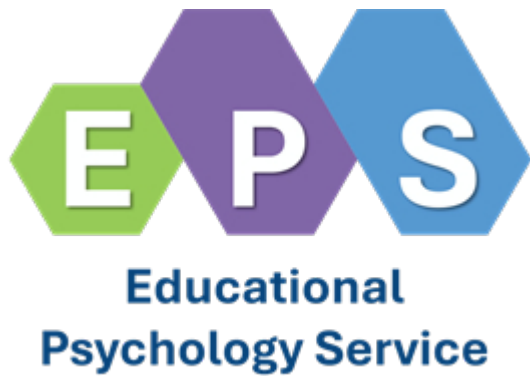




12/11/2026 09:30 - 15:30

Title: EPS - Supporting Autistic Girls

Venue: The Pavilion (PAV01 - Main reception)

Trainer: Christina Lythgoe

Specialist Teaching and Educational Psychology Service

EPS - Supporting Autistic Girls

A practical course providing greater insight, understanding and effective strategies to support autistic girls within educational settings.

Outline

Autistic girls can present differently, and their needs may not always be immediately recognised. This engaging full-day course will help education professionals develop a deeper understanding of autistic girls, their strengths, their experiences, and the practical strategies that can help them thrive in school. Combining current research, lived experience perspectives and classroom-focused approaches, the course offers valuable insights for anyone working with children and young people in educational settings.

Description

The course focuses on issues commonly experienced by autistic girls, including sensory differences, friendship dynamics, hiding distress, alexithymia, interoception, anxious thoughts, rumination and issues around wellbeing. Throughout the day, we will consider these topics within a strengths-based framework that values and celebrates the unique abilities and perspectives of autistic girls. Practical strategies and reasonable adjustments for school settings will be shared throughout.

This course is suitable for:

Primary School Teaching Staff
Secondary School Teaching Staff
Teaching Assistants/ HLTAs
SENCOs
School Governors
Headteachers
Those involved in planning provision for children with communication and interaction differences
Staff working in communication and interaction centres
Learning Mentors
ELSAs

Outcome

By the end of the course, staff will:

1. Understand how autism may present differently in girls and why some girls are under-identified or diagnosed later.
2. Recognise the impact of suppressing distress, rumination, sensory differences and social demands on autistic girls' wellbeing.
3. Develop a greater understanding of concepts including alexithymia, interoception and energy management.
4. Learn practical, evidence-informed strategies and reasonable adjustments to support autistic girls in school.
5. Promote a strengths-based, neurodiversity-affirming approach that supports positive identity, inclusion and participation

Booking information

Bookings Via GCC Plus

Please contact STEPS@gloucestershire.gov.uk should you have any queries.

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)

Prerequisites

Further information

Price: £120.00 per delegate

Available until: 29/10/2026

Code: STEPS-1126-T010