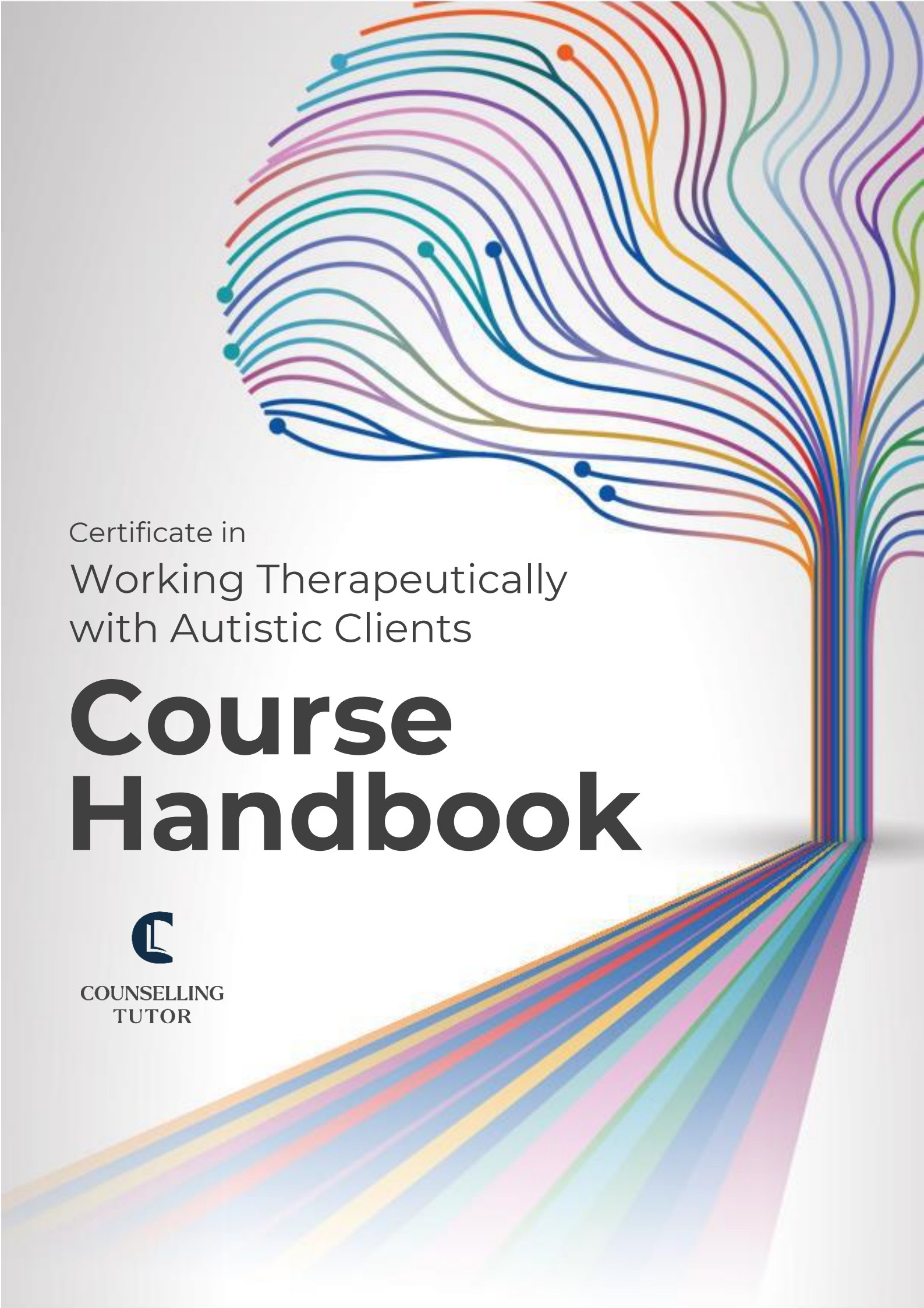




Certificate in
Working Therapeutically
with Autistic Clients

Course Handbook



COUNSELLING
TUTOR

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Welcome

Welcome to Counselling Tutor's course on working therapeutically with autistic clients. We are delighted to have you participate in this training, and hope you will find it enjoyable, stimulating and professionally rewarding.

