

# The First Systemic Practice and Autism Conference




Friday 8<sup>th</sup> July 2016

Systemic Practice Research Centre  
University of Bedfordshire








I was recently in a seminar where someone was talking about autism. He said that there are children and young adults on the autism spectrum who were in residential schools

when his dad and I chose to stay away and do not go to see him...

I am a relationship counsellor and supervisor with a special interest in working with individuals, couples and families affected by autism.



(family) quality of life. She is chairing the International Special Interest Research Group on Quality of Life of the International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSIDD). Disability Studies in the Netherlands is partner organization of the IASSIDD Academy, striving to further the knowledge of disability professionals around the world. More information is available at: [www.iassidd.org/content/iassiddacademy.org](http://www.iassidd.org/content/iassiddacademy.org) and [www.disabilitystudies.nl](http://www.disabilitystudies.nl)

During this talk you will be introduced to different forms of autism-related stigma and the implications they have for caregiver mental health and well-being. You will then hear about a planned study that the speaker will be leading later this year on protecting autism caregivers from the impact of stigma and will be given the opportunity to forward your thoughts upon what might make the planned intervention more successful.

I am a senior lecturer in public health at the University of Bedfordshire. My research background predominantly centres on public mental health and psychological well-being, in particular stigma across and within cultures and vulnerable populations. I am very interested in the stigma associated with autism and other disabilities, mental health and illness, the concept and power of self-stigma, older adult mental health inpatient psychiatry, and loneliness. I have worked for a number of NHS Trusts and Universities in a research capacity, including at the Institute for Psychiatry at King's College London on the Safewards programme of research aimed at understanding and reducing conflict and containment within psychiatric inpatient settings. Contact: 4(g.243 /F1 12 Tf 1 0 0 1 278.:



Having personal lived experience of autism, I will start the workshop by reading a poem that expresses relational experience in an organisational context, followed by a presentation outlining some of my ideas and reasons for researching neurodiversity within an organisation and possibly beyond. I will then invite participants to discuss and feedback experiences and/or observations of neurotypicality in organisations and what this could mean for the experience of people who identify with being on the autism spectrum.

I have held leadership roles in social care for over 20 years, more specifically in the context of supporting people with learning disabilities and/or autism, and I have developed a creative approach to leadership. I am also a qualified coach and an NLP practitioner and am preparing to start the Professional Doctorate in Systemic Practice. My current research interest is in the area of Neurodiversity, with a focus on maximising the talents of people on the autism spectrum within organisations.

This workshop focuses on autism as difference rather than disability. It explores how people can socially and emotionally connect and how they can coordinate together in a way that meets their needs for connection, distance, compassion and containment. We will use case examples that demonstrate how a therapist can work as a systemic translator within a family improving an understanding of each other's behaviours and interactions. We also explore how working with schools and the wider system can improve and can reduce distress and improve positive connections for the child in school and their family. We will draw on social constructionist thinking, narrative therapy information from occupational therapy, speech and language therapy and research on autism as well as clinical experience from regularly working with young people with autism and their families within specialist Child and Adolescent Mental Health Services (CAMHS) and an Autistic Spectrum Disorder (ASD) specific pathway.

Mairi Evans. I am a Senior Systemic Psychotherapist (CAMHS) and Clinic Lead at Berkshire CAMHS ASD and AHD Pathways.

Julie Reilly. I am a Systemic Psychotherapist in Berkshire CAMHS.





conversations with a CAMH



Andrew Bridgen  
Anne Lion  
Annette Allen  
Annette Wilson  
Ann Jinks  
Ann Virginia Jones  
Carole Hunt  
Casper Boot  
Cheow Godfrey  
Chip Chimera  
Chris Papadopoulos  
Christopher Glenn  
Christina Schwabenland  
Clair Johnson  
Costa Deo Narain  
David Steare  
Donna Gooding  
Bob Budd  
Florence Fernandez  
Francisco Urbistondo  
Fay Akea  
Gail Simon  
Gazal Jones  
Gillian Beckwith  
HannaVentonPlatz  
Ingrid Vlam  
John Duff  
Julie Reilly  
Philippa Simons  
Jennifer Summer  
Jason MaldonadoPage  
Juan Moreno  
Joy Osbourne  
Jonathan Rabson  
Kate Brolly

