

**STAK.life**  
STEFANS' ACTS OF KINDNESS

*A World for Difference*

# Training Courses Specialising in Neurodivergency



A Legacy to Stefan Kluibenschadl  
06/05/06 - 26/03/22

[www.stak.life](http://www.stak.life)  
community interest registration number 15485844

## MEET OUR TEAM

We are a not for profit CIC who focus on specialist training and consultancy related to neurodiversity. We are one of the only providers based in Thanet of face-to-face training for individuals, organisations and professionals who want to better understand and support neurodivergent individuals.

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Emma, a qualified teacher with over two decades of experience, has dedicated her career to supporting neurodivergent children, young people, and their families through training, consultancy, and one-on-one assistance. In 2018 she founded The SEND Trainer Limited, providing support and services nationally. Emma has trained many agencies over the years, including schools, nurseries, fostering agencies, alternative education provisions and for the LA. Emma's qualifications also include being a certified play and creative art therapist, offering valuable clinical support to children and young people in the local community.



Tristan, neurodivergent himself, holds a significant role as a core national trainer for the Anna Freud Centre's National Autistic Training Program in London. This train the trainer program, commissioned by NHS England, focuses on training mental health and youth justice professionals. Additionally, Tristan conducts training sessions for NHS staff, specifically addressing learning disabilities and autism on behalf of MENCAP. A National Autistic Society trained facilitator, his expertise extends to collaborations with the University of Kent Medway Medical School, and the Kent Autistic Trust. Tristan, an active member of Kent and Medway NHS transforming neurodiversity panel and formerly of the National Police Autism Association and various equality and inclusion panels, has spearheaded initiatives within policing. His unwavering commitment lies in fostering understanding and support for neurodivergent individuals within educational, NHS and law enforcement settings, extending to other organisations and businesses.

## Training Packages

For Individuals, Parents, Professionals and Organisations

- Full day, half day, workshops and creative group sessions available. Contact us on [staklifeoffice@gmail.com](mailto:staklifeoffice@gmail.com) for more information.

## Training Courses

### Understanding Autism - Difference not deficit

- Autism and the impact of a medicalised model
- Understanding autistic cognition
- An experience sensitive approach
- Neuro affirming language and practices

### Neurodivergence and Sensory Processing Differences

- Presentation of Sensory Processing Differences
- The 8 senses in the body
- How the sensory system can impact how a ND person accesses the world.
- Sensory Processing and Trauma
- Alexithymia
- How to support neurodivergent people

### Autism, Anxiety and Mental Health

- Autism and anxiety
- Alexithymia and Interoception
- Self Harm and Suicide
- Autistic Burnout, Depression and Self Regulation
- Neuro Affirming Strategies and Practices

## Autistic Masking - A Trauma Response

- Autism and mental health
- Autism and trauma
- What is autistic masking?
- The impact of masking
- Alexithymia
- Neuro affirming strategies and practices

## My Neurodivergent Self - Adults

- What is autism?
- Myths
- The neurodivergent paradigm
- Current Theories and Autistic Communication
- Difference not deficit
- Meltdowns and shutdowns
- Autistic burnout and depression

## My Neurodivergent Self - Children and Young People

This training uses a combination of talk and creative activities

- Why is my brain different.
- Why do I struggle to make choices and plan.
- Its a difference not a deficit
- Why do I sometimes meltdown and shutdown?
- Why is life so exhausting?
- My Neuro identity

## Autism and the Criminal Justice System

- What is Autism?
- Effects of neurodivergence in the CJS
- Environments, sensory processing and dysregulation
- Discrimination and Micro Trauma
- Restraint
- Self harm and suicide
- How to support neurodivergent people in the CJS.

## Neurodivergency in the Workplace

- Autism Difference not Deficit
- Understanding Autism
- Sensory needs in the workplace
- Communication
- Reasonable Adjustments and Legislation
- Recruitment and Retention

## Business and Organisation Support

- Mentoring and Support for Neurodivergent Individuals
- Mentoring and support for those managing and supporting neurodivergent staff.
- Bespoke problem solving and neuro affirmative practice.

## Therapeutic Services - School staff, Play Therapists, Creative Art Therapists.

- Clinical staff supervision that supports an individual to use their left and right brain processes to enhance learning relating to a job role.

Contact us at  
[staklifeoffice@gmail.com](mailto:staklifeoffice@gmail.com)