



# Understanding and Managing Challenging Behaviour

**2 February 2011** – Ramada Bristol City Hotel, Bristol

Presenting the latest research and best practice in understanding and responding to challenging behaviour in children and adults with autism

**Featuring:**

- › John Clements, **Behavioural Consultant, Author and Clinical Psychologist**
- › Dr Juli Crocombe, **St George's Hospital**
- › Dr Helen Pearce, **Tees Esk and Wear Valleys NHS Foundation Trust**
- › Professor Richard Hastings, **Bangor University**
- › Jackie Edwards, **The Challenging Behaviour Foundation**

**Don't miss  
the early  
booking rate**  
– register by  
14 January  
2011!

Endorsed by:

**NASS**

Challenging  
**BEHAVIOUR**  
foundation  
  
making a difference  
to the lives of people with  
severe learning disabilities

Accept difference. Not indifference.



# Understanding and Managing Challenging Behaviour

**Every day, people with autism are expected to cope with the challenges of a world which can often seem bewildering and irrational. This can cause high levels of anxiety and stress, resulting in behaviour that can be difficult for other people to deal with, and creating challenges for professionals involved in education, health and welfare services.**

This conference features key speakers who will discuss the causes of challenging behaviour for people with autism. Hear the latest research from experts in the field and learn from case studies illustrating best practice. With two different seminar streams to choose from, you can select the seminars which are most relevant to your work.

The first seminar stream features expert clinical psychologists and psychiatrists who are renowned in this field. They will discuss the latest thinking around challenging behaviour where people have complex diagnoses, high risk and self-injurious behaviour, as well as how effective care pathways can be established.

Responding effectively to behaviour that can be challenging remains a big concern for professionals working in the care or education sectors. It is important for early intervention and planning to ensure that situations don't escalate to a point when physical intervention seems the only option.

## About the organisers

**The National Autistic Society (NAS)** is the leading UK charity for people with autism (including Asperger syndrome) and their families. We provide information, support and pioneering services, and campaign for a better world for people with autism.

## Sponsorship, exhibition and networking opportunities

For bespoke sponsorship packages or to exhibit at this event, please contact **Kate Laird** on **020 7923 5734** or email **conference@nas.org.uk**

The second seminar stream of this conference will discuss proactive and practical strategies to help reduce confrontation by reducing potential triggers, and how to develop an organisational approach to managing challenging behaviours.

This event is a great opportunity to hear and network with acknowledged experts in the field and to gain a wealth of knowledge, engage in debate and exchange new ideas.

**Register by 14 January to take advantage of our early booking rate!**

## Attend to:

- hear about the latest research from experts in the field
- understand the causes of challenging behaviours and how to reduce potential triggers
- learn practical strategies for recognising early warning signs and making positive interventions
- network with other professionals and experts in the field.

## Key topics include:

- Working holistically and in partnership with families
- Low arousal approaches to managing challenging behaviour
- Autism and mental health – the challenges of complex diagnoses
- Self-injurious behaviour
- Using sensory understanding for early intervention and support
- Forensic / high risk behaviour
- Establishing effective care pathways

## Who should attend?

- Education professionals from mainstream schools, special schools and local authorities
- Clinicians across the professional field, including psychiatrists, psychologists, speech and language therapists, occupational therapists and GPs
- Social workers and support workers
- Voluntary sector groups and not-for-profit organisations
- Parents, carers and individuals with autism



## Plenary Sessions

- 08:30 Registration and refreshments
- 09:30 **Welcome by the Chairman**  
**Dr Roger Banks**, Head of Programme for Adult Learning Disability Service, Betsi Cadwaladr University Health Board
- 09:40 **Keynote Address: Madness and nonsense: how people not identified as having autism organise their responses to the behaviour of people identified as having autism**  
**John Clements**, Behavioural Consultant, Author and Clinical Psychologist

- 10:20 **Low arousal approaches to managing challenging behaviour**  
**Dr Andrew McDonnell**, Consultant Clinical Psychologist and Director, Studio III
- 10:50 Q&A session
- 11:00 Morning refreshments
- 11:30 **Real Sally speaking**  
**Sally Meadows**, A person with autism
- 12:00 Q&A session
- 12.10 Changeover into seminar streams

### STREAM 1 – CLINICAL DISCUSSIONS

- 12:15 **Autism and mental health – the challenges of complex diagnosis**  
**Dr Juli Crocombe**, Consultant in Developmental Neuropsychiatry and Learning Disability St George's Hospital
- 12:55 Q&A session
- 13:00 Lunch
- 14:00 **Developing a care pathway that benefits all**  
**Dr Helen Pearce**, Consultant in Developmental Psychiatry, Tees Esk and Wear Valleys NHS Foundation Trust
- 14:40 **TBC**
- 15:20 Q&A session
- 15:30 Afternoon refreshments

