

Journeying Together: Understanding Autism and Intellectual Disability and Enhancing Psychological Supports Across the Lifespan

As psychologists, we recognise the importance of mental wellness and quality of life, yet many autistic individuals and people with intellectual disabilities still struggle to access the psychological support they need. This innovative session invites you on a journey of discovery and adventure, exploring autism, intellectual disability, and their intersection with psychology through lived experience perspectives and expert insights.

Unlike traditional conference sessions, this 4-hour immersive experience will take you beyond the Convention Centre, traveling by coach through the scenic Tamborine Mountain. On the journey, you will have choice and control in tailoring your learning experience, with access to a suite of online materials, including videos, podcasts, and written content. At our first destination, while walking through treetops and bushland settings, adventurers (you) will engage in small-group discussions featuring a diverse range of topics and lead by professionals in the field, including individuals with lived experience, researchers, private practitioners, NDIS providers, and public sector psychologists. At our second destination, you will be free to explore the local town as you continue to connect with fellow adventures and topics of discussion.

This session is designed for psychologists at all levels. Those new to the field will gain foundational knowledge in neurodiversity-affirming psychology, while experienced professionals will explore advanced insights into NDIS updates, assessments, and inclusive therapy approaches. A key feature of this session is the opportunity to hear directly from autistic individuals and people with intellectual disabilities.

What You'll Gain from This Experience:

- ✓ Deepen your understanding of the strengths, challenges, and characteristics of autistic individuals and those with intellectual disabilities.
- ✓ Stay up to date with the latest developments in neurodiversity-affirming frameworks, person-centred practices, and NDIS updates.
- ✓ Learn practical strategies to enhance your psychological practice, from respectful therapy approaches to effective interventions that support mental wellness across the lifespan.
- ✓ Engage in peer-to-peer learning, share insights, and connect with leaders in the field.
- ✓ Explore the Tamborine Mountains, stretch your legs and get outside while walking through the bushland and local township.

Ethical & Inclusive Practices

All content shared in this session, including video and audio recordings, written case scenarios, and presentations, will only be used with the full permission and consent of contributors. Additionally, people with lived experience who contribute to the session will be reimbursed in recognition of their contributions.

Adventurers, join us for this unique, interactive, and thought-provoking event, where we will journey together to enhance psychological support for autistic individuals and people with intellectual disabilities across the lifespan.