

## Autism Awareness (CPD Accredited)

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Our Autism Awareness (CPD Accredited) course has been created as an introduction to autism by our Charter Psychologist, Stacey Parker; tailored for individuals who want to increase their awareness of autism, understand the autism spectrum, and enhance their ability to create supportive environments for autistic individuals.

This training aims to dispel myths, explore lived experiences, and boost confidence in supporting autistic people by covering topics such as “Increasing Awareness of Autism”, “Exploring Myths and Misconceptions Surrounding Autism” and will help learners to create inclusive and enabling learning environments by raising awareness of the daily lived experiences of those with autism.

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## Learning Outcomes

- To increase awareness of autism
- To understand the concept of the autism spectrum and the term 'neurotypical'
- To explore some of the myths and misconceptions surrounding autism
- To be aware of the daily lived experience of autistic people, both the challenges and the strengths
- To understand how to create enabling environments for autistic people
- To improve practice and confidence in supporting autistic people

## Course Content

- **Module 1:** What is Autism?
- **Module 2:** Myths and misconceptions about Autism
- **Module 3:** Lived Experience of Autism
- **Module 4:** Sensory Differences
- **Module 5:** Creating calm and a safe place
- **Module 6:** Communication Strategies