

Sites that are Autistic Centered and Neurodivergent Affirming:

The Asperger/Autism Network (AANE): <https://www.aane.org/>

AANE provides individuals, families, and professionals with information, education, community, support, and advocacy.

The Autistic Self Advocacy Network: <https://autisticadvocacy.org/>

The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism.

Different Brains: <https://www.differentbrains.org/>

Different Brains® strives to encourage understanding & acceptance of individuals who have variations in brain function and social behaviors known as neurodiversity.

NeuroClastic: <https://neuroclastic.com/>

A collective of Autistic people responsive to the evolving needs and trajectory of the Autistic community. By publishing autistic voices, we are cataloguing the intersectional experiences, insights, knowledge, talents, and creative pursuits of Autistics.

Planet Neurodivergent <https://www.planetneurodivergent.com/> Planet Neurodivergent invites all neurodivergents to share their thoughts, stories, articles and photographs to uplift and support the entire Neurodivergent community. If you'd like to contribute, create an account at the top of the page, then go to 'My Account', where you can write and submit a post.

Spectrum News: <https://www.spectrumnews.org/> Spectrum is the go-to destination for the latest news and analysis about autism research and a springboard for scientists and clinicians to forge collaborations that deepen our understanding of autism.

Reframing Autism: <https://reframingautism.org.au/> Celebrating and nurturing Autistic identity.

Autism and Women:

Autistic Women & Nonbinary Network (AWN): <https://awnnetwork.org/>

- Information & Resources for Newly Diagnosed or Recognized Autistic Women & Nonbinary Individuals:
<https://awnnetwork.org/wp-content/uploads/2019/05/AWNNetworkWelcomeautisticadultspacket.pdf>

The Asperger/Autism Network (AANE): Common Experiences for Asperger and Autism Spectrum: Women and Girls

- <https://www.aane.org/women-asperger-profiles/>
- <https://www.aane.org/adults/women/>

The Art of Autism - Empowering through the Arts: Females And Autism / Aspergers: A Checklist

- <https://the-art-of-autism.com/females-and-aspergers-a-checklist/>

Links to Autistic Adults Blogs:

- **The Articulate Autistic by Jaime A. Heidel:** <https://www.thearticulateautistic.com/>
- **EVERYDAY ASPERGER'S:** <https://everydayaspergers.com/>
- **Everyday Austistic:** <https://everydayautistic.wordpress.com/>
- **Autism Blogs Directory:** <http://autismblogsdirectory.blogspot.com/>
- **Neurodiverging:** <https://neurodiverging.com/>
- **Sally Cat: (PDA) Pathological demand avoidance:** <http://www.sallycatpda.co.uk/>
- **Musings of an Aspie:** <https://musingsofanaspie.com/>
- **Thinking Person's Guide to Autism:** <http://www.thinkingautismguide.com/>

Austistics or Autistic Advocates:

- **Lucy Pearce-Late Diagnosed 2nd Generation Autistic and Mother of an Autistic Daughter:**
 - <https://www.womancraftpublishing.com/authors/lucy-h-pearce/> and <https://dreamingaloud.net/>
 - Listen to this great podcast with Lucy: <https://squarepeg.community/58-s5-ep3-womens-health-intergenerational-autism-and-giving-language-to-the-autistic-experience/>
- **Bernard Grant** is a neurodivergent writer: <https://bernardgrant.com/>
- **Harry Thompson** <https://www.harryjackthompson.com/> is an Autistic PDA adult, he is the author of the bestselling book - PDA Paradox, a public speaker, autistic educator, PDA ambassador, consultant & self-advocate
- **Jude Morrow:** <https://www.judemorrow.com/>
- **Judy Singer** — An Australian sociologist who coined the term neurodiversity in 1998. <https://neurodiversity2.blogspot.com/>
<http://www.myspectrumsuite.com/meet-judy-singer/>

Podcasts:

- Autastic.com has a great list of Podcasts: <https://www.autastic.com/asd-friendly-podcasts/>
- Podcast that is relatable for Adult Autistic (afab) Women and Late Diagnosed Women:
 - Square Peg: <https://squarepeg.community/podcast/>
 - Square Peg Intsa Account: <https://www.instagram.com/squarepeg.community/>

You Tube and Ted Talks:

- Autistic You Tube Playlist: <https://www.autastic.com/videos-for-autistics-by-autistics/>
- "Copy & Paste' - Hidden Asperger's-- Girls with Aspergers | Niamh McCann | TEDxDunLaoghaire: <https://www.youtube.com/watch?v=QY2ctCuTWPw>