This handbook outlines various important aspects of the course. You can refer to it throughout your learning journey with us to guide you.

NCPS Quality Checked Training Recognition



“This course has Quality Checked training recognition with the National Counselling and Psychotherapy Society (NCPS).

This course alone is not a route to the Accredited Register, nor does it equip a participant to refer to themselves as a qualified counsellor or as a ‘specialist’ in this area of work unless they have obtained relevant qualifications and experience to do so.”

***A Note on the Language Used**

All information included in the course is intended to provide a general overview of neurodivergence at the time of writing, using the accepted language then. Please note:

- Each neurodivergent individual is unique and so experiences the world differently.
- Knowledge of – and ways to speak about – neurodivergence may change over time.

Introduction

This course has been designed to support counsellors and psychotherapists in working safely and ethically with clients who present with neurodivergence. It was created in response to the demand for relevant training that can be transferred to practice.

The importance of becoming competent in working with clients who are neurodivergent has become more significant over the years. Becoming skilled in this area may represent an opportunity to extend your clinical practice or to enhance your existing work in this important area.

During the course, we will invite you to examine the impact of neurodivergence on each client's life, and its significance to you and to your practice. Growing understanding will lead to more effective practice. You will experience professional growth and an awareness of the breadth and depth of the aspects to consider when working therapeutically in this area.

We aim to equip you with the means to serve your clients well in the relationships you will build, based on knowledge, safety, trust and increased awareness.

Core Principles

At Counselling Tutor, we aim to provide a positive and safe environment that supports students and enables them to engage with their studies and to achieve to the best of their ability.

Alongside this, we have an ethical duty to consider how our students impact on others whom they may encounter through participating in the course – that is, peers, clients and supervisees.

Features of the Course

- One full-day live implementation workshop in which the theory of the course comes to life, as you work with your peers under expert guidance and have the opportunity to clarify your learning
- 39 additional hours of learning – all online, accessed via a secure portal
- Total learning hours of 45
- Blended learning to accommodate varied learning styles, including visual, auditory and kinaesthetic
- Supporting documents and lectures to reinforce your learning
- Access to a private learning group, where you can communicate and network with your peers about your course
- A completion certificate to evidence your learning and CPD

Course Fee and Payment Options

The course fee is **£298.99**

We offer flexible payment options to support your learning journey:

- Full Payment: Pay the full fee at enrolment.
- Instalment Plan: Spread the cost over 3 monthly payments of **£100 each** (£300 total, including finance fee).

All fees include:

- Access to the live tutor-led session
- Online learning resources and materials
- Certificate of completion (upon successful assessment)

Course Aims

- To equip practitioners with the skills and knowledge to engage confidently and ethically with clients who are neurodivergent
- To provide an understanding of neurodivergence, its different forms and its impact on individuals
- To enable recognition and validation of clients
- To enhance the ability to identify clients who are neurodivergent

- To encourage and promote safe and appropriate counselling environments that empower clients
- To advocate a commitment to ongoing learning and self-development, with encouragement to stay updated with research and best practice
- To raise awareness and understanding of the dual burden experienced by minority groups

A Neurodivergent-Friendly Team

Our team is neurodivergent-friendly. If you have any challenges such as autism, dyslexia or AD(H)D, please let a tutor know, and you will be supported.

Requirements for Successful Completion

- Completion of all course modules
- Attendance at the one-day implementation workshop
- Ongoing reflection in your journal (which is not submitted or marked)

Reasonable Adjustments

In line with our core values, the Equality Act 2010 and good-practice guidance, we aim to provide equal access and opportunities for all our students. We do this by designing our resources and courses to be as inclusive as possible and by making reasonable adjustments where needed.

