

SLEEP AND ANXIETY IN AUTISTIC CHILDREN

Saturday 2nd February 2019, 2.30 – 4.30 p.m, Guildford

Speakers: Dr. Charlie Tyack & Dr. Ann Ozsivadjian

Two talks about sleep issues in autistic children and how anxieties can affect sleep.

The sleep session will be delivered by Dr. Charlie Tyack, a clinical psychologist in the paediatric sleep department at Evelina London Children's Hospital. It will cover factors affecting sleep, as well as how to address concerns specific to sleep in young people on the autistic spectrum.

The anxiety session will be delivered by Dr. Ann Ozsivadjian, a Principal Clinical Psychologist with extensive experience in a specialist complex neurodevelopmental disorders team. Her particular research interests and clinical specialism are mental health problems in ASD and adapting interventions for young people on the spectrum. In this talk, Ann will focus on how anxiety can affect sleep, and discuss strategies for managing anxiety, particularly in the context of sleep problems.

Places are limited, and MUST be booked in advance

To book go to:

<https://www.eventbrite.co.uk/e/sleep-issues-in-autistic-children-tickets-52924794485?aff=erelexpmlt>

No charge, but donations towards the costs would be gratefully received, either in cash on the day or via our JustGiving page: www.justgiving.com/nassurreybranch

For further information email info@nassurreybranch.org tel: 07423 435413

LIVING AND LEARNING WITH EXTREME DEMAND AVOIDANCE

Saturday March 23rd, 2.30 - 4.30pm, Woking

Speaker: Clare Truman, autism specialist teacher

This talk will cover:

- The debate surrounding the use of Pathological Demand Avoidance as a diagnosis
- Supporting children who display extreme demand avoidance at home and school
- How to adapt autism strategies to meet the needs of children who display extreme demand avoidance

Places are limited, and MUST be booked in advance

To book go to:

<https://www.eventbrite.co.uk/e/pathological-demand-avoidance-registration-53215968394?aff=ebapi>

No charge, but donations towards the costs would be gratefully received, either in cash on the day or via our JustGiving page: www.justgiving.com/nassurreybranch

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