

Autistic Experience

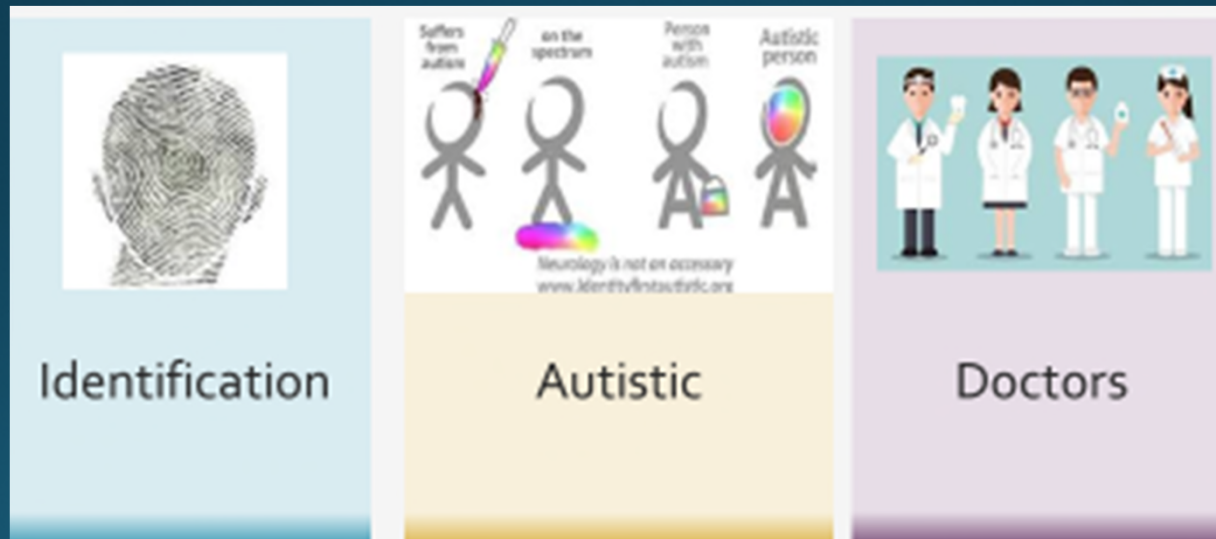
Understanding  Accepting  Nurturing

Challenges faced by
autistic children in school.



A Word about Words

- Diagnosis Vs Discovery
- Identity first language



Challenges faced in a Neuro-typical world

- ✦ Sensory differences
- ✦ Alexithymia
- ✦ Communication differences & Neuro-normative social expectations
- ✦ Barriers to natural monotropic neurology
- ✦ Masking, trauma & invalidation



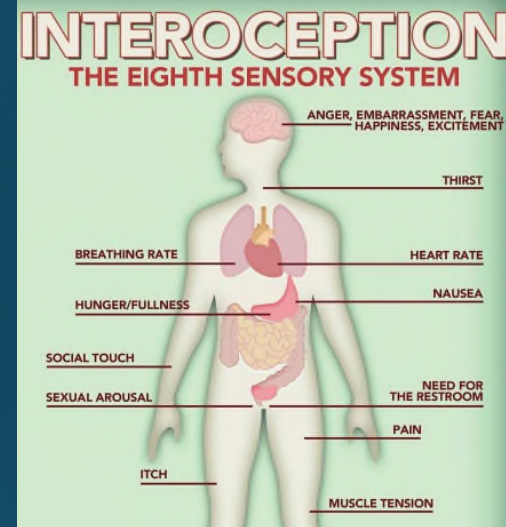
Golden Equation

- Autism + Environment = outcome (Dr Luke Beardon)



Sensory Differences

The sense that helps a child with body awareness is known as proprioception.

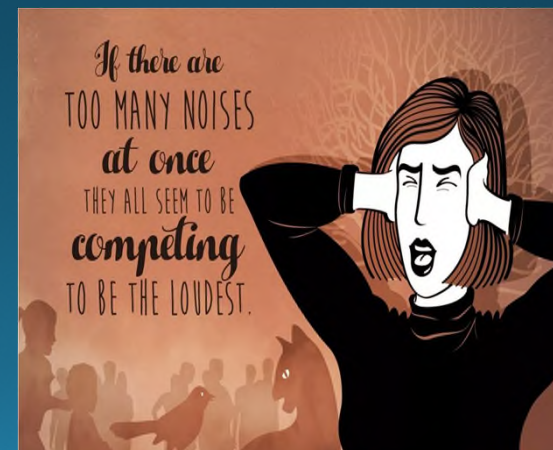


Some autistic people are hyper-empathetic.

This can result in physically feeling someone else's distress & pain.

Often this causes overwhelm & shutdown resulting in an inability to function.

