY AND CONCLUSIONS

- Autistic individuals benefit from psychological interventions
- Post-diagnostic support allows for a personal understanding of what autism means
- Individual therapy can help people identify sources of difficulty and find helpful solutions
- Individuals do not live in isolation and so system based approaches are often needed
- A wide range of adaptations are helpful for this client group
- Further innovation and research is needed to expand our evidence base and psychological offer