

Autism Pathway Family Learning Programme:

Emotion Coaching for Parents of Children with Autism

Wigan Education Psychology service are pleased to offer a free Emotion Coaching training session for parents of children with Autism. This training is especially helpful if the child/young person is displaying some emotionally based school avoidance behaviours.

This session will be online using Microsoft Teams.

What is Emotion Coaching?

Based upon research, it uses moments of heightened emotion to guide and teach young people about their emotions and effective responses. Their strong emotions are acknowledged, helping them to feel understood and helping them to calm their emotions and bodily responses to emotions. It can be a helpful approach, even when dangerous or harmful behaviours are demonstrated by the young person, because Emotion Coaching focuses upon acknowledging strong feelings *and* upholding rules, boundaries and expectations.

Children with Autism often find their emotional world difficult to understand. They may become worried or anxious about things like friendships and changes in routine but find it hard to understand or express this. When these feelings relate to an aspect of school, some children start to avoid school.

The training focuses on the following aims: -

- To understand emotional regulation and consider how this can be difficult for young people on the autistic spectrum
- To highlight links between emotional responses and school avoidance
- To know the process of Emotion Coaching and begin to develop skills in this area.

This online session will be held on: Wednesday 20th January 2021 10 –12pm

To book your place please click on the link below which will take you to a short registration form to complete your booking.

<https://www.eventbrite.co.uk/e/emotion-coaching-parents-of-children-with-autism-tickets-132925450601>

Wigan Council online family learning programme is delivered using Microsoft Teams which complies to stringent security standards and has the appropriate privacy shield in place. If you are using a phone or iPad you will need to download the Teams app beforehand. If accessing the course through a laptop then follow the link through your browser. The details we request are kept secure and used in line with our privacy policy.



Autism Family Learning Programme etiquette

Wigan Council

Use "Chat" to ask questions.

Chat

Please don't touch the "request control" button or share your own screen - this stops the slide presentation!

Request control

Put yourself on mute when you aren't contributing to stop background noise and echoing. Un-mute when you want to contribute.

Use the "Raise your hand" button to indicate your intentions to speak. For mobile app users, tap on the icon.

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