



Rethinking Autism Support Training

FOUNDATIONAL SERIES OVERVIEW

Goal: To rethink autism through a neuromotor lens, replacing behavior-based models with connection, regulation, and respect as the foundation for all support.

course one



Rethinking Autism through a Neuromotor Lens

- Explore autism as a movement and sensory regulation difference.
- Learn why traditional behavior models fall short.
- Introduce the body-brain disconnect and its impact on learning.

course two



Experiencing Apraxia: The Hidden Sensory and Motor Differences in Autism

- Experience what it feels like to live with apraxia.
- Understand the effort behind every purposeful movement.
- Build empathy for communication and regulation challenges.

course three



Presuming Competence: The Least Dangerous Assumption

- Shift your mindset to assume intelligence, even without proof.
- Learn how disbelief shows up in systems and supports.
- Practice using dignity-affirming language.

course four



Mutual Respect and Co-Regulation: The Secrets of Dream Teams

- Discover the power of relational safety and co-regulation.
- Understand how your own nervous system impacts support.
- Begin building true partnership with your learner.

instructor led



Synchronous Session 1: Interactive Team Training

- Join fellow participants to apply key concepts in real time.
- Practice co-regulation and belief-based communication strategies.
- Receive live coaching and encouragement from instructors.

Want to Learn More About Optimal ACCESS?

Visit our website: www.optimalaccess.org for more information about who we are and what we offer.

Ready to Rethink Autism?

Scan the QR code to fill out the Training Interest Form and let us know you're interested!





Rethinking Autism Support Training

SKILL BUILDING SERIES OVERVIEW

Goal: To build practical skills that honor the movement, sensory, and communication differences of nonspeaking individuals, empowering supporters to create respectful, co-regulated, and autonomy-focused environments.

course five



Purposeful Movements: Understanding the Difference Between Intention and Impulse

- Understand why actions may not match intention.
- Learn to interpret movement differences through a compassionate lens.
- Support students in bridging the gap between trying and doing.

course six



Purposeful Pointing: The Foundation of Reliable Communication via AAC

- Dive into spelling-based AAC and letterboards.
- Learn how to build motor reliability and support pointing.
- Empower nonspeakers to express full thoughts, not just choices.

course seven



Finding Your Rhythm: Support Strategies That Work

- Discover how regulation rhythms impact learning.
- Create routines that honor predictability and flexibility.
- Adapt environments to reduce overwhelm.

course eight



The Power of Choice for Supporting Autonomy for Nonspeakers

- Center autonomy in every support decision.
- Offer meaningful choices that build identity and agency.
- Move beyond "yes/no" to real decision-making.

instructor led



Synchronous Session 2: Coaching & Planning for Implementation

- Apply concepts to your student or teams real-world needs.
- Get individualized guidance on implementation strategies.
- Leave with an actionable, aligned plan for next steps.

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