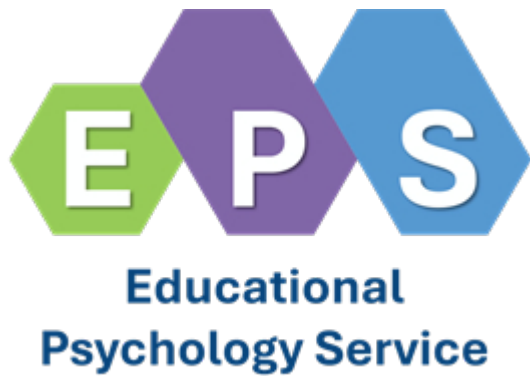




06/05/2027 15:40 - 17:10

Title: EPS - Supporting Autistic Girls

Venue: To be delivered online - via Teams

Trainer: Carla Tromans

Specialist Teaching and Educational Psychology Service

EPS - Supporting Autistic Girls

Outline

This course explores how autism may present differently in girls and aims to increase understanding of the strengths, experiences and support needs of autistic girls. It focuses on practical, compassionate approaches that help professionals create supportive environments and promote wellbeing.

Description

This course will cover:

- Understanding autism through a neurodiversity lens and recognising how autism may present differently in girls.
- The impact of possible worry, anxious thoughts and exhaustion, and how these can affect presentation across different settings.
- Understanding sensory differences, and how these may influence daily experiences.
- Considerations for creating supportive learning environments, including structure, predictability, reasonable adjustments and sensory-aware practice.
- Understanding the concept of double empathy and how differences in communication and understanding can affect relationships between autistic and non-autistic people.
- Supporting friendships and relationships, including navigating social complexities, perspective-taking and identifying safe friendships.
- Strategies for supporting emotional regulation, managing worries and reducing overwhelm, including compassionate responses to stress, meltdowns and shutdowns.
- Using visuals to support understanding, manage expectations and make meaning clearer, including visual tools for communication, emotional regulation and energy management.
- Building trust, promoting self-advocacy and helping autistic girls feel safe, understood and able to be authentic.
- Practical strategies that professionals can use to support autistic girls across educational settings.

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: £10.00 per delegate

Available until: 22/04/2027

Code: STEPS-0527-T003