

Professor Peter Langdon

University of Warwick

Wednesday, 27th September 2023

Online



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Evidence-Based Psychological Treatment

Adapting and delivering exposure therapy for autistic adults with moderate to severe intellectual disabilities and anxiety disorders

Introduction:

Autism is a lifelong neurodevelopmental disability characterised by differences in reciprocal social interaction and social communication, along with restricted interests and rigid and repetitive behaviours. This population has an increased prevalence of a range of mental health problems, and as a consequence, there has been an ever-increasing interest in adapting and delivering psychological therapies for people with autism. At the same time, adults with moderate to severe intellectual disabilities are often not offered psychological therapies and are more likely to have communication difficulties and require lifelong high-quality support to promote social inclusion.

Learning objectives:

- Discuss and explain some of the challenges faced by autistic adults with moderate to severe intellectual disabilities when attempting to access psychological therapy.
- Consider a range of adaptations that need to be made to psychological therapy for this group.
- Report and consider the findings from a feasibility study about adapting and delivering exposure therapy for this group, while discussing and considering our associated theory of change and logic model.

Training modalities

The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to discuss cases.



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Key references:

- Rosen, T. E., Connell, J. E., & Kerns, C. M. (2016). A review of behavioral interventions for anxiety-related behaviors in lower-functioning individuals with autism. *Behavioral Interventions*, 31(2), 120-143.
- Weston, L., Hodgekins, J., & Langdon, P. E. (2016). Effectiveness of cognitive behavioural therapy with people who have autistic spectrum disorders: A systematic review and meta-analysis. *Clinical Psychology Review*, 49, 41-54.
- Vereenoghe, L., & Langdon, P. E. (2013). Psychological therapies for people with intellectual disabilities: A systematic review and meta-analysis. *Research in developmental disabilities*, 34(11), 4085-4102.
- Flynn, S., Vereenoghe, L., Hastings, R.P., Adams, D., Cooper, S.A., Gore, N., Hatton, C., Hood, K., Jahoda, A., Langdon, P.E. and McNamara, R. (2017). Measurement tools for mental health problems and mental well-being in people with severe or profound intellectual disabilities: A systematic review. *Clinical Psychology Review*, 57, 32-44.
- Vereenoghe, L., Flynn, S., Hastings, R.P., Adams, D., Chauhan, U., Cooper, S.A., Gore, N., Hatton, C., Hood, K., Jahoda, A. and Langdon, P.E. (2018). Interventions for mental health problems in children and adults with severe intellectual disabilities: a systematic review. *BMJ open*, 8(6), p.e021911.

About the presenter:

Professor Langdon is a Consultant Clinical and Forensic Psychologist and non-medical approved clinician currently working within the Centre for Educational Development, Appraisal and Research (CEDAR), University of Warwick and Coventry and Warwickshire Partnership NHS Trust. Peter completed his undergraduate degree at Memorial University of Newfoundland, Canada and went on to complete his Doctorate in Clinical Psychology at King's College, London as a Lord Rothermere Fellow. He completed his PhD at the Tizard Centre as an NIHR Research Fellow and has held a further NIHR research fellowship. During his career he has held research grants with colleagues totalling more than £12 million. He was awarded the Distinguished Achievement Award for Research by the International Association for the Scientific Study of Intellectual and Developmental Disabilities in 2022.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are delivered online



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