

Autism and PDA

Evaleen Whelton & Stiof MacAmhalghaidh







Autistic
Union



Infinite
Diversity



the house-keeping bits

- What is autism & what is PDA
- Break 7.55 to 8.00
- Q&A at the end
- slides, recording and cert will be emailed out
- and now for Stiof...



What is AUsome Training

- Autistic-led
- Pro-Autistic and Pro-Neurodiversity
- Challenging Assumptions with inside knowledge
- Challenging the negative narrative and deficit model
- Dedicated to changing lives



What to expect

- Will be different to average autism training
- Will challenge your thinking
- Will ask you to look at Autistic people from a new perspective: The *Autistic Perspective*
- Will ask you to be part of positive change



The lens through which we view Autistic people

- Medical Model
- Social Model
- Human Rights Model
- Minority Stress Model
- Munster Model of Autistic Living



What is “Being Autistic”?

- Senses translated to emotions
- Emotions creating a worldview
- Worldview reflected in actions

Being human

- See the previous slide!

Being human...

- Senses translated to emotions
- Emotions creating a worldview
- Worldview reflected in actions

So how are Autistic humans different?

- Heightened sensory awareness
- More intense emotional experience
- More vivid worldview
- Distinctly different response actions

What does this mean?

- Things feel higher risk
- Response actions are risk-avoidant
- Others misread defense as aggression

Going loopy... it is all transactional

- You > Me > You > Me > You...
- If it goes wrong, turn it off and on again
- If it works once, it should work next time

Why does this work?

- Emotion and cognition at 98.5%
- Pushing back creates space
- Its all about control

Understanding control

- Everyone relies on certainties to cope
- “Losing control” is all about me, not you
- Never about taking control
- Its about regaining lost control

Demand Avoidance: pathological?

- It is functional and it works
- Eliminate the causes
- Enable autonomy
- Swap judgement for empathy

Empathy & Understanding



Perspectives to help
you explore more...



Communication

- *Advance Notice*
- *Feeling judged*
- *How can we teach emotional language?*
- *Making space for feeling heard*



*How do we hand over
control with our own need for
control?*



*How much control does this
kid have in their own little
lives?*



Look at their environment....

Acceptance

Respect

Understanding



AUsome Parents Conference

Sunday 21st March, 2021

AGENDA



Morning

- 9.30 - 9.45: Opening Address - **Evaleen Whelton**
- 9.50 - 10.40: "Good Enough: Minding Your Mental Health as a Parent"
- **Eoin Stephens**
- 10.40 - 11.10: "From one parent to another: Useful Resources" - **Melissa Murphy**
- 11.15 - 11.30: BREAK
- 11.30 - 12.10: "Communication: it's a two-way thing!" - **Evaleen Whelton**
- 12.15 - 12.45: "Autistic Play" - **Frank L. Ludwig**

12.45 - 13.30: **Lunch**



Afternoon

- 13.35 - 14.05: "Navigating Autism Therapies" - **Jay Jay Mudridge**
- 14.10 - 14.40: Panel Discussion on "Dealing with the System"
- **Karen and Damon Mathew Wise**
- 14.40 - 15.00: BREAK
- 15.00 - 15.50: "My Self, My Space: Building confidence and control in young Autistics" - **Stiof MacAmhalghaidh**
- 15.50 - 16.05: Q &A with **Eoin, Jay Jay, Stiof**
- 16.05 - 16.20: Q&A with **Melissa, Frank, Evaleen**
- 16.20 - 16.30: Closing Comments

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