

National Autism Trainer Programme

Children and young people inpatient mental health

What is the National Autism Trainer Programme?

Anna Freud and AT-Autism have joined forces to deliver the ground-breaking [National Autism Trainer Programme](#) for NHS England. Between 2023-2025, we will train over 4,800 staff, across adult and children and young people inpatient; all age community mental health; secure welfare and youth justice; and special residential schools and colleges. This is a train the trainer programme, whereby staff will qualify as Trainers who then train colleagues in their work setting.

Who can take part?

The training is suitable for all NHS England mental health professionals working in children and young people inpatient mental health hospitals. This includes, but is not limited to: support workers, team managers, admission officers, nurse practitioners, counsellors, doctors. No specialist or high-level skills are required to attend this course.

What will I learn?

You will gain an understanding of barriers experienced by autistic people and how to support autistic differences in your setting. We discuss examples of innovative relational and trauma informed approaches of working with, rather than on or for, autistic individuals. You will learn about SPELL, a framework for understanding and responding to autistic people's needs. It will allow you to develop non-restrictive practices and adapt evidence-based strategies. You will be supported to co-deliver our curriculum with Experts by Experience and grow your skills as a trainer in your service.

What training is on offer?

The programme trains staff to Trainer level and supports them to train staff in their own settings. There are four components:

- four-day online training on the same day of the week, over four weeks
- optional fifth day of online training
- post-training, you will join a community of practice
- you will be supported to co-deliver the training with autistic Experts by Experience and embed our approach in your own setting.

How does this training benefit my NHS service and my own practice?

- You qualify as a NATP Trainer and deliver the training to staff in your setting at least once a year. You join a network of thousands of NHS professionals who are working to improve outcomes for diagnosed and undiagnosed autistic people in inpatient care.
- You gain free ongoing support to embed the programme and network with other NHS Trainers via our vibrant [community of practice](#), training materials and [seminars](#).
- You highlight, via the training, the importance of staff wellbeing and how this impacts the wellbeing of autistic patients.
- You become an agent of change for improved care, outcomes and satisfaction for all.

Book your place:

[Click here to choose your dates and book your free place.](#)



annafreud.org/natp
#NATPmentalhealth

A partnership of

 **Anna Freud** **AT-Autism**

Commissioned by

