



**Synergy**

# AT-Autism

Summary of the  
stages of Synergy  
training



### Summary of key stages

Practice workshop underpins the mentor workshop and advanced stages.

## Community of Practice

### 3. Bespoke follow-up and individual application of Synergy

**Advanced skills:** Workshops / individual sessions / consultations / seminars: e.g., individual interventions; assessing risk; crisis responses and management; de-escalation; environmental management; sexuality; trauma; in-depth reflective practice; advanced mentor skills (e.g., active listening); development of policy related to physical and restrictive interventions.



### 2. Synergy Mentor workshop (6 hours)

**Strategies and support for embedding and sustaining reflective practice.** (Bespoke)  
**Development of mentor skills** for suitably experienced staff.



### 1. Synergy Practice workshop (6 hours)

**Foundation in reflective practice skills** for all staff. (CPD)  
Focus on the worker. Strategies for understanding and responding to stressful events. Emotional to rational responding. Understanding the underpinning ethical and theoretical principles and applying these in practice.



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[More information](#)

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