You can request reasonable adjustments for assessments on the grounds of any type of disability that affects your ability to attend the course and/or access the relevant materials.

Please tell us that you need reasonable adjustments as soon as possible, so we can support you from the very start of your learning journey with us. To find out more, please see our [full policy and procedure](#)

What You Will Need

- A laptop or computer that connects to the internet and has a camera
- Available time and capacity to undertake the learning, including attendance at the one-day implementation workshop

Modules and Topics

The course has seven modules. Each module is further broken down into several topics:

Module 1: People not Pathology

- 1.1 What is neurodivergence?
- 1.2 Seeing the individual, not the label
- 1.3 Autism strengths and challenges
- 1.4 Autism and the law

Module 2: Preparing to Work with Autistic Clients

- 2.1 The double empathy problem
- 2.2 Rethinking how we communicate
- 2.3 Preparing the therapeutic environment
- 2.4 Accommodating client preferences
- 2.5 Counselling online

Module 3: Theory and Practice

- 3.1 Theory of Mind
- 3.2 Synaesthesia
- 3.3 Aphantasia
- 3.4 Alexithymia
- 3.5 Interoception
- 3.6 Masking
- 3.7 Autism and Trauma

Module 4: Diversity

4.1 Autism – female experiences

4.2 Autism – ethnic minority experiences

4.3 Autism – LGBTQIA+ experiences

Module 5: Further Considerations

5.1 Looking at supervision

5.2 The value of ongoing research

Module 6: Interviews

In this module, you will find a series of video interviews with individuals who identify as neurodivergent. Drawing on the thinking of Dr Stephen Shore who said, “When you meet one person with Autism, you’ve met one person with Autism”; these interviews are designed to illustrate when you have met one neurodivergent individual, you have met one neurodivergent individual.

At the end of each module, you will complete a short assessment and click to mark the module as complete. This enables you to move on to the next module.

Elements within Topics

Each topic contains a mixture of the following elements:

- video presentations by Rory Lees-Oakes
- interviews with individuals who have lived experience of neurodivergence
- downloadable slide packs, sound files and resources
- tasks to reflect on

- additional learning in the form of access to related specialist lectures
- suggested reading and viewing.

Live Session

The live session is an implementation workshop and will run for one full day.

The implementation workshop takes the theory and practice of working with autism therapeutically and builds the information into a counsellor's practice.

Before You Get Started

- Check that you are receiving our emails, which will all come from email addresses ending '**@counsellingtutor.com**'. Do check your 'Spam' and (on Gmail) 'Promotions' folders, and mark us on your Safe Senders list.

▶ We offer a detailed guide on [how to add us to your Safe Senders list](#).

- Access your **private learning group**. You will be given information on accessing your private group when logging into the course. When you have logged in, you will find the button that allows you to access the course community group right on your course dashboard.

This is not a Facebook group, but a dedicated course community space, just for you and your peers on the course with you. We highly encourage you to join and participate in the community, as learning materials and handouts will be shared here. You can also connect and network with your peers. This group will be available to you until your cohort has completed the course.

- If you're not already a member and would like to be, send us a request to join our [generic private Facebook page](#), where you can network with over 55,000 students, qualified practitioners, clinical supervisors and tutors in the world of counselling and psychotherapy. We'll be delighted to welcome you in!

