



Autistic Burnout Training from £175

Viv Dawes has over 25 year's experience of working with vulnerable people who were mostly neurodivergent, including as a Snr Practitioner in the NHS, managing teams of forensic drug workers. She has many year's experience of running training courses, workshops and webinars.

Viv has provided training for numerous organisations, has been a keynote speaker and will be speaking at the Autism Show in London this June 2024. Viv has also been nominated for the National Diversity Awards for her work around helping people understand autistic burnout.

This training session looking at autistic burnout will cover the following:

What is monotropism? and why it is important to understand

What is the definition of autistic burnout?

What are the most common experiences of autistic burnout?

What are the main causes of autistic burnout?

What do we mean by masking?

Interoception and alexithymia

Crossovers with depression

When autistic burnout looks different (extreme burnout crisis)

Recovery journeys and prevention

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