Information on Neurodiverse-affirming Approaches:

- **We need this in the states!!!**
https://support.thrivingautistic.org/en/?locale=en&view=grid&price_min=0&price_max=1000&checkbox_filter_option_623592=623592
- **Article on Affirming Neurodiversity in Therapy and Education:**
<https://www.neurodiversecounseling.com/blog/2020/2/10/affirming-neurodiversity-in-therapy-and-education>
- **International Therapist Neurodiversity Colective:** <https://therapistndc.org/>
- **Kristy Forbes** is an Australian based autism & neurodiversity support specialist
<https://www.kristyforbes.com.au/>
- **Matt Lowry, LPP** <https://www.mattlowrylpp.com/blog/act-83tka>
- **How to Talk About Autism Respectfully:**
<https://coda.io/@mykola-bilokonsky/public-neurodiversity-support-center/how-to-talk-about-autism-respectfully-84>

Neurodivergent Health and Wellness:

- Autism health and Wellness: <https://autismhwb.com/>
- Laura Z. Weldon, ND, MS is a naturopathic physician:
<https://www.weldonwellness.com/>
- Interview with Weldon
<https://www.learnfromautistics.com/autism-interview-182-laura-weldon-on-wellness-treating-autistic-burnout-and-embracing-neurodiversity-in-medicine/>

“Embrace difference.
Accommodate disability.
Demonstrate empathy.
Treat people, not conditions.”
- ASD Experience Depression Differently:
<http://aspiewriter.com/2015/07/people-with-aspergers-syndrome-may-experience-depression-differently-2.html>

Couple Therapy Resources:

- **Eva Mendes, LMHC, NCC:** <https://eva-mendes.com/>
- **Neurodiverse Couples:** <https://aane.thinkific.com/>
- **Gottman Approach** <https://www.gottman.com/> has been considered supportive by many neurodiverse couples in relationships; same-sex relationship affirming
- ASD stress that NT's may not realize:
<http://aspiewriter.com/2014/08/5-sources-of-stress-your-aspie-partner-may-be-experiencing-that-you-never-thought-of.html>

Therapeutic Approaches for Consideration:

- **Safe and Sound Protocol** by <https://www.stephenporges.com/>
 - <https://wildrootstherapy.org/wp-content/uploads/2021/07/family-of-tools-1.pdf>
 - <https://integratedlistening.com/ssp-safe-sound-protocol/>
 - <https://www.thecenterforconnection.org/safe-sound-protocol>

- Developed by Dr. Stephen Porges, founder of the Polyvagal Theory, the Safe and Sound Protocol is a non-invasive acoustic vagus nerve stimulator that helps your clients connect with themselves, others, and the world from a foundation of physiological safety. Bottom-up, multisensory programs utilizing music, movement, breathing, meditation and language exercises to improve brain function and enable better regulation of the nervous system.
- **Spectrum Suite LLC:** <http://www.myspectrumsuite.com/> Spectrum Suite LLC works with the not-for-profit NeuroGuides. Marcelle Ciampi (aka Samantha Craft) and J David Hall provide keynotes, workshops, corporate training, consulting, and life coaching.

Self-Assessments:

- **Embrace Autism:** Founded & autistically researched by: Dr. Natalie Engelbrecht MSc RP ND & Martin Silvertant B.Des, based near Toronto, Canada
<https://embrace-autism.com/>
- Aspie Tests and Other Tests Related to Asperger's or Autistic Traits:
<https://musingsofanaspie.com/aspie-tests/>

Communication:

- **Reach Every Voice:** <https://www.reacheveryvoice.org/>
- **Augmentative and Alternative Communication (AAC):**
<https://www.assistiveware.com/>
- **Part-Time AAC Perspective:**
<https://praacticalaac.org/praactical/praactical-perspectives-on-part-time-aac-use/>
- **Flip Writer:** AAC <https://www.flipwriteraac.org/>
- **AAC and Emotional Crisis:**
<https://thinkingautismguide.com/2017/11/coping-with-crisis-when-you-have.html>
- **The Problem with PECS:** <https://therapistndc.org/the-problem-with-pecs/>
- **Communication Bill of Rights:**
<https://www.asha.org/siteassets/uploadedFiles/NJC-Communication-Bill-Rights.pdf>
- **Remove Barriers to Communication with AAC:**
<https://download.assistiveware.com/aac/1.3-remove-barriers-to-communication-checklist.pdf>

