



**When:**

**Monday 23<sup>rd</sup> June  
9am – 12.30pm**

**Where:**

**Sudima Airport  
Hotel, Christchurch**

With over 25 years of experience as both an Occupational Therapist and Psychotherapist, my clinical practice has evolved to specialize in supporting neurodivergent individuals through trauma-informed care. My approach integrates psychodynamic foundations with neurodevelopmental frameworks, creating therapeutic environments specifically attuned to neurodivergent processing and experience.

I am dedicated to advancing neuroaffirming therapeutic practices that recognize neurological differences as natural variations rather than deficits. My work focuses on creating therapeutic spaces where neurodivergent clients can authentically engage without the exhaustion of masking or conforming to neurotypical expectations.

My recent clinical investigation centers on the unique manifestations of trauma in autistic individuals, particularly following sexual assault. This work examines how traditional trauma frameworks must be adapted to address the distinct processing and experiential patterns of autistic clients.

Through this workshop, I hope to share practical strategies for creating truly accessible therapeutic environments that honor neurodivergent experiences and enable profound healing for this often underserved population.

**Don't miss out!** Be a part of this locally grown **workshop** designed to equip clinicians with **essential insights** into working with autistic adults—especially **autistic women**—in a way that is **authentic, ethical, and neuroaffirming**.

This is more than just another professional development session—it's an **opportunity to rethink, refine, and reshape your therapeutic approach**, ensuring that the autistic individuals you support are met with **genuine attunement, autonomy, and respect**.

#### **What You'll Gain:**

- ✓ **Transformative Insights**—Deepen your understanding of past, current, and future best practices in working alongside autistic adults.
- ✓ **Neuroaffirming Frameworks**—Learn how to move beyond rigid interventions toward a truly **client-led approach**.
- ✓ **Exclusive Resources**—Receive handouts, recommended suppliers, essential texts, and curated websites to support ongoing learning.
- ✓ **Community & Connection**—Engage in rich discussions that help shape future workshops tailored to clinician needs.

✓ **Certification**—Receive an official **attendance certificate** upon completion to document your professional development.

### What's Provided:

🚗 **Convenient Access**—Onsite parking available for easy arrival.

☕ **Refreshments & Comfort**—Enjoy morning tea, coffee, water, and other refreshments.

📖 **Take-Home Materials**—Handouts of the slides provided for reference as well as recommended texts to browse, websites to link in with and fidgets to take away.

📩 **Feedback Welcome**—Your insights post-workshop will help shape future offerings.

This workshop is built on **over 20 years of hands-on experience** in both **the UK and New Zealand** as an **Occupational Therapist and Psychotherapist**, now specializing in autistic adults who have experienced sexual harm. While the primary focus is **autism**, neurodivergence exists on a broad spectrum—future workshops may explore other conditions such as ADHD, depending on demand as well as content from this workshop being highly applicable to other neurodivergent conditions.

This session is a **snapshot in time**, reflecting the **most current research, application, and practice** in the field. It will lay a strong foundation for **deeper, more specialized workshops** to follow.

If you work in **mental health, wellbeing, or any other therapeutic spaces**, this workshop is **essential learning**—a chance to **expand your knowledge, refine your approach, and truly engage in neuroaffirming practice**.

This is your chance to be part of a **movement toward better therapeutic engagement**—I encourage you to **register now** and join me in making a real difference in how we support autistic adults. Limited tickets available.

Looking forward to seeing you there!

Please see link below for booking and more information:

<https://www.eventbrite.co.nz/e/autism-in-the-therapy-room-tickets-1307480923639?aff=oddtcreator>



**Autism in the Therapy Room**  
Neuroaffirming Practice with Autistic Adults who have experienced trauma  
Wonita Woolhouse, BSc(OT), MHealSci(MNHI), CTA-P  
Psychotherapist & Occupational Therapist

[Autism in the Therapy room](#)

Neuroaffirming practice with autistic adolescents and adults who have experienced trauma. This is an opportunity align your **Wellbeing Plans, to rethink, refine, and reshape your therapeutic approach**, ensuring that the autistic individuals you support are met with **genuine attunement, autonomy, and respect**.

[www.eventbrite.co.nz](https://www.eventbrite.co.nz)