

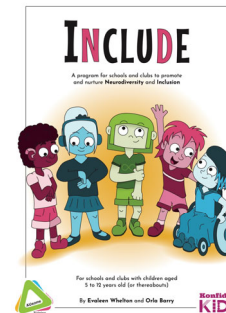
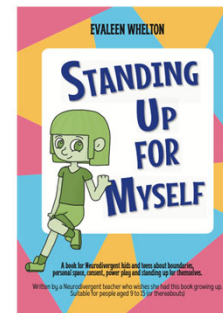
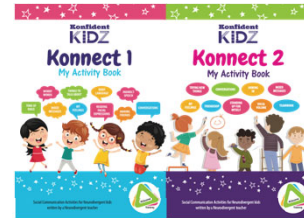
D xwlv #dgg#Wudxp d



Hello..

A little bit about me...

- Autistic since 2014
- My journey
- Working with kids
- Konfident Kidz
- AUsome Training
- The future I see..



Konfident
KIDZ



Unconscious Bias

Our unconscious mind

Past experiences

Media

Other courses

Books

Nurse v Doctor

What can we do? > Identify them and address them as they occur

Autistic Rights

Nothing for us without us
Autistic rights are human rights
The Autistic Community
Outdated ideas and unfounded theories
Excluded from almost 100 yrs of “research”
Ban ABA, PBS and social skills training
Right to AAC
Where is all of this in “good practice”?

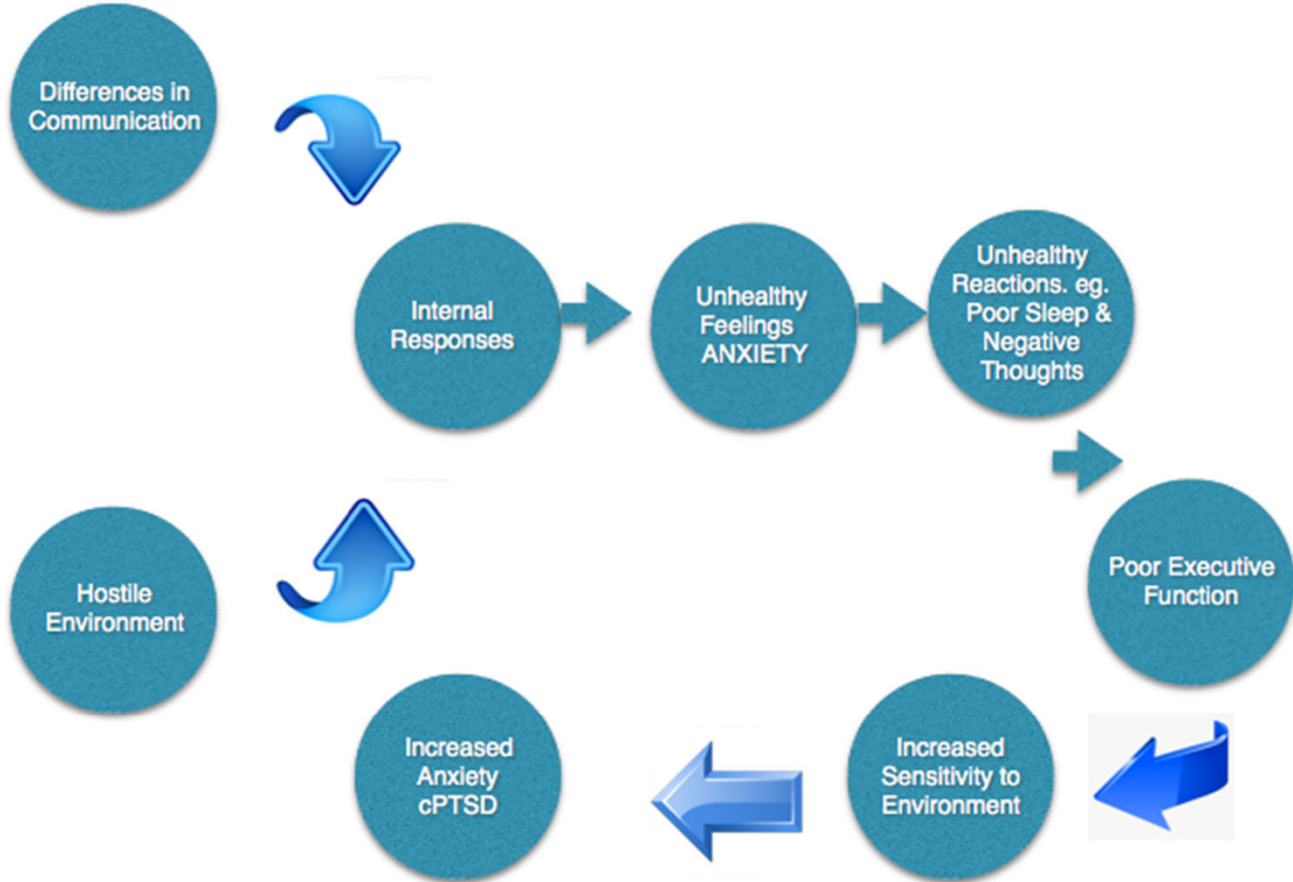
To simplify, being Autistic means:

