

Healing Through Autism Course Details

Course overview:

The course is a 12 week, *one on one, individually tailored* course, which consists of.

1. Twelve *live clearing / therapy sessions* with me via *video call* where we work through your feelings and address the issues and difficulties that you are facing. Each session is tailored specifically to you, your feelings and your unique situation.
2. Twelve *modules of exercises and materials* that prepare for the *live therapy session* each week. The modules lead on from one another and guide you through this healing journey in a step by step fashion.

Who is the course for?

The course is for parents and carers of *children with a wide variety of special needs* such as autism, ADHD, learning difficulties, global developmental delay, sensory processing disorder and others. As *the course works with your feelings* and the feeling states that get triggered in you as you relate to your child, *it is applicable to all parents and carers regardless of the child's age or difficulty or diagnosis.*

What does the course aim to do?

This course is a space to:

- Fundamentally change your situation by identifying and healing the feelings that get triggered in you when you relate to your child.
- Identify, work with and address the aspects of your child and your situation that you most struggle with.
- Put in place the foundations of a relationship with your child that will allow for change and growth to happen.

How is it structured?

The course runs for *12 weeks* and consists of *12 modules*. Each module addresses a different aspect of you, your child, your relationship or your situation. Each week a new topic is introduced and discussed and you are taken through an exploratory exercise. This is followed by a live therapy session with me to work with and address any thoughts, feelings or aspects of your situation the exercise has helped you to uncover.

What is the time commitment?

The time commitment is around *2 hours per week*. Each week you will have one or two recordings with information and an exploratory exercise that prepare you for the live therapy session. The weekly therapy session lasts 50 minutes.

Course Outline

Week 1:

- Introduction and enquiry to establish exactly what you want the course to help you change or resolve.

Weeks 2 and 3:

- Surface and explore your feelings towards your child, your child's situation and other significant people involved so that any difficulties can be understood and addressed in the therapy sessions.

Weeks 4 and 5:

- Understand your feelings towards and relationship with yourself. Be guided to become the *best support* to yourself so that you can also become the *best support* for your child. Identify and address any insecurities, blocks or wounds that may be holding you back.

Week 6:

- Look in detail at the impact your child's condition and/or diagnosis has had on you and your life so that any wounds and pain related to that can be worked with and healed.

Week 7:

- Understand and work with the *most difficult aspects* of your relationship with your child.

Weeks 8, 9 and 10:

- Put in place the fundamentals of a relationship with your child that are based **on shared experiences** and **connection** so that you become able to create a space which allows for and facilitates change and growth. Explore and heal any wounds or barriers in you that may make it difficult to create shared experiences and connection with your child.

Week 11:

- Take stock. Address any aspects of your situation that you feel are still "work in progress".

Week 12:

- Celebrate the insights, changes and milestones you have achieved.

Next steps and enrolment:

To find out more, to discuss exactly how the course can help you with your unique situation and to *enrol* please book your free call with me. I can be contacted by phone on +007771 974 901 or via *email*. I very much look forward to hearing from you.