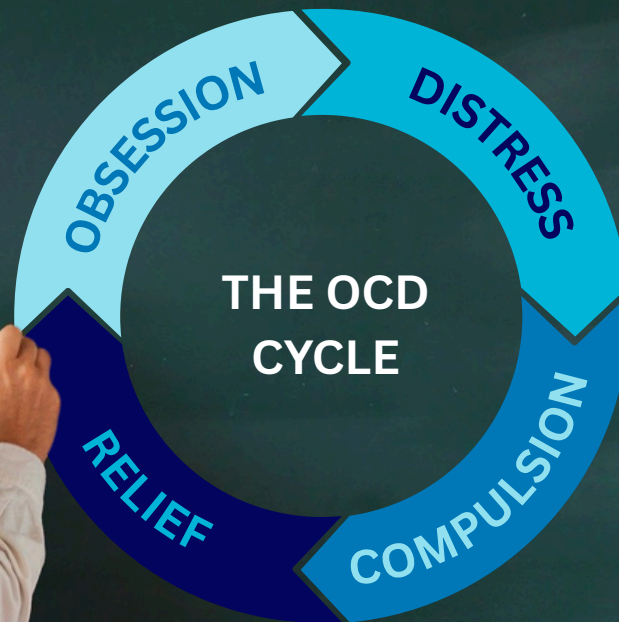


# OCD IN THE CLASSROOM

## Understanding, Recognising & Supporting Students with OCD and Autism



### How Common is OCD?

37%  
of Autistic  
Children also  
have OCD



## 2 HOUR: ONLINE ON-DEMAND COURSE

Approximately 1 in 40 students have OCD, and autistic students are significantly more likely to experience it. OCD remains one of the most misunderstood conditions in schools - often mistaken for defiance, anxiety, or perfectionism. In this course, autistic speaker and OCD advocate Dean Beadle shares 27 years of lived experience to help educators recognise and support students whose OCD is hiding in plain sight.

### You will learn:

- What OCD actually is — and why it looks nothing like the stereotype
- Understand why OCD so often goes undetected in classrooms — and what you can do about it.
- Practical strategies to support students through the OCD cycle and flare-ups

### Who should do the course?

This course is for Early Childhood, Primary and Secondary Educators, Teacher Assistants, and Parents/Carers. As well as for OCDers.

### What's included?

- ✓ Online On-Demand
- ✓ 2 Hours
- ✓ 6 months to complete
- ✓ Certificate
- ✓ Handout
- ✓ Transcript
- ✓ IT Support



**Dean Beadle**

Autistic Adult and Education  
Consultant



**Sue Larkey**

Teacher

## HOW TO REGISTER

Register at: [elearning.suelarkey.com.au](https://elearning.suelarkey.com.au)

Group Discounts Available.

Schools and other Organisations wishing to register groups of Staff or for use in Staff Meetings for Professional Development please email [support@suelarkey.com.au](mailto:support@suelarkey.com.au)

# UNDERSTANDING, RECOGNISING & SUPPORTING STUDENTS WITH OCD AND AUTISM

## 2 HOUR COURSE: LESSON OUTLINE

### LESSON 1 Introduction & Masking

- Understand double masking and why autistic students with OCD do it constantly
- Discover why meltdowns at home after school are a sign of safety

### LESSON 2 What OCD Actually Is: The Cycle, The Stereotype and The Reality

- Learn why OCD looks almost nothing like the popular stereotype
- Explore how intrusive thoughts become sticky
- Understand the four-stages of the OCD cycle
- Discover what makes compulsions stronger

### LESSON 3 Why Autistic Students Might Be More Vulnerable to OCD

- Learn what alexithymia is and its impact on OCD.
- Discover why trauma and major transitions can trigger OCD's first onset
- Learn the crucial difference between autistic routines and OCD compulsions

### LESSON 4 What OCD Looks Like: Examples of Compulsion

- Identify the wide range of OCD types
- Understand different types of 'reassurance-seeking behaviours' and how this fuels the OCD cycle
- Why student's may have OCD for years without even knowing it

### LESSON 5 What Helps: Strategies for Teachers, Parents and Students

- Why reassurance makes OCD worse and what to do instead
- Learn language that makes a student feel seen without reinforcing the cycle
- The STOP grounding method and how to use it with students
- Explore grounding techniques for panic attacks and moments of overwhelm

### LESSON 6 Flare-Ups, Surviving and Finding Joy

- Learn what an OCD flare-up is, what triggers one and what it feels like inside
- Discover a range of strategies to support student's during an OCD flare-up

Online Course on OCD and AS ✓ 2 Hours ✓ Certificate

Understanding, Recognising & Supporting Students with OCD and Autism

AVAILABLE AT: [elearning.suelarkey.com.au](http://elearning.suelarkey.com.au)

