

3-day training in Utrecht (the Netherlands): Teaching mindfulness to adults with autism spectrum disorders

Goal: This course was set up for clinicians and researchers who want to teach mindfulness to adults with ASD. Participants will learn how the general practice of mindfulness can be adapted to suit people with ASD.

Contents of the course: Participants are trained in the different meditation techniques and exercises, including the bodyscan, breathing meditation, listening meditation, meditation of thoughts, 5-minute meditation, walking meditation and yoga. The participants learn how these meditations can be adapted to the information processing characteristics of adults with ASD. Suitable alternative approaches are looked at and participants practice teaching the meditations in a way that people with autism can understand. Through role-play, participants practice teaching the techniques and learn how to handle (unusual) situations and questions.

Requirements: Participants should have at least two years of experience in working with adults with ASD. Additionally, experience with meditation or yoga is helpful, but not obligatory. In order to ensure quality training and to meet the individual needs of the participants, the minimum number of participants has been set at 5, maximum at 12.

Trainer: Annelies Spek (PhD) is the trainer. She adapted Mindfulness for adults with ASD and examined the effects in a randomized-controlled trial, see: www.autismandmindfulness.org

Date and time: 23, 24, 25 February, every day 9:30 -16:30.

Location: The Alchemist, Koningin Wilhelminalaan 8, Utrecht (The Netherlands: by train half an hour from Amsterdam/Schiphol airport).

Contact Information: Questions can be asked via e-mail: info@autismekenniscentrum.nl

Cost: 699 euro. This includes lunch and coffee/tea during the training, the mindfulness protocol and the meditation transcripts. The full course tuition is refundable, less \$50 if your cancellation is received in writing, on or before January 25, 2015. No refunds will be allowed after this date.

Preparation: For the three-day training, it is important to bring something to lie on, and under, for example a yoga mat and a blanket.

Register: send an e-mail to info@autismekenniscentrum.nl with your contact information. When 5 participants applied, your registration will be definite and you will receive an invoice.