Kate Lewis  
Katherine Miller  
Katie Watson  
Kimberley McLaughlin  
Kirsty Don  
Karen Partridge  
Aphrodite Korogiannaki  
Laura McHugh  
Lavona Rivington  
Liz Evans  
Mairi Evans  
Mark HaydonLaurelut  
Marta Costa Caballero  
Anita Mckiernan  
Miriam Richardson  
Paul Moloney  
Frode Thorsell Pedersen  
Carmel Fraser  
RolandCasson  
Rowena Wasyliv  
Suzanne Hall  
Sarah Jane Knight  
Sophie Cockell  
Shaziyah Afzal  
Sharon Marshall  
Sarah Hlps  
Sonja LoFattal  
SophiaSimmonds  
Sophie Cockell  
Suzanne Hutchison  
Suzanne Hutchison  
Theresa Ryan  
Uttom Chowdhury  
Vivienne Gross  
Wendy Smith

Challenging existing approaches to autism that limit, and sometimes damage, the individuals who attract and receive the label, this book questions the lazy prejudices and assumptions that can surround autism as a diagnosis in the 21st Century. Arguing that autism can only be

culturally produced phenomenon, the authors offer a critique of the medical model that has produced a perpetually marginalising approach to autism, and explain the contradictions and difficulties inherent in existing attitudes. They examine and dispute the

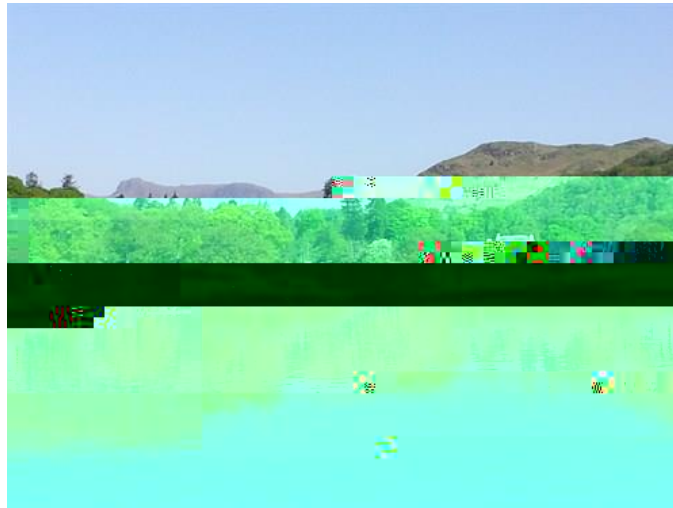
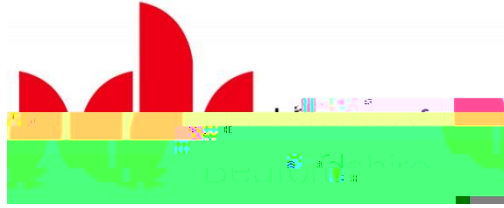
whether autism actually exists at the biological level, and question the value of diagnosis in the lives of those labelled with autism.

Chapters in this important book from two presenters: Mark Hayder, Laurel and Gail Simon.

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This may be the moment to just do it! I sometimes think one owes it to oneself, and probably the community of known and unknown others who want to tap into how you think, what you do with what you feel, see and how you move around in that extraordinary dialogical space. Maybe you want to write something in particular. Perhaps you want to play, experiment with finding a voice, a nib, a style a form. This is that space. In this retreat, there will be talks on writing from Gail, some experimental writing exercises and time for you to develop some writing.

creative yet ethical ways of writing from within practice and in ways whicrac2 r015D016F0in122



This event brings together people interested in developing leading edge practices in leadership, therapy, coaching, organisational development, supervision, training and community work. The Lake District setting of this event is important. We want you to have space to breathe, to move, to reflect on your own as well as with others. Brathay Hall is situated in one of the most beautiful parts of the Lake District. It sits at the head of Lake Windermere and just under Loughrigg Fell with extensive grounds and walks from the doorstep. The main house has large and small rooms with views as well as a theatre, a bar with sofas and an open fire and a yurt as happening spaces. There will be a lively and creative programme of presentations and workshops from 10.00am to 4.00pm over the three days with leading edge guest presenters yet to be announced, and with the programme team and participants from the Professional Doctorate in Systemic Practice. Watch this space for announcements: [http://www.bedsys.org.uk](#) and find the Bedfordshire International Systemic Winter School on Facebook.

Cost- £430. The fee includes attendance at the Winter School, lunch and conference dinner. Accommodation is not included but is available at Brathay Hall and in nearby Ambleside. Places are limited so early booking is advised.

Booking at



