

NEWSLETTER

Welcome to the October issue of the newsletter.

Wellbeing Hub October talk

On the 10th October, we were delighted to welcome Amy Pearson who delivered an informative and affirming talk entitled “Understanding autistic masking as a response to stigma.”



If you would like to view the recording of this talk, you can access it, along with those from previous Wellbeing Hub talks on the Centre for Autism website – [Previous Monthly Talks](#) All of our available monthly talk recordings are hosted on our [YouTube channel](#).

Dr Amy Pearson is an Assistant Professor in Psychology at Durham University and part of the Centre for Neurodiversity and Development. She is a late-diagnosed autistic adult, and her research focusses on understanding autistic identity, masking, and victimisation.

 DrAmyPearson



Centre for
Neurodiversity &
Development

Welcoming our new placement students

We are excited to be welcoming a new cohort of Masters students to the Wellbeing Hub team later in October 2024.

Students enrolled on the MSc Theory and Practice and Clinical Psychology are required to complete a professional placement, providing them with opportunities to learn more about working in clinical services.

A key aim of the Wellbeing Hub is to support the training of practitioners of the future, and the students who are joining us are likely to be involved in a range of activities. Students will receive neurodiversity-affirmative autism awareness training, and we have been busy planning further projects.

We are hoping to provide our students with opportunities to work in local schools, support the delivery of anxiety workshops, provide post-diagnostic support to autistic young people and parents, and to support us with researching and evaluating everything we do, to ensure that autistic voices remain central to our work.

Centre for Autism 
Wellbeing Hub Monthly Talks
Free online public event

Centre for Autism 
Special Interest Group
Free in person event for professionals

Next monthly talk:

Date: Thursday 14th November, 7.00 – 8.30 p.m.

Speaker: Allán Laville – Make Your Own Kind of Music: reflections on being autistic and navigating life

Register: [CFA-Wellbeing-Hub-Nov-talk](#)

Professor Allán Laville is Professor of Equity in Psychology and Associate Pro-Vice-Chancellor for Diversity and Inclusion at the University of Reading. Allán is an Advance HE National Teaching Fellow and an Associate Fellow of the British Psychological Society (BPS).

Future talk dates @ 7.00 – 8.30 p.m.

12th December 2024: Pete Wharmby – Making an autistic living

Registration details will be available soon

Date: Thursday 7th November, 4.00 – 6.00 p.m.
Tea and coffee provided.

Speaker: Olive Kayongo, Parenting Special Children – parenting practitioner and peer supporter. Equality, Diversity and Inclusion advisor.

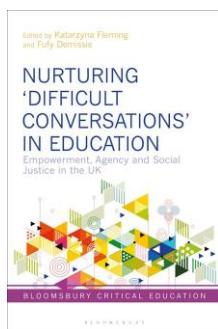
Title: Our family's lived experience of autism

Venue: School of Psychology and Clinical Language Sciences, Earley Gate, University of Reading. Satnav Postcode RG6 7BE

Register: [SIG Nov Registration](#)

An opportunity for professionals who work with autistic children and young people to come together **in-person to network** with other local practitioners and hear topical talks from a range of experts.

If you are a [professional](#) interested in attending this session, please register using the link



[More information on the book](#)

Nurturing Difficult Conversations In Education

Wellbeing Hub researcher, Dr Jo Billington, has recently published a book chapter entitled "Transforming Autistic Children and Young People's School Experiences through Difficult Conversations between Educators" in which she highlights the importance of open, challenging dialogues among educators to improve the school experiences of autistic pupils. Jo argues that through "difficult conversations" educators can re-examine their practices, challenge assumptions, and work collaboratively to create more inclusive and enabling school environments. She goes on to discuss how these kinds of conversations are the starting point for addressing the systemic barriers and unconscious biases that have contributed towards autistic children often being overlooked or misunderstood within traditional educational frameworks. In essence, this chapter positions "difficult conversations" as a powerful tool for fostering agency, empowerment, and social justice in the educational experiences of autistic children and young people.

Please consider supporting work at the Centre by making a donation. You can choose to donate to the research effort focussed on autism assessment and interventions or support work at the Wellbeing Hub.

 **Make a donation**

RESEARCH PARTICIPANTS NEEDED

All advertised studies have been granted ethical approval by the University of Reading's Research Ethics Committee

Links between self-reported and caregiver-reported sensory questionnaires and alexithymia traits

We are gathering responses from children about what sensory experiences they prefer in their daily lives and comparing this to what parents/caregivers perceive as the child's sensory preferences. We are interested in how some children's difficulties with understanding and labelling emotions affects their ability to report on their sensory preferences.

We are looking for: Children aged 7 to 15 years and their parents/carers

What the study involves: 50-minute parent and child questionnaires about child's autistic traits, sensory preferences, and understanding and labelling of their and other's emotions

If you are interested or have any questions, please contact:

Rain Jefferis (b.jefferis@student.reading.ac.uk)

Dr Cathy Manning (c.a.manning@reading.ac.uk / 0118 378 3454)

You can take part in the study here: <https://forms.office.com/e/SngfBFJKMG>

Ethics conduct's end date is the 22/11/2024.

Exploring social behaviours in autistic adults

We are exploring how autistic adults respond to different types of photos of people and objects

We are looking for: Autistic adults aged 18+

What the study involves:

- You'll be asked to look at photos of people and objects on a computer screen, while we record your responses, including where you look.
- You'll also fill out some questionnaires.
- You'll be paid £10 per hour for your time, and we'll cover any travel costs.

If you are interested or have any questions, please contact: Dr Elin Williams (e.h.williams@reading.ac.uk)

Ethics conduct's end date is the 31/12/2024.

If you have any feedback for the newsletter including anything you would like to hear about then please get in touch autism@reading.ac.uk

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