



## Information for Prospective Students

### **AUTISM and ANIMAL ASSISTED INTERVENTION**



# Welcome to the Course!

The **Autism and Animals One-Day Course** is a practical, interactive, and insightful programme designed to deepen your understanding of Autism Spectrum Disorder (ASD) and explore how animal-assisted interventions (AAI) can be used to support individuals with autism.

---

## About the Course

- **Course Title:** Autism and Animals One-Day Course
  - **Qualification Level:** Crossfields Institute Level 2 Award
  - **Delivery Format:**
    - One full day of in-person practical training at an Elysian site (There are some alternative online options also!).
    - Portfolio-based assessment, including reflective work and a short quiz.
  - **Target Audience:**
    - Support workers, Parents/Carers, Educators, therapists, care providers, or anyone working with individuals on the autism spectrum.
    - No prior experience with animals is required, though a willingness to engage is essential.
- 

## Course Objectives

By the end of this course, learners will:

1. Gain foundational knowledge about autism, including its characteristics and impact on individuals.
2. Understand the role of animals in therapeutic and educational settings for individuals with autism.
3. Participate in hands-on activities with various animals to experience the benefits of AAI.

4. Develop practical strategies for integrating AAI into their work or community practices.
- 

## **What You'll Learn**

### **1. Understanding Autism:**

- Explore the characteristics of autism, including sensory sensitivities, communication differences, and social challenges.
- Learn about neurodiversity and co-occurring conditions (e.g., ADHD, anxiety).

### **2. Animal-Assisted Interventions:**

- Discover how animals like dogs, ponies, rabbits, and reptiles can support individuals with autism.
- Engage in experiential learning activities to see the calming, social, and emotional benefits of AAI.

### **3. Practical Applications:**

- Learn to design basic AAI activities tailored to different needs.
  - Reflect on ethical considerations and safety measures when working with animals.
- 

## **Course Structure**

### **Morning Session (Theory):**

- Introduction to Autism/ASD: Core concepts, challenges, and best practices.
- Interactive discussions and multimedia presentations to enhance understanding.

### **Afternoon Session (Practical):**

- Introduction to AAI: Evidence-based benefits and success stories.
- Experiential animal activities, including:
  - Dog interaction for trust-building and anxiety reduction.
  - Pony handling for sensory regulation and body awareness.

- Rabbit/guinea pig interaction for comfort and sensory support.
  - Reptile handling for unique sensory benefits.
- 

## Assessment

To successfully complete the course, you will:

- Participate actively in discussions and practical activities.
  - Complete a reflective portfolio that includes:
    - Observations and insights from the practical sessions.
    - A short quiz on key course topics.
    - A case study or example of how you could implement AAI in your context.
- 

## What You'll Receive

- **Certificate:** Crossfields Institute Level 2 Award in Autism and Animals.
  - **Resources:** Access to recommended reading and practical guides to continue your learning journey.
  - **Support:** Ongoing guidance from trainers and opportunities for further courses at Elysian.
- 

## Key Information

- **Duration:** One full day of training, with additional time for reflection and assessment completion.
- **Location:** Practical training will take place at one of Elysian's sites.
- **Eligibility:**
  - Open to individuals aged 18 and above.
  - Basic written and spoken English is required (equivalent to IELTS Level 6 if English is not your first language).
  - A genuine interest in autism and/or animal-assisted interventions.

---

## How to Apply

1. Complete the application form available on our website.
2. Submit your form and any required documents by the stated deadline.
3. Await confirmation and further instructions from our team.

---

## Why Choose This Course?

- **Practical Focus:** Hands-on learning with animals ensures that you leave with real-world skills.
- **Expert Trainers:** Learn from professionals experienced in autism and AAI.
- **Flexibility:** Tailored for individuals from various sectors, with options to integrate AAI into your unique context.
- **Certification:** Gain a recognised qualification to enhance your career and personal development.