

Autism Discovery Psychoeducation Program

Session 1 – Discovery, Grief, and the Nervous System

Session 2: Sensory Processing, Profiling, and Safety

Session 3 – Communication styles, preferences, and differences

Session 4 – Emotions and Regulation

Session 5 – Socialising, Masking, and Disclosure

Session 6 – Thinking Styles, Predictability, and Executive Functioning

Session 7 – Common Co-Occurring Conditions and Fluctuating Energy

Session 8 – Meltdowns and Shutdowns

Session 9 – Autistic Burnout and Self-Compassion

Session 10 – Autistic Joy and Spins

Session 11 – Self-Advocacy, Finding Community and Supports

Session 12 – Neurodiversity Paradigm and Restarting with a New Lens