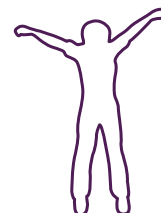
### STREAM 2 – PRACTICAL STRATEGIES

- 12:15 **A holistic approach to supporting the behaviour of individuals with autism**  
**Geoff Evans**, Head of Quality Improvement Options Group
- 12:55 Q&A session
- 13:00 Lunch
- 14:00 **Using sensory understanding for early intervention and support**  
**Corinna Laurie**, Occupational Therapist The Helen Allison School
- 14:40 **Recognising early warning signals and responding effectively**  
**Louise Albert**, Positive Behavioural Support Team Manager, NAS Cymru
- 15:20 Q&A session
- 15:30 Afternoon refreshments

## Plenary Sessions

- 16:00 **Behaviour problems in children with ASD and family stress: implications for intervention**  
**Professor Richard Hastings**  
School of Psychology, Bangor University
- 16:30 **Working in partnership with families**  
**Jackie Edwards**  
Family Carer, The Challenging Behaviour Foundation and Member of the National Autism Programme Board

- 17:00 Q&A Session
- 17:10 Closing Remarks by the Chairman
- 17:15 End



**Book by 3 January 2011 to avoid the 2.5% VAT increase**

The NAS reserves the right to make amendments to the advertised conference programme and speakers.

**For more information and to register, visit**  
**[www.autism.org.uk/conferences/behaviour2011](http://www.autism.org.uk/conferences/behaviour2011)**

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## To make a booking:

**Online** [www.autism.org.uk/conferences/behaviour2011](http://www.autism.org.uk/conferences/behaviour2011)

**Email** [conference@nas.org.uk](mailto:conference@nas.org.uk)

**Tel** 0115 911 3367

**Fax** 0115 911 3362

**Post** NAS Conference and Events Team  
6th Floor, Castle Heights  
72 Maid Marian Way,  
Nottingham NG1 6BJ

**2 February 2011 - Ramada Bristol City Hotel, Bristol**

Brochure code: NRT

Rates	Early booking rate Book by 14 January 2011	Standard rate
Delegate rate	<input type="checkbox"/> £175 + VAT	<input type="checkbox"/> £225 + VAT
NAS Members		<input type="checkbox"/> £150 + VAT
Parents/Carers/Individuals on low income*		<input type="checkbox"/> £75 + VAT
Exhibitor Rate	<input type="checkbox"/> £395 + VAT	For full details of what the exhibitor rate includes, please visit the website: <a href="http://www.autism.org.uk/conferences/behaviour2011">www.autism.org.uk/conferences/behaviour2011</a>

\* Including people receiving: 1) Income Support 2) Employment Support Allowance 3) Disability Living Allowance 4) Carers Allowance

## Delegate details

Title	First name	Surname
Job title		Tel
Organisation		Fax
Email		
Keeping in touch with you via email can help to keep our costs down. <b>Please tick this box if you are happy to receive emails from us</b> <input type="checkbox"/>		
Address		
	Town	County
Postcode	Country	

The National Autistic Society would like to update you from time to time in order to inform you about our work.

If you **do not** want to receive any mailings from The National Autistic Society, **please tick this box**

### NAS membership number:

### Any special requirements

eg Access/Dietary/Support/Other?

### How did you hear about this conference?

Please write here

## Booking contact

If you are booking on behalf of someone else, please provide your contact details here.

Title	First name	Surname
Job title		Tel
Email		

## Payment details

### CHEQUE

Please find enclosed a cheque for £

Please make all cheques payable to 'The National Autistic Society'

### INVOICE Please complete all details below

Invoice for the attention of	
Purchase Order (PO) Number (if applicable)	
Address	
Postcode	Tel
Email	

### CREDIT CARD

Card type	Card number	
Start date	Expiry date	Security code (3 digits on reverse)
Name on card		
Signature		

## Terms & conditions

### Conference fees

All prices include entrance to the conference and seminar sessions, lunch, refreshments and comprehensive delegate documentation. Fees do not include delegate accommodation and travel and The National Autistic Society (NAS) is not responsible for arranging these.

### Payment

Payment must be received before the conference date. If payment is not received by this time, delegates will be required to guarantee payment by credit card on the day of the conference. Cheques should be in pounds sterling and should be made payable to 'The National Autistic Society'.

### Cancellations and refunds

Delegates who wish to cancel their places must do so in writing. If notice of cancellation is received at least 21 days prior to the event, the NAS will refund the full registration fee less £50 administration charge. If notice of cancellation is not received within 21 days prior to the conference, then we regret that no refund can be made.

Substitutions can be made without charge up to three days prior to the event. In the event that the NAS has to cancel the event, delegates will be given as much notice as possible and given a full refund (if paid in full) or a credit note (where payment is not yet made). We regret that we will be unable to compensate delegates for any travel or accommodation costs incurred.

### Overseas delegates

EU countries: Delegates attending from EU countries are exempt from paying VAT only when their organisation is VAT registered within their own country. Confirmation of the VAT registration number is required at the time of booking. Non-EU countries: VAT will be charged on the invoice but you are able to claim back the VAT charge.