1. Differences in Communication

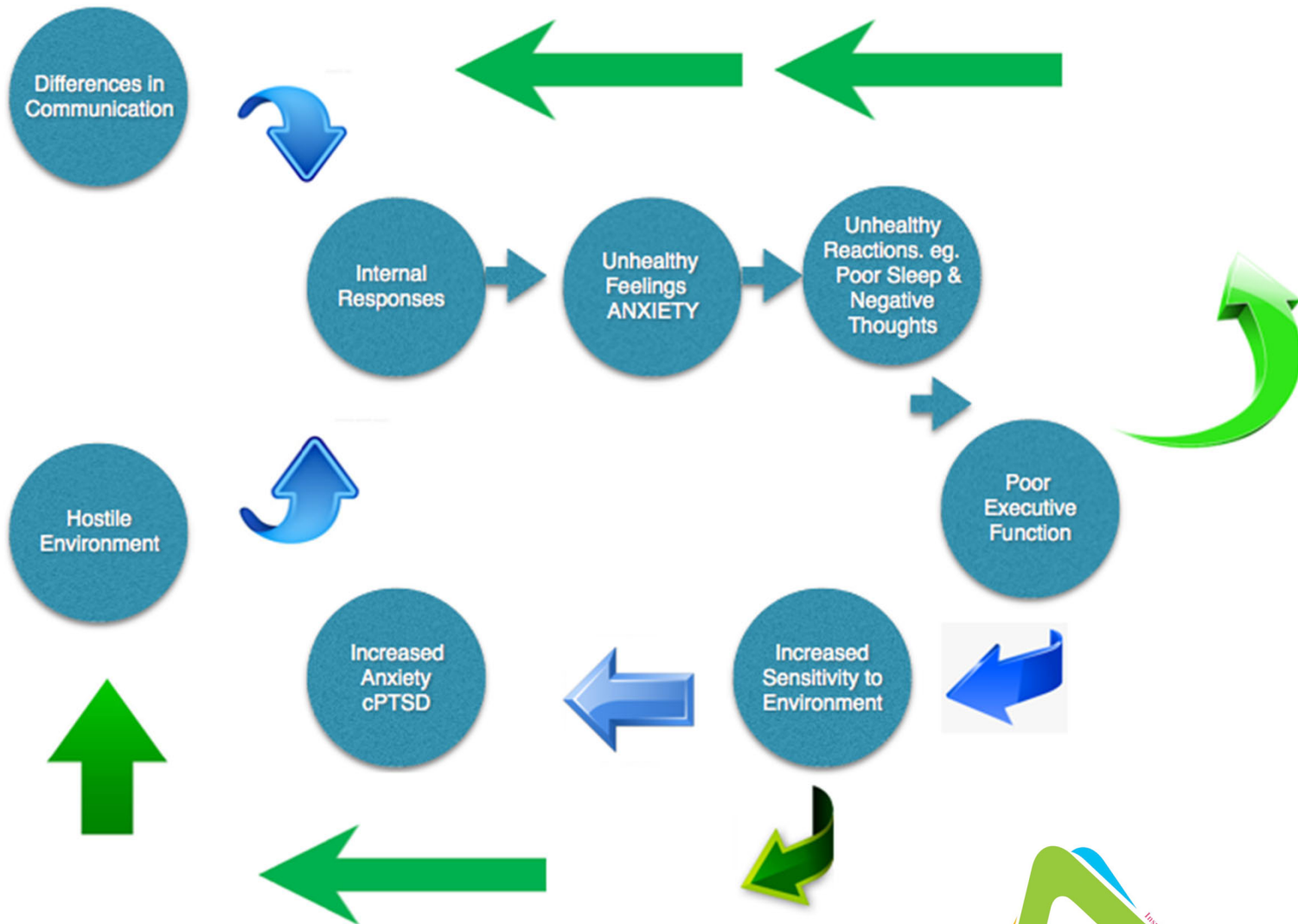
2. Sensitive to our environment



Z kdw#F dxvhv#rxu#Dq { hw|B



Wkh#Dq{ hw|#F | fDh



Confusing Communication

- Vague Phrases
- Literal Interpreter
- Sarcasm
- Tone v Facial Expression
- Body language v words
- Tone v words
- Literal Speaker-
- Words being misinterpreted
- Inaccurate motives being attached to our words
- Autistic Body Language v Non-Autistic Body Language-
- Actions being misinterpreted
Inaccurate motives being attached to our words
- Being dismissed, judged, ignored, unheard
- Social Hierarchy



