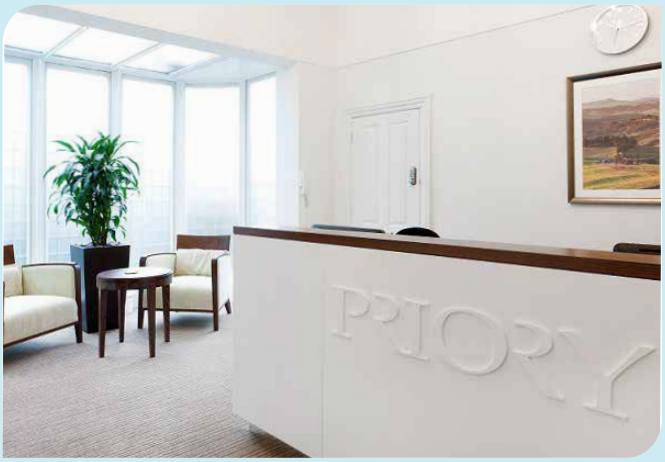
Priory Wellbeing Centre Birmingham

PRIORY PRIVATE HEALTHCARE

Adult autism psychological support pathway

We are pleased to offer an autism psychological support pathway, designed for people over the age of 18 who have been diagnosed with autism. This 12-week programme will offer post-diagnostic information, awareness and ongoing support. You do not need to have received your autism diagnosis from Priory in order to access the programme.

The course will also be able to support people with any co-occurring challenges they may be facing alongside autism, including anxiety, depression and trauma.



Post-diagnosis support for autistic people

Priory Wellbeing Centre Birmingham's autism psychological support programme is informed and underpinned by National Institute for Health and Care Excellence (NICE) guidelines. The programme has been designed to provide a pathway that:

- Is responsive to the needs of autistic adults, which could benefit their families, partners and carers
- Enables autistic people to develop an enhanced understanding of their strengths
- Provides personalised support and recommendations
- Provides individual and group psychoeducational interventions, focused on autism
- Provides opportunities for autistic people to meet other people on the autism spectrum, to develop mutual support and understanding

What does it involve?

The group runs for up to 12 weeks in total, with one session per week. It's a closed group, which means that everyone in the group starts and finishes at the same time, and no-one new will join the group during this time. The group will consist of a maximum of eight participants.

The programme consists of both group and one-to-one support, and takes place at Priory Wellbeing Centre Birmingham. While we recommend that all sessions take place in-person, we can offer flexible online appointments for the one-to-one sessions, if required. All group sessions will take place face-to-face.

Live your life

Course timetable

Week 1: Suitability assessment (if new to Priory)
Format – 1:1
Length – 1 hour

Week 2: Pre-commitment session
Format – 1:1
Length – 1 hour

Week 3: Strengths-based understanding of neurodiversity: information and overview
Format – group
Length – 90 minutes

Week 4: Impact of a diagnosis: what stays the same and what changes?
Format – group
Length – 90 minutes

Week 5: Emotions and realising personal strengths
Format – group
Length – 90 minutes

Week 6: Emotions and managing overwhelm
Format – group
Length – 90 minutes

Week 7: Key working session
Format – 1:1
Length – 30 minutes

Week 8: Practical self-care and wellbeing
Format – group
Length – 90 minutes

Week 9: Relationships and communication
Format – group
Length – 90 minutes

Week 10: Shaping the environment
Format – group
Length – 90 minutes

Week 11: Summary, practical resource information, evaluations and endings
Format – group
Length – 90 minutes

Week 12: Final 1:1 session
Format – 1:1
Length – 1 hour

Further information:

The suitability assessment is only applicable for people who did not receive their autism assessment and diagnosis with Priory. During this session, we'll review your diagnosis and assess your suitability for the programme.

Please note that anyone with the following challenges will not be able to enter the programme:

- A severe psychiatric disorder
- A risk of suicide
- Significant substance misuse
- Significant learning disability
- Significant attentional deficits
- Those who frequently feel overwhelmed and are unable to safely manage distress
- Those who are unable to tolerate being in a group with up to 8 people

Please contact us if you would like to discuss alternative support programmes.

Contact information and costs

The autism psychological support pathway costs £1,250 for people who did not receive their autism assessment and diagnosis with Priory (as these people will need to go through our suitability assessment), and £1,150 for people who did receive their autism diagnosis with Priory. It is available on a self-pay basis.

For more information, please contact Priory Wellbeing Centre Birmingham on **0121 200 5930** or by emailing **Birminghamwellbeing@priorygroup.com.**

For the most up to date information on our services, please visit our website.