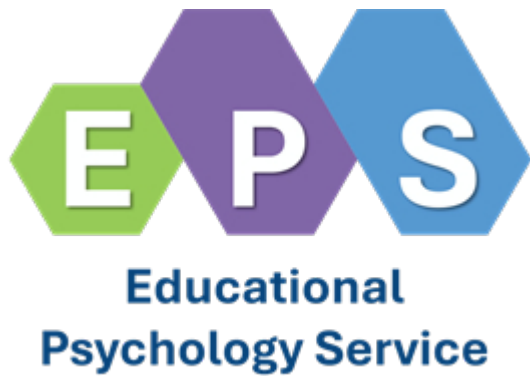




19/04/2027 09:30 - 15:30

Title: EPS - Supporting Anxious Neurodivergent Children in School

Venue: The Pavilion (PAV01 - Main reception)

Trainer: Christina Lythgoe

Specialist Teaching and Educational Psychology Service

EPS - Supporting Anxious Neurodivergent Children in School

A research-informed course for education professionals

Outline

This practical and evidence-informed course explores how anxiety presents in neurodivergent children and young people, and how schools can respond effectively. Key themes include:

- Understanding anxious experiences through a neurodiversity-affirming lens
- Co-regulation and emotionally safe practice
- Energy accounting and cumulative stress
- Sensory processing, interoception and physical needs
- Reducing uncertainty through communication and visual supports
- Recognising hidden distress
- Friendships, belonging and relational wellbeing
- Adapting support and graduated participation
- Developing effective support plans

Description

Anxious experiences are not simply located within the child. They emerge through the interaction between a child's nervous system, sensory and social experiences, communication access, previous experiences and the demands of the school environment.

This engaging course combines current research, practical strategies and reflective activities to help staff understand both visible and less visible signs of anxiety in neurodivergent pupils. Participants will learn how to reduce barriers to participation, increase feelings of safety and belonging, and create environments in which children can learn, communicate and thrive.

The course promotes a strengths-based, neurodiversity-affirming approach while distinguishing between established evidence, developing research and practice-informed strategies.

Outcome

By the end of the course, participants will be able to:

- Recognise a range of anxious presentations in neurodivergent pupils.
- Understand the impact of uncertainty, sensory load, communication differences and cumulative stress.
- Use co-regulation and low-arousal approaches to support emotional wellbeing.
- Identify hidden energy costs and make meaningful environmental adjustments.
- Reduce anxiety by increasing predictability and communication access.
- Recognise and respond effectively to differing home and school presentations.
- Support friendship, belonging and relational safety.
- Develop pupil-centred, inclusive strategies.

The goal is not simply calmer behaviour. The goal is a child who feels safe enough to learn, connect, communicate, recover and remain themselves.

Audience

SENCOs, Governors, Teachers and Teaching Assistants working in the Primary and Secondary school sector.

Booking information

Please book via GCC Plus, for further assistance please contact STEPS@gloucestershire.gov.uk

Cancellation:

Individual training should be paid for before attendance to secure a place.

Full refund will be offered up to 6 weeks before training session.

50% refund will be offered between 6-2 weeks before cancellation

No refund will be offered for last minute cancellations (ie less than 2 weeks before training)

Further information

Price: £120.00 per delegate

Available until: 05/04/2027

Code: STEPS-0227-T005