Hostile Environment

- Bright Lights
 - Loud Noises
 - Smells
 - Sounds
 - Colours
 - Textures
 - Words used to describe us
 - Other People's reactions to us
 - Other People's Acceptance of us
 - Other people's judgement and responses to us
 -
- **Remember we are highly empathetic and sensitive to things others don't even notice**

"It's not the senses, it's what the senses sense" Maqqi



So, what is trauma?

A traumatic event occurs when we have too many emotions to process at once.

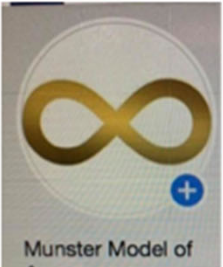
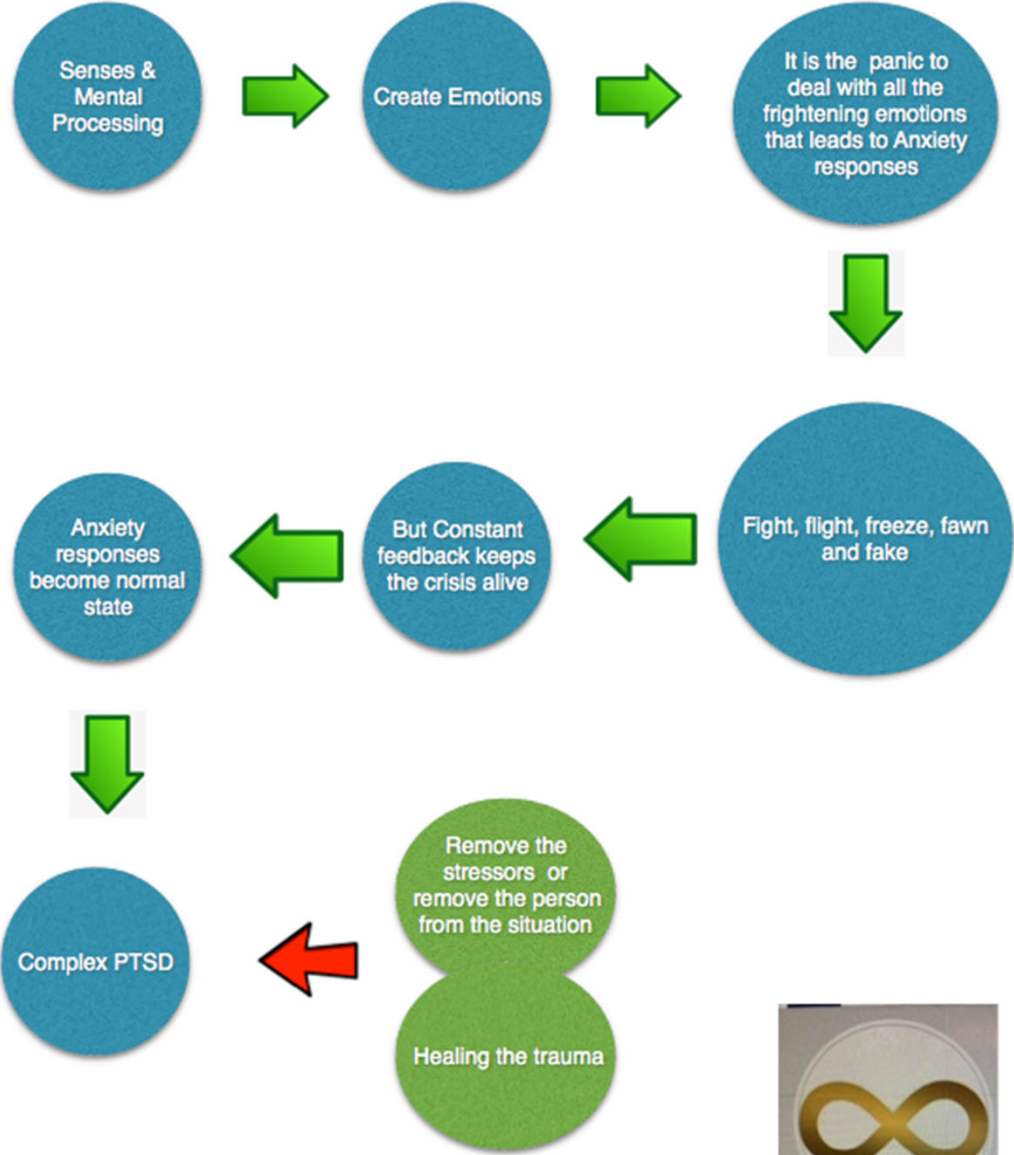


