



Scottish
autism
WHERE AUTISTIC PEOPLE
ARE VALUED

STUDIO 3 PRESENTS:

MANAGING THE STRESS RESPONSE

TUESDAY 8TH SEPTEMBER , 10AM - 4PM (BST)

Studio 3 have teamed up with our long-term partners Scottish Autism for this conference, in an attempt to share information and ideas about stress management within caring environments. In this web-based conference, recent advances in our knowledge about stress and coping strategies will be presented and applied by leading experts in the field.

FOR GROUP AND FAMILY DISCOUNTS
CONTACT ADMIN@STUDIO3.ORG

A Studio 3 Web-Based Conference in Partnership with Scottish Autism

'Managing the Stress Response: An Individualised Approach' | Tuesday 8th September 2020 | 10am – 4pm BST

Studio 3 have teamed up with our long-term partners Scottish Autism for this conference, in an attempt to share information and ideas about stress management within caring environments. Scottish Autism is an organisation we have worked with for many years, who are dedicated to enabling autistic adults and young people to live happy, healthy and fulfilling lives. Scottish Autism provides a range of support services for autistic people and their families, focusing on the diverse needs and strengths of each individual they support.

Recognising and managing stress is an important factor when it comes to supporting any individual in a caring environment. The Studio 3 Atlass programme, delivered in partnership with Scottish Autism, looks at the importance of family members, carers and other supporters regulating their own physiological and psychological arousal in order to better support distressed individuals. Stress impacts all of our lives, and understanding the way stress interacts between individuals, their environment, and their physiological arousal is essential to supporting individuals to live their fullest lives. At both Studio 3 and Scottish Autism, our shared goal is not to attempt to change individuals, but to alter how we perceive their behaviour, and learn to recognise their distress. We are both deeply committed to supporting not only individuals with autism and a range of other conditions, but also to working with their families and supporters to reduce stress overall and enable each individual to flourish.

In this web-based conference, recent advances in our knowledge about stress and coping strategies will be presented and applied by leading experts in the field. The aim of this conference is to provide a balance between academic knowledge about the biological mechanisms of stress, and the practical applications of managing our own stress response, as well as that of the individual we are supporting.

This event is inclusive, and is open to educational staff, mental health practitioners, carers, families, and other professional groups. The full-day event will consist of three presentations followed by interactive discussions. This will be hosted on the live webinar system Zoom, and allow participants to ask the speakers questions to be answered in real time.

Chair

Charlene Tait

Scottish Autism



Charlene Tait, Deputy CEO of Scottish Autism, will lead the panel of speakers and facilitate discussions around stress management. Charlene has worked in the field of autism for thirty years. In that time, she has been engaged in direct practice and service development. She was lecturer and Course Director in Postgraduate Autism studies at the University of Strathclyde and has been involved in a number of national strategic initiatives.

Speakers

Professor Mark Wetherell

Northumbria University



Mark is a Professor of Psychobiology at Northumbria University. Mark is a specialist in the psychobiological causes and consequences of stress, how stress gets inside the body and why it effects people differently. For the last ten years, Mark has been involved in assessing the psychological and biological effects of caregiving in attempt to understand caregiver stress.

Dr Daniel Rippon

Northumbria University



Daniel is a lecturer at Northumbria University, who recently published a grounded theory study on work-related stress in care givers. Daniel's research interests concern the occupational welfare of frontline healthcare professionals, and he is keen to understand ways in which work-related stress can be alleviated in caring professions.

Bo Hejlskov Elvén



Bo is a clinical psychologist based in Scandinavia who provides guidance on supporting children and adults with behaviours of concern. Bo's work has long focussed on using Low Arousal Approaches to create caring environments characterised by calm and positive expectations, aiming to decrease stress, distress and challenging behaviour.

Schedule

10:00 - 10:15: Welcome Address

Delegates are welcomed to the online conference by Charlene Tait, who will introduce the speakers and the topic.

10:15 - 11:30: Professor Mark Wetherell: 'Identifying Differences in the Caregiver Experience - Opportunities for More Individualised Interventions'

Professor Mark Wetherell presents recent research into caregiving and stress, followed by up to 30 minutes interactive answer period with live questions from delegates.

11:30 – 11:45: Break

A small break for refreshments and snacks.

11:45 - 13:00: Bo Hejlskov Elvén: 'Developing Low Arousal Coping Responses in Families and Carers'

Bo Hejlskov Elvén presents on how Low Arousal Approaches can be implemented to support stress and coping. This will be followed by up to 30 minutes interactive answer session with live questions from delegates.

13:00 – 13:30: Lunch

A short lunch break for delegates and speakers.

13:30 - 14:45: Dr Daniel Rippon: 'The causes of and protective factors against work related stress in healthcare professions'.

Dr Daniel Rippon presents on the implications of research into work-related stress in individuals within the caring sector. This will be followed by up to 30 minutes of questions from delegates and discussion with panellists.

14:45 – 16:00: Panel Discussion, Chaired by Charlene Tait

A discussion between panellists with questions from the audience.

Book Now!

The cost of this web-based conference is £28 (per person, including VAT). Follow this link to book now:

https://zoom.us/webinar/register/WN_WFxc2EViTbOns60mNzDZ5w

Discounts are available for families and groups. Please contact admin@studio3.org or call us on 01225 334 111.