

Understanding Neurodivergence: Challenging Perceptions & Reframing Thinking

Practical support for parents and carers

Wednesday 2nd April 2025, 18.30 – 22.00
The Glascoed, Monkwood, Usk NP15 1QE

Hope GB is delighted to host a conference with special guests:
Dr Fiona Gullon-Scott - Consultant Chartered Psychologist
Dr Katherine Uher - Autistic Psychotherapist, Author and Speaker

Registered charity number: 1157519.

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This workshop will consider the ways in which language, stereotypes, assumptions, systems, and environments colour our attitudes towards, and understanding of, autism and neurodivergence. Topics addressed will include non-speaking autistic people, older adults, parenting, co-presenting learning disabilities, overlaps with physical, emotional and mental health, and trauma.

Through presentation of research, clinical examples, lived experience, and utilisation of practical activities, the workshop will help professionals and caregivers to reflect on the ways in which society and our own beliefs shape how we interact with and support autistic people, and to identify practices that need changing as well as providing guidance on strategies that support wellbeing and a sense of safety.

Key Learning Objectives:

- Improve understanding around varying presentations of autism and neurodivergence.
- Develop greater awareness of links between physical, emotional, and mental health in neurodivergence, including co-presenting issues.
- Increase understanding of 'neurodiversity' and how this differs from 'neurodivergent'.
- Learn practical strategies for supporting individuals through a trauma-informed and neurodiversity-affirming lens.

Who should attend?

- This training is suitable for parents and carers of autistic children and young adults, as well as autistic or Aspergers adults seeking a better understanding of successful anxiety management. The session will incorporate practical tools and coping strategies which build confidence and capability.

Programme

18:00 - 18:10: Welcome and Housekeeping

18:10 - 19:10: Presentation delivered by Dr Fiona J Gullon-Scott: Awaiting

19:10 - 19:30: Break

19:30 - 20:30: Presentation delivered by Dr Katherine Uher: Awaiting

20:30 - 21:00: Questions and Answers

Ticket prices*

Carers: £20.00

Autistic Individual: £15.00

*Nominal online booking fee applies

If you require an invoice or purchase order reference, or if you would like to make a group booking, tickets are also available by emailing our office: **admin@hopegb.co.uk**

Speaker Biographies



Dr Fiona Gullon-Scott Spectrum Specialist Consultancy Ltd is fronted by Dr Fiona Gullon-Scott (nee Scott), a Consultant Chartered Psychologist with over 25 years' experience researching, training and doing clinical work with autism spectrum disorders.

She is an accredited International ADOS (autism diagnostic observation schedule) and ADI-R (autism diagnostic interview – revised) Trainer and has been running professional training courses on these instruments for over 15 years. In addition to her clinical and professional training work, Dr Gullon-Scott continues to conduct collaborative research in autism. She is also a member of the Society of Expert Witnesses, and a Senior Associate of the Royal Society of Medicine.



Dr Katherine Uher is an autistic psychotherapist, author, and speaker with a focus on neurodivergence, trauma, and human rights. Drawing on both personal experience and professional insight, Katherine explores the systemic challenges faced by neurodivergent individuals and their families, offering strategies for meaningful support.

Book your place today



<https://www.eventbrite.co.uk/e/interventions-with-impact-tickets-695652133257?aff=oddtcreator>

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