PTSD: Post Traumatic Stress Disorder
cPTSD: Complex Post Traumatic Stress Disorder

These occur when emotions get “stuck”



Complex PTSD



V | p swrp v#r#SWVG #

- Uh0H {shuhqf bj
- Dyr b dqfh
- K |shu0durxvdo
- P hqwd#khdok#) #Sk |vlfde#v |p swrp v#
- G lilfxo#vohs bj /g lilfxo#ehkdyrxu#



F rp sdn { #SWVG #V | p swrp v

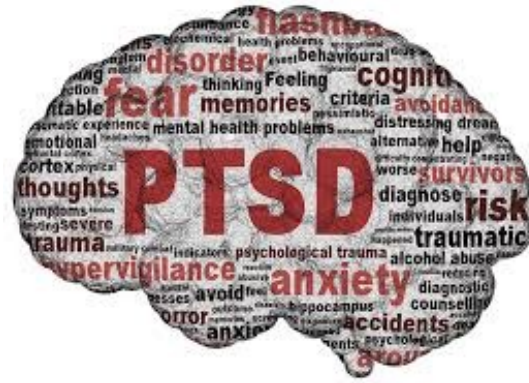
- vdp h#i#w# #v | p swrp v#v#SWVG =#h0h {shuhqf bjj /#
dyr bgdqfh/#k | shu0durxvdo

- **PLUS**

Hp rwrq#hjx0wrq#

- Qhjdwyh#Vho#F rqfhs w
- Iqwhshurqde#Jho#wrqvklsv#





Re-experiencing:

flashbacks, nightmares, repetitive and distressing images or sensations, physical sensations such as pain, sweating, feeling sick, trembling.

Some people have constant negative thoughts about their experience, they may wonder why the event happened to them and if they could have done anything to stop it, which can lead to feelings of guilt or shame.

Avoidance and emotional numbing:

Trying to avoid being reminded of the traumatic event is another key symptom of PTSD.

Hyperarousal :

irritability, angry outbursts, sleeping problems, difficulty concentrating



Other problems:

Many people with PTSD also have a number of other problems, including:

- other mental health problems, such as [depression](#), [anxiety](#) or [phobias](#)
- self-harming or destructive behaviour, such as [drug misuse](#) or [alcohol misuse](#)
- other physical symptoms, such as [headaches](#), [dizziness](#), [chest pains](#) and [stomach aches](#)

PTSD sometimes leads to work-related problems and the breakdown of relationships.





PTSD in children

PTSD can affect children as well as adults.

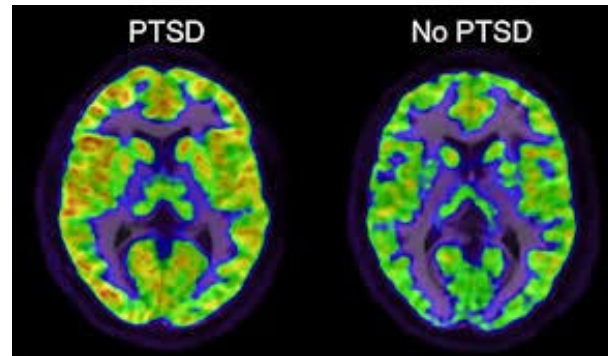
Children with PTSD can have similar symptoms to adults, such as having trouble sleeping and upsetting [nightmares](#), may also lose interest in activities they used to enjoy, and may have physical symptoms such as headaches and [stomach aches](#).

Other symptoms you may notice in children with PTSD include:

- difficult behaviour
- avoiding things related to the traumatic event
- re-enacting the traumatic event again and again through their play



Changes in the brain



In people with PTSD, parts of the brain involved in emotional processing appear different in brain scans.

One part of the brain responsible for memory and emotions is known as the hippocampus.

In people with PTSD, the hippocampus appears smaller in size.

It's thought that changes in this part of the brain may be related to fear and anxiety, memory problems and flashbacks.