Sensory Support:

- Theraspecs: <https://www.theraspecs.com/audrey-theraspecs/>
- Rachel S. Schneider, M.A., MHC: <https://www.rachel-schneider.com/>

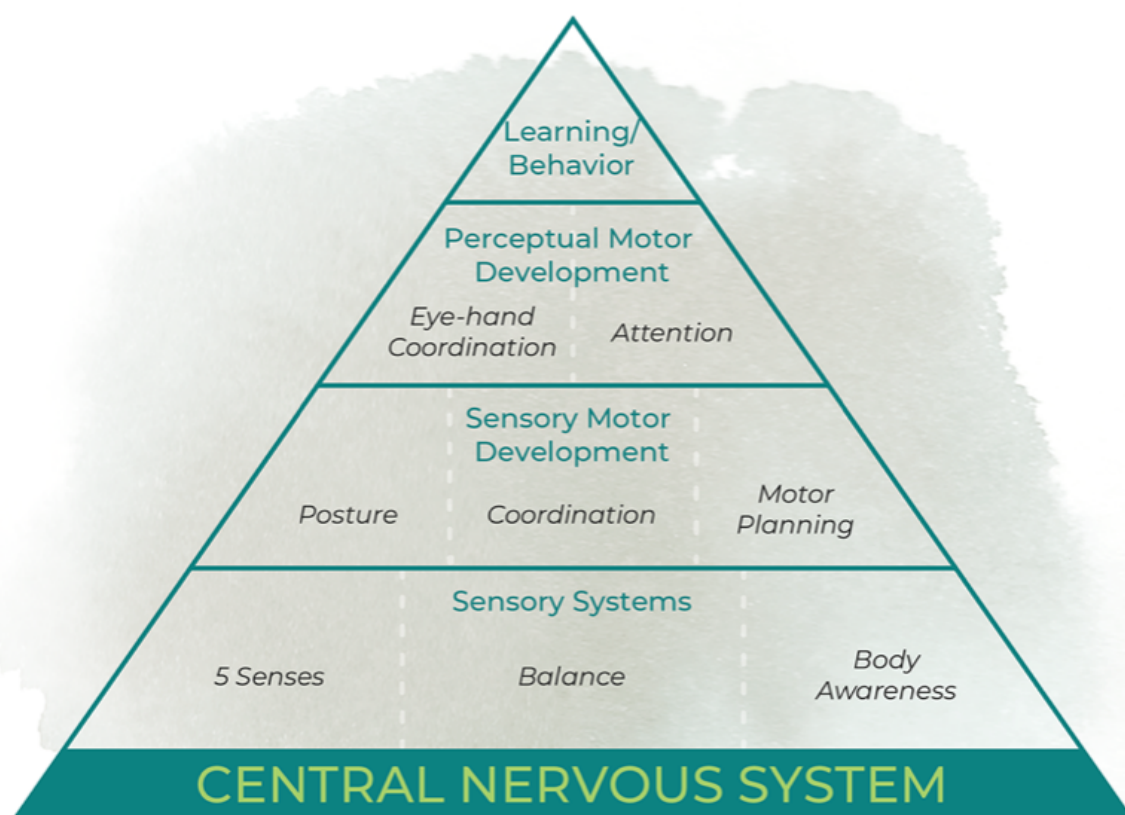
Potential Local Support:

Neurofeedback: <https://www.midwestneurofitness.com/>

Resources:

- **Neuroclastic: Understanding the Autistic Mind Notebook:**
<https://neuroclastic.com/wp-content/uploads/2020/04/UNDERSTANDING-THE-AUTISTIC-MIND-11.pdf>
- **Thinking Person's Guide to Autism:** <https://thinkingautismguide.com/>
- **Public Neurodiversity Support Center:**
<https://coda.io/@mykola-bilokonsky/public-neurodiversity-support-center>
- **Autistic Pride merchandise** on Red Bubble:
https://www.redbubble.com/shop/?query=autistic%20pride&ref=search_box
- **The Articulate Autistic**, Jaime, has a "Shop" tab with some Autistic book recommendations and other Autistic Pride merchandise. She conveniently has the links provided where you can go to purchase them:
<https://www.thearticulateautistic.com/shop/>
- **Autism Book List:**
NOT AN AUTISM MOM Parenting... With a Dash of Awareness:
<https://notanautismmom.com/2020/07/20/autism-books/>
- **Autistic Hoya's Disclosure Cards**, Autism ID cards:
<https://autistichoya.files.wordpress.com/2013/10/autistic-hoyas-emergency-disclosure-cards.pdf>
- **Interactive Self-Care Guide:**
https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html
- **Autism Level Up:** <https://autismlevelup.com/>
- Autism Energy Level Log:
https://autismlevelup.com/wp-content/uploads/VS_Energy_Log.pdf
- Autism Power up or Power down:
https://autismlevelup.com/wp-content/uploads/VS_PowerPacks.pdf
- Autism Energy Meter:
https://autismlevelup.com/wp-content/uploads/VS_Energy_Meter.pdf
- Autism regulation Log:
https://autismlevelup.com/wp-content/uploads/VS_The_Regulator_2-0.pdf

