



## Coventry intervention: Managing angry behaviour in young people with ASD or ADHD

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**At the moment, this is available for those people with a COVENTRY GP ONLY. You cannot self-refer for this intervention. Please discuss the possibility of a referral with a professional and they can make a referral to our services using our usual referral forms.**

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### What you will learn

The group aims to:

- Explain why some children with neurodevelopmental problems (including ASD and ADHD) have difficulties with controlling their temper;
- Tell you about strategies which are likely to be more successful with your child's difficulties;
- Give examples of the use of strategies to improve good behaviour and discourage inappropriate behaviour;
- How you might manage an incident of difficult behaviour;
- Provide you with examples of behaviour records and reward menus, including useful apps.

### What it will not cover

It will not tell you how to use restraint techniques or how to deal with physical confrontation. If you are looking for this, Autism West Midlands offers a workshop for parents and carers whose child is diagnosed with autism (visit their website for details:

<http://www.autismwestmidlands.org.uk/>

### How you will learn

We are trying to make the day interesting and useful as possible so there will be a variety of listening and learning, using hand-outs, presentations and some sharing and discussing children's problems. All the parents at the workshop will be facing similar problems with their children's behaviour.

Although we might ask for examples of difficult behaviour, there will not be time to go into any detailed analysis of the problems of any one child and you will not have to talk to the group as a whole unless you want to give an example.

## **Who will lead the workshop?**

One of the clinicians below will run the group:

**Heather Moran, Consultant Child Clinical Psychologist** - Heather is a Consultant Child Clinical Psychologist, in the Neurodevelopmental Service. She has worked with children and their families for 30 years and has been offering parent workshops for many years. She also gives talks and training on ASD and similar difficulties to other professionals at conferences and workshops across the UK. Heather keeps up to date with research on psychological problems and behavioural interventions and will try to explain how the research results can help you to understand and manage your child's difficulties.

### **Mia Harrison – Clinical Psychologist**

Mia has worked as a Psychologist for over 10 years across adult, learning disability and specialist CAMHS services. Her experience of working with people with autism and ADHD has been gained across these settings. She began working in South Warwickshire CAMHS and neurodevelopmental service in 2012 and joined the Neurodevelopmental Service in Coventry in January 2014. Mia is responsible for Autism assessment, 3Di assessment, psychological assessment, formulation and intervention. Mia has professional interest in ASD, Compassion Focused Therapy, Cognitive Behavioural Therapy, Personal Construct Psychology, Psychosis, attachment difficulties, systemic intervention, reflective practice and supervision.

## **Training for excellence in the NHS**

Sometimes we will also have trainees and students observing us in the sessions so they can learn about our work and develop their skills. This is a very important part of their training but if you or the young person would prefer not to have them in a session, please let us know when you arrive for the appointment.

## **Practical arrangements**

Due to commissioning arrangements this intervention is available for those with a COVENTRY GP ONLY. When you arrive for your session, please check in at our reception desk and a member of the team will meet you there.

## **Childcare**

Unfortunately we are unable to offer any childcare provision.

## **How to book**

After your referral is accepted, you will be invited to book onto this intervention by calling our admin team on 024 7696 1226.

Neurodevelopmental Service  
024 7696 1226