

Training Courses

Gloucestershire Educational Psychology Service

Supporting Autistic Girls

A full day training course to understand the needs of autistic girls and how we can best support these children in school

Course Details

We will look at prevalence of autism related to girls and briefly consider the changes in diagnostic processes.

We will look at the language surrounding autism and acknowledge the debate around identity first language and person-first language.

This course considers issues impacting girls such as sensory sensitivities, interoception, friendship issues and alexithymia, all within a context of appreciating the profile of abilities and strengths.

We will discuss anxiety, rumination, and the impacts on mental health. We discuss how 'shutdowns' and 'meltdowns' differ and what they may look like in school. Using Maslow's Hierarchy of Needs we will gain a clearer understanding of motivations behind behaviour such as 'masking' and how behaviour and emotions can be driven by a need to stay safe.

There is a focus upon helpful strategies school staff can use and importantly you will gain an understanding as to why and how these strategies can be helpful.

Staff Outcomes

At the end of the course staff members will have a better understanding of the needs of autistic girls and will leave with a range of tried and tested, practical strategies to use in their schoolwork.

Who is this course for?

Primary and Secondary School
Teaching Staff
Teaching Assistants
SENCos
School Governors

Course Cost: £110

When & Where?

9.30am – 4pm

Date: 25th November 2025

The Pavilion
Hatherley Lane
Cheltenham
GL51 6PN

How to Book

Via GCC Plus [Business Support Services](#)

(School Finance Officer/ Business Manager will have a login for the site).

For further assistance please email: STEPS@gloucestershire.gov.uk