

National Autism Trainer Programme

The National Autism Trainer Programme (NATP) is an NHS-commissioned programme, delivered in partnership by [Anna Freud](#) and [AT-Autism](#).

The programme aims to train 4,800 staff to trainer level across all seven NHS regions to improve the care provided to diagnosed and undiagnosed autistic people whilst in mental health services, and to deliver this training to staff in their local settings. It is designed to complement The Oliver McGowan Mandatory Training by providing a deeper understanding of issues relating to care for people with autism.

NATP covers Tier 2 and 3 of the Core Capabilities Framework for working with autistic people and covers anxiety, behaviours of concern, suicidality, trauma, bereavement, addiction, working with families and schools, low arousal/elimination of restraint and seclusion, staff wellbeing and principles of adapted therapy.

Our programme offers a humanising approach with a sharp focus on autistic mental health, differentiating it from many established or traditional courses where the major focus is on the clinical features of autism and how these are regarded and responded to.

Our training seeks to inform practice through an examination of perceptions of autism. It offers insights and practical strategies drawn from autistic and trauma-informed experiences, whilst acknowledging the challenges faced by autistic people and staff working across different settings.

Benefits

The training programme is co-designed, co-produced and co-delivered with autistic people and promotes an experience-sensitive, trauma-informed approach. By supporting NATP-qualified staff to deliver training locally, the programme offers a sustainable approach to improving autistic people's experience of mental health care in England. We will help you to support your colleagues and close the gap in staff's skills.

The training is free for eligible staff to attend and upon completion of the course, delegates will have access to:

- training material and resources including delivery notes, training companion and e-library to contextualise and run our modules once per year with staff
- free monthly attendance to the vibrant NATP Community of Practice where they can share ideas, problems encountered and strategies for delivery
- 1-1 on demand support and ongoing support from our team
- support to find Experts by Experience to co-deliver local training with refresher training sessions to deepen their understanding of the NATP experience sensitive, trauma informed/relational and neuro-inclusive approach to mental health care and how to contextualise these when working with eating disorders, sleep problems, depression, suicidality and self-harm.

"It felt like a safe space where I could admit to also having some biases/negative associations with people who have autism, despite working in an autism service and being keen to learn how to support people."

Training participant

“One of the best trainings I have attended in my 30 years career of nursing. Amazing and empathetic trainers.”

“I have learnt so many ways in which I can completely change the way in which we work with our autistic families - how to promote acceptance, belonging and connection at every single step.”

“I loved the detailed discussions about intersectionality/diversity/race - helpful conversations not just a tick box bullet point on a PowerPoint!”

Eligibility

This course is suitable for mental health professionals, and other relevant staff, who currently work, or may work with, diagnosed or undiagnosed autistic people from the following settings in England:

- adult and children and young people inpatient mental health hospitals
- all age community mental health settings, including CAMHS
- residential special schools and colleges
- health and justice settings.

Delegates can [book training](#) dates online and are welcome to contact the NATP team with queries by emailing: natp@annafreud.org.

What is expected after training

Once trained and back in your setting, the expectation is that in your new role as an Autism Trainer you will deliver the training at least once per year to staff in your service.

You will be supported by our programme Community of Practice and Participation Team to engage with and co-deliver the training with an Expert by Experience, who can be contacted from the programme's pool of Experts by Experience.

You will be provided with access to a full multimedia e-library. This will contain all educational material (e.g. slide decks, videos and case studies), a primer along with e-guidance. You will also be invited to join optional live online master classes. The training we offer will equip you to deliver three days of training to staff in your settings. This will develop an awareness of the key features and effects of autism, as well as more in-depth knowledge and skills to enable them to carry out their work more effectively, review, and reflect on their practice.

A variety of additional modules and material will be available for those whose roles demand more advanced and in-depth autism knowledge and skills (e.g adapted therapy skills, SPELL environmental support, and trauma).

Book your place:

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



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