

'Healing Through Autism' Course Details

Course overview:

The course is a 12 week, *one-on-one, individually tailored* course, which includes:

1. Twelve *one-on-one live sessions* with me via *video call* where together we work through your feelings and address any 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 session each week. The modules lead on from one another and guide you step by step through this healing journey.

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 their child's age, difficulty or diagnosis.

What does the course aim to do?

This course is a path to fundamentally change your situation through:

- Identifying, releasing and healing *the feelings that get triggered in you* by your child and their difficulties so that you become more able to contain your child and their difficult feelings.
- Identifying, working with and addressing *those aspects* of your child's difficulties and your situation *that you most struggle with*.
- Supporting you to parent in a way that *calms your child* so that your child's overstimulated nervous system begins to unwind, so that *your child feels a greater sense of safety*, and therefore becomes more able and receptive to learning and changing.
- *Tapping into your child's own motivation to grow* by putting in place the foundations of a relationship based on *shared experiences* and *connection* as this is essential for their *true potential* to begin to be unlocked.

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, how you relate and your whole situation. Each week a new topic is introduced and discussed and you are taken through an exploratory exercise. This is followed by a one-on-one live 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 therapy session which 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, addressed and released* in the live sessions.

Weeks 4 and 5:

- Understand your feelings towards and relationship with yourself. Be guided to become the *best support* to yourself that you can be so that you can also become the very *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:

- Explore how you can parent in a way that aims specifically *to calm your child's nervous system*, to put in place the fundamentals of a relationship with your child based on *shared experiences* and *connection* in order to create a space *which allows for* and *facilitates change and growth*. Explore and heal any wounds or barriers in you that may be making it difficult for you to create shared experiences and a deep 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 on **+007771 974 901** or via email at info@martinabilmayer.co.uk. I very much look forward to hearing from you.