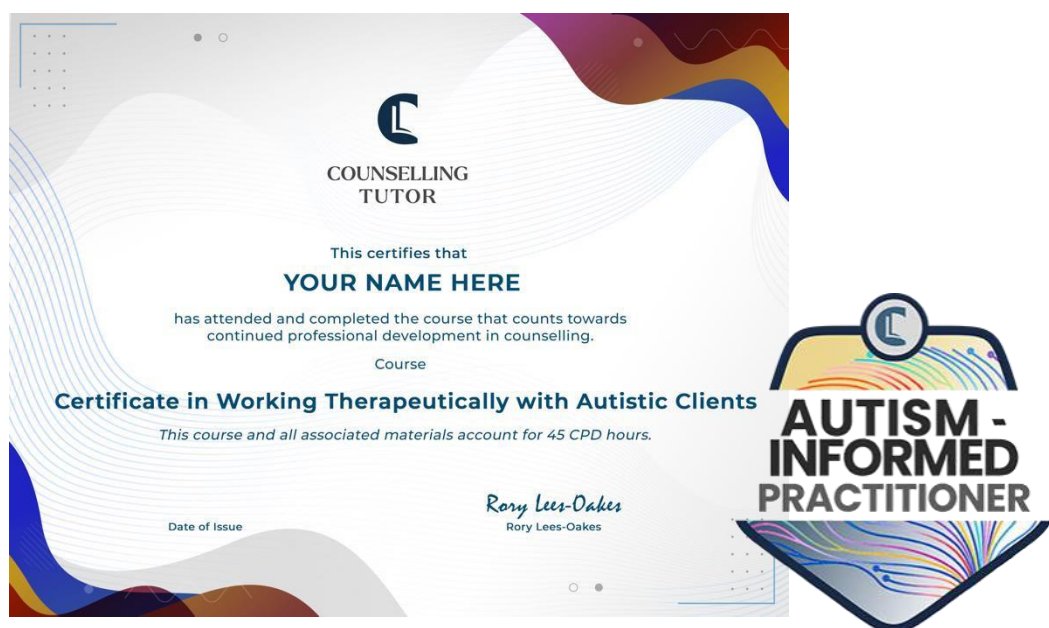
Declaration, Certificate and Badge

Once you have completed all elements of the course, you can download your certificate as evidence of your learning. You can use this towards meeting your ethical body's annual requirement for CPD, and add it to your CV.

You will be asked to agree to the following self-declaration statements as part of the certification process:

- that you have watched all the course videos and reviewed all of the additional resources, handouts and associated learning materials.
- that you have kept a reflective journal throughout the training process, and you have used this to process your learning.
- that you have attended the one-day live implementation workshop in its entirety.

▶ You will also be able to download a badge that you can use on your website and marketing materials after completing the course.



Your Tutors

Rory Lees-Oakes is Co-Director at Counselling Tutor and author of *Counselling Theory in Practice: A Student Guide*. He spent over a decade lecturing in counselling and continues to enjoy sharing his valuable insights into counselling theory and practice.



Rory is a qualified counsellor, clinical supervisor and lecturer. In 2015, he was awarded the prestigious Silver Plato award for outstanding use of technology in education. He is also a Fellow of the Pearson Teaching Awards. An avid drinker of tea, he's more likely to be found in a tea room than a bar.



Paul Cullen is a qualified counsellor who has worked in the fields of drug and alcohol misuse and as a mental health trainer and practitioner. He is passionate about neurodiversity and has a particular interest in grief and loss.

He is also a clinical supervisor working solely online and has completed training to ensure that he is offering his clients and supervisees the right support and space.

He has a private practice where he offers integrated therapy to individuals around a range of issues and also provides clinical supervision to counsellors working online.

Your Hosts

Your hosts produce the live session to ensure a smooth online learning experience, leaving the tutors to do what they do best – teach.

Your hosts ensure that the day runs according to the schedule so that everyone gets their well-deserved tea breaks on time.



Help and Support

If you need any assistance with technical issues – for example, navigating the course, logging in or password reminders – or if you have questions about the course content, email support@counsellingtutor.com. We will do our best to help you sort out and overcome the difficulty as quickly as possible, or provide clarification if needed.

Privacy, Refund and Cancellation Policies

- [How we protect your privacy and security](#)
- [Our refund and cancellation policy](#)
- [Our complaints procedure](#)

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7th June 2026