Research from Raymaker (2019) found that, “autistic traits were not positively correlated with psychological distress, but efforts to camouflage these traits were. This indicates that it is not the experience of being autistic that creates distress, but the pressure to conform, keep pace with our neurotypical peers, and hide our true selves that causes psychological distress”



PYRAMID OF LEARNING

Therapists do not train autistic people to mimic neurotypical social skills. Everyone learns different styles of social communication by neurotype. "Social Skills Standards" are subjective and not evidence based.

Perspective Taking: Diversity in Social Intelligence & The Double Empathy Problem for All

Strength-based Assessment & Reporting

Focus on strengths, not "deficits"
Respect for social communication differences (monotropism, eye contact avoidance, tone, autistic play). Goals for compliance are not therapy goals, and these types of goals benefit someone other than the client.

When sensory differences are not well accommodated, this can have a negative impact on client wellbeing, emotional regulation, attention and concentration, and attainment. It is imperative that therapists advocate for sensorily comfortable environments for their clients.

Sensory Integration without expectations for Tolerance or "Extinction"

Empathetic & Respectful Therapy

Unrestricted AAC as alternative or as a replacement of Speech for Everyone

*Selective Mutism
Apraxia
Autistic People
Stutterers
Sensory Overwhelm/Overload
Burnout
Meltdown
Personal Preference
Cognitive injuries such as TBI
Developmental delays
Intellectual disability
Person with degenerative disease*

ABA Free
Positive reinforcement free
Seclusion & Restraint Free

**Intrinsic Motivation
Interest-led sessions
Body autonomy
Presume
Competence
Honor "no" & "stop"**

Therapists learn directly from Neurodivergent people, including acquired neurodivergence

Client perspective is 1/3 of evidence based practice. Autistic people are "Autism Experts"



Therapist Neurodiversity Collective International

Therapy · Advocacy · Education ·
creating a way 2 live

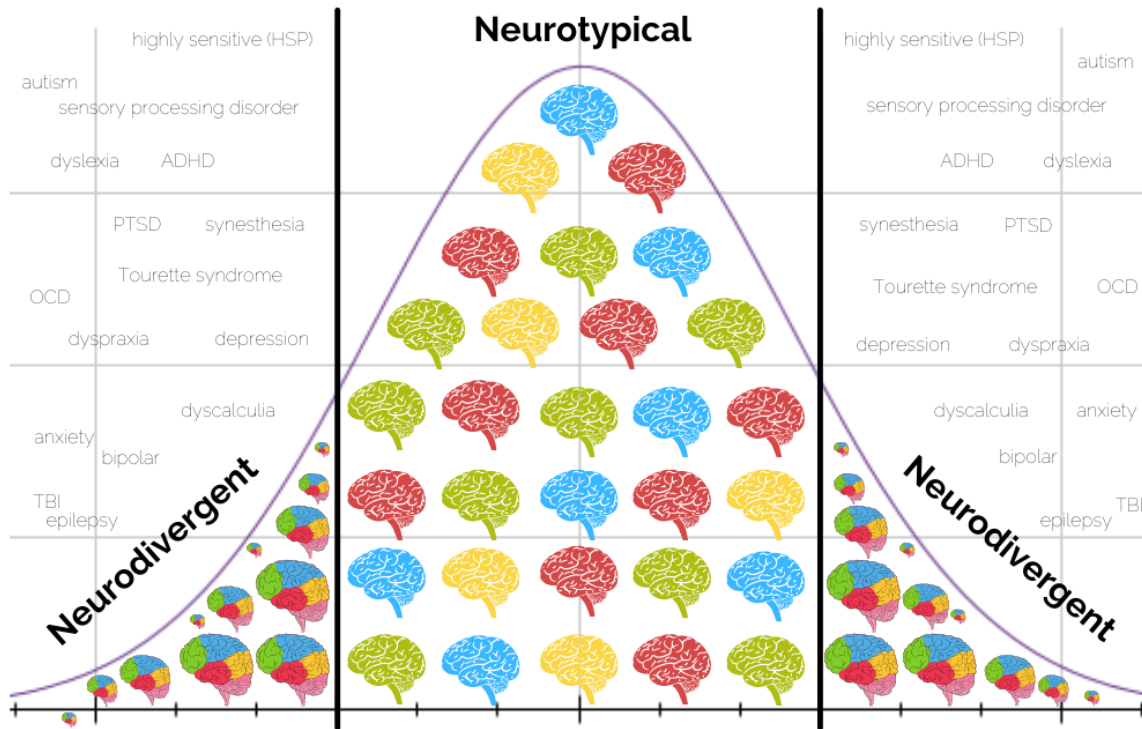
The most important thing is that any therapy should help neurodivergent people get what they want and need, not what therapists think they need ("cure" or "normalize" or appear "less autistic"). Good therapies focus on helping neurodivergent people figure out their goals, and work with clients and students to achieve them.

