



University of
Reading



Join a 10-Week Online Wellbeing Programme for Autistic Adults

Would you like to take part in a Compassion-Focused Mindfulness study aimed at enhancing the wellbeing of autistic adults?



What's Involved

- 10-week interactive online programme
- Weekly sessions (2hr 15min)
- Instruction, guided practice, group reflection and inquiry
- Questionnaires



Key Details

-  Online sessions
-  2hr 15min per week
-  Running between Oct 26 and May 27



About the Course

This experiential course starts with building self-compassion into basic mindfulness practice, cultivating positive emotions as a way of building up an inner resource, from which we can approach the difficulties of being alive.



You Can Take Part If:

- To be eligible, you will need to be 18 years old or above, speak fluent English and have a formal or self-diagnosis of autism without intellectual disability.
- Have access to a device with internet connection and be available to participate in the weekly online sessions between Oct 26 and May 27.



You Cannot Take Part If:

- You will not be able to take part if you are currently experiencing a severe mental health crisis or are currently receiving intensive psychological treatment.

be yourself



Interested?

Get in touch to find out more:

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