

## Our referral process

Our counselling referral process is simple:

You can:

Contact one of our premises in Leeds or Bradford for any further information, such as availability and fees, or request a referral form.

Establish how counselling is to be funded. This may be self-funded, through your GP, workplace or social worker. We can provide guidance around this.

We will:

Contact you upon receipt of your referral form to organise a free initial appointment.

At the initial appointment we will establish what areas of difficulty we will discuss, set boundaries for the sessions and sign a counselling contract.

Regularly assess how effective the sessions are and agree on further sessions as necessary.

City of Bradford MDC

[www.bradford.gov.uk](http://www.bradford.gov.uk)



## Get in touch

Our counselling service is currently available at our Bradford and Leeds premises.

If you would like to find out more about our range of services across Yorkshire or would like to make a referral, please contact:

### Bradford (Head Office)

Onward House  
2 Baptist Place  
Bradford, BD1 2PS

01274 789 789

### Leeds

Great Northern House  
Junction 7 Business Park  
Leeds, LS10 3DQ

01132 775 656

[info@specialistautismservices.org](mailto:info@specialistautismservices.org)



*Working for and with adults with Autism*



**Autism specific counselling**

[www.specialistautismservices.org](http://www.specialistautismservices.org)

 [www.facebook.com/SASautism](https://www.facebook.com/SASautism)

 [www.twitter.com/SASautism](https://www.twitter.com/SASautism)

 [www.pinterest.com/SASautism](https://www.pinterest.com/SASautism)

Community Interest Company  
Registration No. 07030897



## About us

Specialist Autism Services is a non-profit organisation that works with the charity Sacar to provide autism specific services across Yorkshire. We have been working for and with adults with autism (ASC) and their families since 1999. We currently offer a range of different forms of support including:

A Social Skills Learning Programme, Employment Support, Community Outreach Support, Accredited Autism Awareness Training & Autism Specific Counselling Services.

## About counselling

Coping with life's ups and downs can be stressful at the best of times but for adults with an ASC it can be more complex. Autism is a lifelong developmental condition that affects the way a person communicates, and relates to, people and the world around them. They may encounter difficulties with everyday living, social interaction and may have additional complex learning, behavioural, mental health or sensory needs.

Individuals with an ASC can be very aware of their condition and associated difficulties which can lead to secondary

mental health conditions, breakdown, social isolation, self-harm or drug and alcohol problems. Although they may develop coping strategies, these sometimes mask their condition which creates barriers when maintaining or developing relationships and may prevent recognition of their specific needs.

People with an ASC may struggle to come to terms with a diagnosis and how this may impact on their everyday lives, their relationships and their hopes for the future. They may also require support to deal with major life events such as bereavement, coping with loneliness or a lack of self-worth.

Accessing a service that has existing knowledge and experience of working with adults with autism can be beneficial as we can ensure that an individual's ASC needs are considered first. This may mean adapting the environment due to sensory issues such as lighting, adjusting our communication methods (e.g. through visual aids or story boarding) or the use of social skill development resources.

Our autism specific counselling service offers adults with an ASC (or their families) a safe, confidential environment where they can expect to be understood.

## During counselling you will be supported to:

Learn more about autism and Asperger's syndrome and to reflect on a recent diagnosis

Develop healthy coping strategies to effectively manage anxiety, anger or feeling overwhelmed

Receive support to recognise your strengths, build self-esteem/confidence and appreciate the positive aspects of autism

Explore past and present everyday experiences to gain perspective, make sense of social expectations and the world around you

Identify and begin to change unhelpful thoughts, feelings and behaviours

Explore social interaction through the use of different creative resources and communication methods like visual aids, role play, social stories & comic strips.

