

Autism & Developmental Disability

WORKSHOPS FOR PARENTS & STAFF IN BROOME

Presented by Dolly Bhargava (Master Special Ed.)

SUPPORTING PEOPLE WITH AUTISM & DEVELOPMENTAL DISABILITY

9.00AM—11.30AM THURSDAY 2ND JUNE 2016 INCLUDES MORNING TEA

This practical and interactive workshop will address the social, emotional, motor, cognitive, sensory, communication and behavioural needs of individuals with Autism and developmental disabilities. Strategies to address the needs at home, school, employment and in the community will be discussed. Throughout the workshop participants will be invited to share their concerns and explore practical strategies to address the challenges they are currently facing

DEVELOPING EMOTIONAL REGULATION SKILLS RELATED TO ANXIETY, DEPRESSION, OPPOSITIONAL & AGGRESSIVE BEHAVIOURS

12.00PM—2.00PM LUNCH PROVIDED BEFORE SESSION

Emotional regulation is defined as a series of controls or strategies through which we learn to cope successfully with the emotions we experience. Emotional regulation skills are key to the successful accomplishment of the developmental tasks of childhood and adolescence. Difficulties with emotional regulation is related to both internalising challenging behaviours eg anxiety, depression and externalising behaviours eg aggressive and oppositional behaviours. This practical and interactive workshop will discuss the development of emotions in children and adolescents who have exhibited depressive, anxious, oppositional or aggressive behaviours. Strategies for effectively responding and developing their emotional regulation skills will be provided.

DEVELOPING RECEPTIVE, EXPRESSIVE & SOCIAL COMMUNICATION SKILLS

2.30PM—4.30PM INCLUDES AFTERNOON TEA

Communication skills can be categorised into receptive, expressive and social communication skills. This practical and interactive workshop is for staff and parents supporting children with communication difficulties in a variety of settings eg. school, community. Participants will learn about a range of strategies they can use to support the development of a child's:

- Receptive skills such as attention, listening, memory, comprehension and thinking
- Expressive skills such as improving speech clarity, vocabulary and sentence construction
- Social skills such as conversational, friendship and emotional regulation skills

Throughout the workshop participants will be invited to share their concerns and explore practical strategies to address the challenges they are currently facing.



About the presenter:

Dolly Bhargava, is a Disability Specialist Speech Pathologist who has also completed a Masters in Special Education.

She works with children, adolescents and adults with disabilities in a variety of settings such as schools, accommodation, post school option, employment and corrective services.

She provides consultancy and training services on a range of issues relating to communication, behaviour management, emotional literacy, vocation, culture and disability both nationally and internationally.

She has developed the *Rainbow of Emotions App* for the IPAD and written the hugely popular Getting Started Series!!! These can be accessed as free downloads at <http://carsonst.wa.edu.au/parent-info/getting-started-books/>



Date: Thursday 2nd June 2016

Cost: Parents and Family members—Free
Staff—\$15.00 inc GST
Registration includes morning tea, lunch & afternoon tea

Venue: Broome Lotteries House
Lot 642 Cable Beach Road

Registration: On line at www.ddc.org.au/events-jun-2016/
You can book for individual or **All 3** sessions

Information: mary.butterworth@ddc.org.au or 94207230