Empathetic and respectful therapists are advocates for equitable inclusion, and unrestricted access to supports, modifications, and accommodations. They respect co-agency, ensuring diversity in learning by actively seeking to align their understanding with that of their clients and tailoring support to meet the specific ways in which each client learns.

Adapted from Autistic Self Advocacy Network Position Statements:
<https://autisticadvocacy.org/about-asan/position-statements/>

therapistndc.org

Every mind (and brain) is unique. There is no one "normal."
 This neurological diversity is essential for innovation, creativity, and culture.



Some patterns of brain function and cognitive styles are more common. Society tends to be set up for these "neurotypical" experiences.

Other patterns of brain function and cognitive styles are less common. These neurologies diverge from the standard. Neurodivergent differences can be innate or acquired, temporary or life-long, challenging, neutral, or positive.

<https://www.weldonwellness.com/services>

What are Some Examples of Empathetic & Respectful Therapy?



Speech - Language Pathologists & Speech Language Therapists:

Provide access to/ teach a means of functional communication based on the client's choice, teach self-advocacy
AAC for all
Language disorder/delays - spoken, written
Language development - receptive and expressive
Cognitive-communication: post CVA, TBI, dementia, congenital Apraxia, Dysarthria
Dysphagia/Feeding (ARFID)
Articulation, phonological processing
Fluency based on client goals
Medical voice issues, gender expression voice therapy based on client goals
Perspective-taking regarding variations in social use of verbal and nonverbal communication
Recommend supports and accommodations

Occupational Therapists:

Motor skills for activities of daily living
Acquire balance and develop range of motion and strength
hand writing, using tools, computer use
dressing/grooming/toileting
Identify and purchase equipment, such as wheelchairs or bathroom safety devices, to ensure client safety
Cognitive-communication: post CVA, TBI, dementia
Assess home and/or work environment and recommend adaptations to fit needs and improve independence
Driving and Community Mobility
Feeding, Eating, and Swallowing
Assess profile sensory processing needs and differences to inform accommodations and to identify strategies to alleviate sensory distress/trauma
Help develop self-regulation on client's terms

Physical Therapists & Physiotherapists

Manage illnesses or injuries to:
Musculoskeletal system (bones and muscles)
Neurological systems (brain)
Cardiopulmonary system (heart and lungs)
Integumentary system (skin)
Various settings

- Oncology (Cancer)
- Cardiovascular (heart) and pulmonology (lungs)
- Geriatrics (elderly health)
- Orthopedics (bone, joint, and spinal issues)
- Neurology (brain health)
- Sports
- Clinical electrophysiology
- Pediatrics (children's health)

Help patients recover from surgeries including, herniated discs, anterior cruciate ligament (ACL) reconstruction, rotator cuff repair, sports injuries, the orthopedic issues

We are a Collective for Speech-Language Pathologists, Occupational Therapists, & Physical Therapists

© 2021 Therapist Neurodiversity Collective

Welcome home

To a place of revolutionary thoughts and burning words.

To an edgewalker's circle. A firebrand's forge. A dreamer's den.
A sensitive soul's sanctuary. A creative community.

A liminal space where the inner and outer worlds collide
and words find form.

A place of emergence, rooted in the land and the heart.

Join me as an apprentice to the creative process...
and dare to discover what it means to embody the power of the
feminine in a world that has long forsaken it.



<https://dreamingaloud.net/about/> Lucy Pearce