

Aberdeen Counselling Forum

'Neurodiversity and Trauma: How to Become a Wise Neurodiversity Practitioner'

Led by Christiane Sanderson

Saturday 3rd May 2025 (10.00am-4pm)

Venue:

Garden Lounge of Fountainhall Church of Scotland, Harcourt
Rd, Aberdeen, AB15 5NZ

There has been a significant increase in adults seeking assessment for previously undiagnosed Attention Deficit Hyperactivity Disorder (ADHD) or Autism. Many of these adults have faced a numerous challenge and associated mental health difficulties such as anxiety, depression, shame, isolation and loneliness without realising that these may be linked to neurodivergence.

Many clients enter therapy without realising that the challenges and struggles they face may be linked to ADHD or Autism. In addition, practitioners often lack specific training or awareness of how neurodivergent clients may present in the therapeutic process. As a result, they may confine their focus on overt presenting symptoms and easily identifiable mental health conditions without taking into consideration any potential neurodivergence.

Thus, the **learning objectives** of this training day are:

- **Understand Neurodiversity in Adults** -specifically Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Condition (ASC) in adults.
- Identify **Challenges Faced by Undiagnosed/ Misdiagnosed Adults including** Long-term impact on mental health: anxiety, depression, shame, isolation, and loneliness.
- **Prevalence and Recognition of ADHD and ASC in Adults**
- **How to recognise underlying** ADHD/ASC traits and challenges, and how these are often masked by neurotypical behaviours
- Understanding overlapping symptoms with mood disorders, anxiety, depression, self-medication, PTSD, and Complex PTSD.
- **How to work with neurodivergent clients and incorporate** Compassion-Focused Therapy, and develop Neurodivergent- Affirmative Practice into their preferred therapeutic modality
- **How to create Neurodivergent-Friendly Spaces** to accommodate diverse needs.
- How to **resource and empower neurodivergent clients** to move towards acceptance and embrace their neurodivergence.

- **Development of Practical Skills** to enhance practitioner skills in working with neurodivergent clients such as case and group discussion to share best practice

About the presenter:

Christiane Sanderson is a former senior lecturer in Psychology at the University of Roehampton, of London with over 35 years of experience working in the field of childhood sexual abuse, sexual violence and complex trauma. She has delivered advice and training for parents, teachers, social workers, nurses, therapists, counsellors, the police and faith communities. Her research interests span trauma informed therapeutic practice, PTSD, Complex Trauma, CSA, domestic abuse and Narcissism. She is the author of *We Are Still Here: What Counsellors and Therapists Can learn from the Lived Experiences of Child Sexual Abuse Survivors*; *Working with Survivors of Sibling Sexual Abuse: A Guide to Therapeutic Support and Protection for Children and Adults*; *Counselling Skills for Working with Shame*; *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*; *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition; *Counselling Survivors of Domestic Abuse*; *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence 4th Edition*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths*; *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends*, and *Numbing the Pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addiction* for the charity *One in Four* for whom she is a trustee.

Contact person for enquiries and booking:

Elena Laguarda - Email: contact@thecounsellingforum.co.uk

Please complete and email your booking form to:
contact@thecounsellingforum.co.uk

ACF Booking Form for Workshop Saturday 03.05.25

PARTICIPANT NAME:

EMAIL ADDRESS:

TELEPHONE NUMBER:

PLEASE INDICATE APPROPRIATE PAYMENT BOX

EARLYBIRD – RECEIVED BY 26.04.25

ACF MEMBER - £50	
ACF CONCESSION MEMBER - £45 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON-MEMBERS - £65	

PAYMENT FROM 27.04.25	
ACF MEMBER - £60	
ACF CONCESSION MEMBER - £55 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON-MEMBERS - £75	

IF YOU ARE AN ORGANISATIONAL MEMBER, PLEASE LET US KNOW WHICH ORGANISATION:

~ ~ ~

- If paying by **BACS**, please state your full name as reference:

Account: 00458505 Sort code: 80-05-11
- If you wish to pay by **cheque**, please email the contact person for postal address.

If you wish to **cancel your booking**, provided at least three days' notice is given, you will receive a 50% refund.

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.