

ASPERGER'S SYNDROME: UNDERSTANDING THE SUBTLE PARTICULARITIES

For parents, relatives, family caregivers, and professionals supporting people with Asperger syndrome

Decode the invisible particularities to better support in daily life

Duration : 5 hours	Modules : 5 modules
Lessons : 11 lessons	Audience : Parents, relatives, caregivers, and professionals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Supporting an Asperger person requires understanding what is not visible but changes everything: a specific cognitive functioning, atypical executive functions, intense emotions expressed differently, and a particular sensory perception. This training allows you to decode the invisible particularities of Asperger autism and understand why organization is difficult, why transitions generate stress, and why mental load rises quickly. You will learn to recognize hypersensitivities and hyposensitivities, identify warning signs of sensory overload, and discover social and relational specificities. Finally, you will be guided to adapt your daily support by providing clarity, structure, and predictability while supporting the person's strengths and preventing cognitive and emotional overload.

Module summary

MODULE 1	The Invisible Features of Asperger's Autism	3 lessons
MODULE 2	Sensory Specificities: Too Much or Not Enough	3 lessons
MODULE 3	Social and Relational Particularities	3 lessons
MODULE 4	Cognitive & Emotional Needs: Supporting with Precision	3 lessons
MODULE 5	The COCO application to support a child with autism	2 lessons

Learning objectives

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- Understand the particular cognitive functioning and atypical executive functions
- Identify invisible emotions and their expressions
- Recognize sensory hypersensitivities and hyposensitivities
- Identify signs of sensory overload and prevent crises
- Understand social misunderstandings and literal interpretation
- Respect social fatigue and the need for solitude
- Value relational strengths such as loyalty and authenticity
- Provide clarity, structure, and predictability
- Adapt communication using concrete and direct phrases
- Support strengths and reduce cognitive overload
- Use practical tools for daily support

General information

Duration	5 hours
Target Audience	Parents, relatives, family caregivers, and professionals supporting children, adolescents, or adults with Asperger syndrome

Prerequisites	None, training accessible to all adults
Price	Sur devis - TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Attestation de fin de formation
Organization	DYNSEO - N° de déclaration d'activité : 11757351875

MODULE 1**The Invisible Features of Asperger's Autism**

3 lessons

Lesson 1 - Lesson 1: The Specific Cognitive Functioning (Hyperanalysis, Detailed Thinking)

- Logical, precise thinking
- Difficulty in generalizing
- Attention to detail → strength and obstacle

Lesson 2 - Lesson 2: Atypical Executive Functions

- Complicated organization
- Difficulty switching tasks
- Quick mental load

Lesson 3 - Lesson 3: "Invisible" Emotions

- Intense feeling but expressed differently
- Inner stress
- Social fatigue

MODULE 2**Sensory Specificities: Too Much or Not Enough**

3 lessons

Lesson 1 - Lesson 1: Hypersensitivities (noise, light, touch, smells)

- Types of hypersensitivities
- Concrete examples (stores, meals, transportation)
- Impact on daily life

Lesson 2 - Lesson 2: Hyposensitivities and Stimulation Needs

- Need for movement
- Seeking a sensation (touch, pressure, temperature)
- Subtle manifestations

Lesson 3 - Lesson 3: Sensory Overload: Recognizing Before the Crisis

- Warning signs: agitation, silence, withdrawal
- "Overflow" mechanism
- Simple prevention

MODULE 3**Social and Relational Particularities**

3 lessons

Lesson 1 - Lesson 1: Understanding Social Misunderstandings

- Unsaid, irony, double meaning
- Literal interpretation
- Absent or different social decoders

Lesson 2 - Lesson 2: Social Fatigue and Need for Solitude

- Why interactions are exhausting
- Importance of withdrawal times
- Preventing shutdown

Lesson 3 - Lesson 3: Often Overlooked Relational Forces

- Loyalty, authenticity
- Shared interests
- Deep and lasting relationships

MODULE 4**Cognitive & Emotional Needs: Supporting with Precision**

3 lessons

Lesson 1 - Lesson 1: Need for Clarity, Structure, and Predictability

- Routine, planning, anticipation
- How to reduce stress
- Importance of explicit rules

Lesson 2 - Lesson 2: Adapting Communication

- Concrete phrases
- Closed questions when necessary
- Avoid implications

Lesson 3 - Lesson 3: Supporting strengths and reducing cognitive overload

- Specific interests → levers
- Prevention of mental fatigue
- Simple cognitive tools: visuals, routines, breathing

MODULE 5

The COCO application to support a child with autism

2 lessons

Lesson 1 - Lesson 1: COCO THINKS and COCO MOVES, the application to support a child with autism

- 30+ adapted educational games for children
- Sports breaks every 15 minutes
- "Mime an Emotion" game to develop emotional recognition

Lesson 2 - Lesson 2: JOE, your brain coach, the app to support an autistic teenager or adult

- Calming environment with clean interfaces
- Clear instructions
- Variety of cognitive functions stimulated at their own pace

Teaching methods

- 100% online training accessible from computer or tablet
- Self-paced learning without time constraints
- Practical tools: grids for identifying sensory sensitivities, strategies for preventing overload
- Adapted communication techniques and methods for structuring the environment
- Discovery of COCO PENSE & COCO BOUGE and JOE applications as bonus content