

# Neuro-diverse-attachment training (2024)

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## ***“Through the child’s eyes...”***

Foster care training



Designed and Delivered

by

*Dr Heather Pickard-Hengstenberg*



# Dr Heather Pickard-Hengstenberg

## ASC (autism spectrum condition)/ADHD/neuro-diverse - Consultant, Life Coach, Trainer & Writer

(PHD., MSC. AUTISM & RELATED CONDITIONS, BSC., P.G.C.E.)

### CONTACT

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#openly-autistic-ADHD

#openly-neuro-diverse

My passion is to support individuals (their families) with and without a neuro-diverse diagnosis to truly understand their difficulties & differences, to positively embrace these so that they can reach their full potential in life. My personal and professional experiences, as well as masters and PhD in this field, have equipped me with the tools to provide coaching, consultancy, and training, throughout the UK to individuals, families, education, and health authorities.

My work experiences are wide ranging: I have been working for 16+ years, previously as a lecturer, then as an autism practitioner at Swansea University, now continuing as a free-lance neuro-diverse trainer, consultant, life coach and writer. My published PhD research is in the process of resulting in published materials which will support day-to-day transitions and transitions from one educational phase to another. I am writing and about to publish several books relating to neuro-diversity.

## **Core foster care training courses**

1. ADHD
2. Challenging Behaviours
3. Change & Transitions
4. Child Development
5. Diversity
6. Enabling SEN children to positively communication and interact
7. Health & Wellbeing
8. Self-regulation & De-escalation
9. Supporting Education and Development
10. Teenage Brain
11. Trauma & Self-harm
12. Understanding Children and Young people's mental health

## **Other foster care training courses (that can be adapted to meet core training requirements)**

1. Children with NDD/ASD and sensory issues with food
2. Critical life skills that a child needs for adulthood
3. Enabling children to be assertive & problem solve when faced with; challenges, confrontation, issues, mistakes.
4. Enabling children to live healthily (the importance of exercise, nutrition & sleep).
5. Enabling children to positively change through the use of 'motivational interviewing' techniques
6. Enabling children to positively manage change and transitions
7. Enabling children to reach their full potential
8. Enabling children/teens with social (awareness, interaction &/or understanding) difficulties to positively communicate and socially interact
9. Enabling S.E.N. children to; plan, organise themselves and learn.
10. Encouraging your child to be independent and overcome executive functioning difficulties (difficulties with the concept of time, organisation, multi-tasking, remembering, planning and problem-solving)
11. Energy: balancing your day-to-day life and improving your wellbeing
12. Holistic understanding of A.S.C./Autistic Spectrum condition through the child's eyes & appropriate positive strategies.
13. Holistic understanding of sensory processing disorder (S.P.D.) through the child's eyes & appropriate positive strategies

14. Holistic understanding of sleep problems through the child's eyes & appropriate positive strategies
15. How the results of trauma (abuse & neglect) can result in self-harm
16. How trauma impacts the child in terms of their neurology, 'self' identity and overall well-being.
17. Improving children's 'Self' (self-awareness, self-belief, self-esteem, self-confidence) & overall emotional intelligence.
18. Supporting children with; anxieties, obsessions, panic attacks, phobias, repetitive behaviours, sensory issues.
19. Supporting children with; loneliness &/or social difficulties.
20. The differences and similarities between attachment disorder and other neuro-diverse conditions (Autism/ADHD)
21. Using cognitive behaviour therapy techniques to encourage positive thinking
22. Using your senses for mindfulness and relaxation