



UNIVERSITY OF LEEDS



FREE **WY-PQT EVENT**

Mind the Gap. Therapeutic interventions in a neurodiverse world.

Delivered by Dr Benedicte Eyre

Friday 28.03.25, 13:00-16:30
at the University of Leeds, Worsley 9.58b ✨

Half a day's workshop aiming to raise awareness and develop your knowledge and skills in adapting psychological therapy when working with people who are neurodivergent (primarily autism and ADHD). There will be a mixture of teaching, expert by experience accounts, small group work, and larger group discussion. The workshop primarily has a clinical focus, but will also aim to link theory with clinical practice.

ABOUT BENEDICTE

Dr. Benedicte Eyre is a Consultant Clinical Psychologist at Leeds CAMHS with over 20 years of experience in child and adolescent mental health. She is an accredited CBT therapist and an EMDR therapist, and she is a Visiting Lecturer at the University of Leeds. Benedicte has extensive experience in conducting complex neurodevelopmental (ND) diagnostic assessments and more recently, in leading the development of the ND pathway within a regional adolescent inpatient unit. She regularly delivers, supervises, and teaches therapeutic interventions for neurodivergent individuals with mental health difficulties and she is a strong advocate for bridging the gap in mental health services to make therapy more accessible and effective. She emphasizes the need to adapt therapeutic models, stances, and techniques to better serve these individuals, who are at a higher risk of severe mental health issues and often find existing services inaccessible and invalidating.

Booking form:
<https://forms.office.com/e/DHBBBvznMX>



**First come,
first served!**