JodieSmitten2020



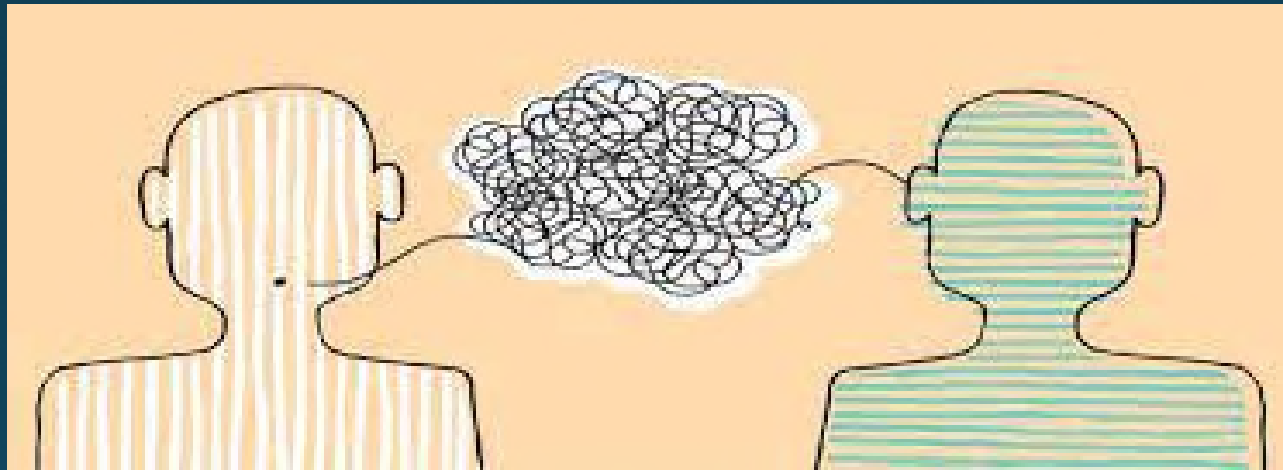
Alexithymia & Interoception

4 Elements

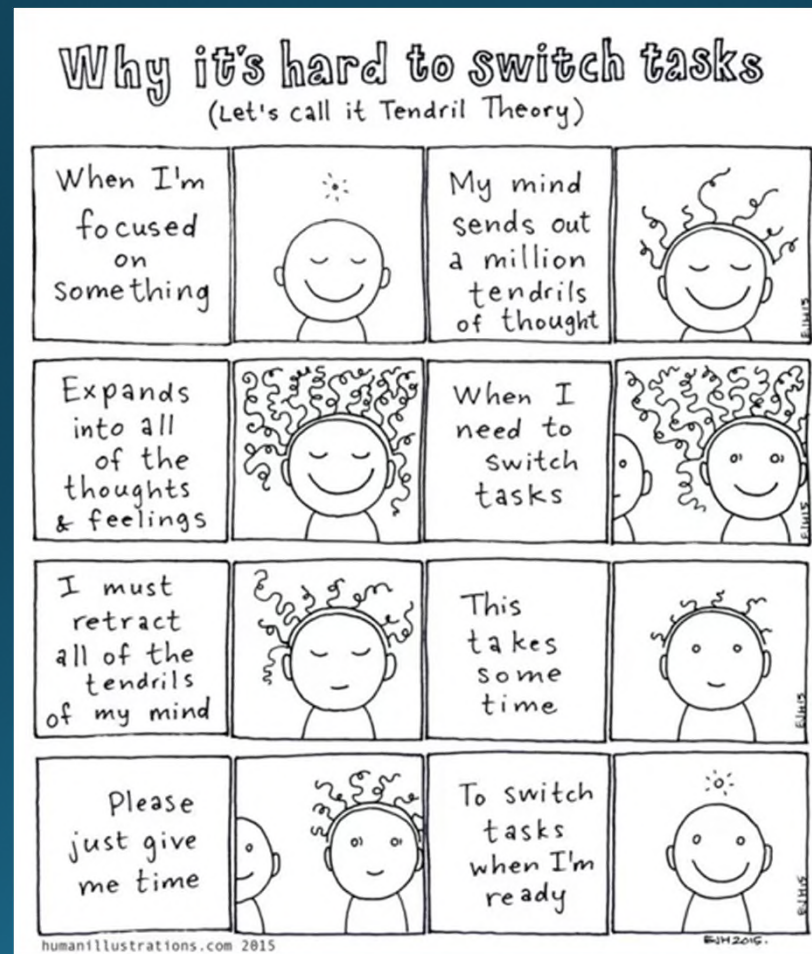
- ✎ Feeling/sensing emotions (Interoception)
- ✎ Interpreting inner feelings
- ✎ Communicating feelings
- ✎ Acting on those feelings



Communication Differences; Double Empathy (Damian Milton)



Monotropic Neurology



Masking



Survival



Subconscious



Suppression



CARE

- Curiosity & Collaboration
- Awareness & Acceptance
- Recognition & Respect
- Empathy & Energy accounting



Curiosity & Collaboration

Curiosity is more important than knowledge.

-Albert Einstein

INCREDIBLE 5 POINT SCALE

 5	OUT OF CONTROL You feel like a creeper who is about to explode	
 4	STARTING TO LOOSE IT You are starting to feel angry and your feeling like a zombie	
 3	ANXIOUS WORRIED EXCITED You feel like an Enderman. You want to teleport away or jump out of your skin	
 2	THINK I CAN HANDLE IT You feel like Steve. You work hard to survive, but that's OK	
 1	JUST RIGHT Just like Notch. Feeling good, calm and happy. Not fighting for survival	

THE ZONES OF REGULATION*

Blue Zone	Green Zone	Yellow Zone	Red Zone
Blue Zone Tools Stretch	Green Zone Tools Drink water	Yellow Zone Tools Deep breaths	Red Zone Tools Take a break

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Acceptance

**"IN ORDER TO EMPATHIZE
WITH SOMEONE'S EXPERIENCE
YOU MUST BE WILLING TO
BELIEVE THEM AS THEY
SEE IT, AND NOT HOW YOU
IMAGINE THEIR EXPERIENCE
TO BE"**

Brene Brown



Recognition & Respecting Differences

- Needs assessments; statutory, IEP's, Profiles etc.
- NO means no; bravery, resilience and perseverance.
- Behaviour policies
- Whole school approaches



Empathy & Energy Accounting



Battery Drainers



Battery Re-chargers



Portable battery pack



Jodie Smitten
www.jodiesmitten.co.uk