Types of events that can lead to PTSD include:

- serious accidents
- physical or sexual assault
- abuse, including childhood or domestic abuse
- exposure to traumatic events at work, including remote exposure
- serious health problems, such as being admitted to intensive care
- childbirth experiences, such as losing a baby
- war and conflict
- torture



K r z # f d q # f s w v g # g h y h a r s # b j #

D x w l w l f # s h r s o l b # - f n d w l # o l b g h q ,

Particularly common issues for Autistics:

- H p r w l r q d e # d e x v h # b l q g # e x o l b j #
- I q y d d g d w l r q # r # h { s h u h q f h v # b l q g # j d v # o j k w l q j
- P l f u r d j j u h v v l r q v
- Z h # d o r # h { s h u h q f h # p r u h # k r f n # w d x p d v # d v # s r s x o l w l r q / # z k l f k #
f d q # q f u h d v h # w k h # d h k r r g # # i b g b j # p r u h # x e w o # h { s h u h q f h v #
w d x p d w l f # d e x v h # o h # k u n d w h q b j # v l w d w l r q v # v h u l r x v # k h d o k #
s u r e d p v # b l q g # s k | v l f d e # r u # h { x d e d l v v d x o # h w f ,



- Z h#p ljkweh#p ruh#hhdq#wr#{shuhqf#hrq0vkrfn#wuhvruw#dv#
wdxp dwf /#hvshf b0j #hshdwng2#kurglf1
- Sduwfx0udj#frp p rq#vvhv#iru#Dxwv#wf v=
- Hp rwrqde#Dexvh#dqg#ex0j bj #
- Iqydg dwlrq#r #h {shuhqf#hv#dqg#j dv#dj kwqj
- P lfurdj juhvlrqv
- Z h#0or#{shuhqf#p ruh#vkrfn#wdxp dv#dv#srsx0wlrq/#zklfk#
fdq#qfuhdv#kh#hdkrrg#r #lqg bj #p ruh#xew0h {shuhq



TRYING TO EXPLAIN



HOW MY TRAUMA AFFECTS ME

THERE'S NO SINGLE



EVENT



IT WAS MORE LIKE
A CONSTANTLY
DRIPPING TAP

IMAGINE BEING POKED AND
PRODED EVERY SINGLE DAY



ITS FRUSTRATING AND
ANNOYING BUT ITS NOT
THE WORST.

BUT!
BECAUSE IT IS EVERY
SINGLE DAY, THESE
PRODS AND POKES
START TO CAUSE
BRUISES



THE BRUISES ARE HIDDEN, NO
ONE CAN SEE THEM BUT THEY'RE
THERE.

NOW BEING PRODDED AND POKED
HURTS A WHOLE LOT MORE



BECAUSE IT HURTS, I CRY
OUT, I TELL PEOPLE
ABOUT THE PAIN



I'M IN
PAIN

HELP

STOP OVERREACTING!

DON'T BE SILLY!

IT'S NOTHING SERIOUS!

THAT CAN'T HURT!

SO PEOPLE KEEP ON POKING AND
PRODDING, INSISTING THAT IT'S
ALL JUST A BIT OF FUN, THAT
IT'S NOT A BIG DEAL, THAT I'M
BEING OVERSENSITIVE.



©BETH ☆
WILSON 2018



THIS LASTED FOR MY ENTIRE
CHILDHOOD AND BEYOND.

NOW I HAVE SCARS.

IF SOMEONE POKES ME OR BUMPS INTO ME, I'M REMINDED.

IF I SEE IT HAPPEN TO SOMEONE ELSE, I'M REMINDED.

I HEAR SOUNDS, SMELL SMELLS AND I'M REMINDED.

BEING REMINDED MAKES MY SCARS HURT.

I GO BACK TO THAT PLACE WHERE I WAS BRUISED AND ALONE.

©BETH ☆
WILSON 2018



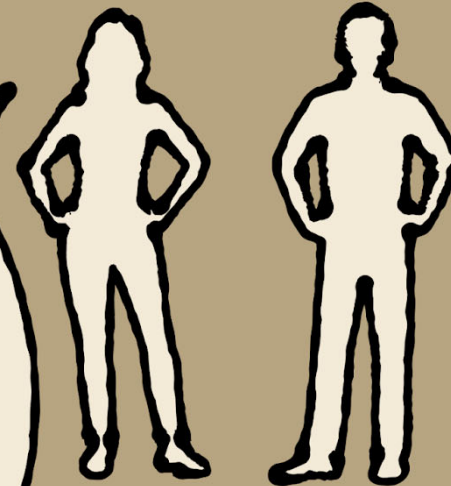
**NOW I STAY IN MY
SAFE LITTLE BUBBLE
SO THAT PEOPLE
CAN'T GET TO ME**

**THE PROBLEM WITH
BUBBLES IS THAT
SOMETTIMES THEY BECOME
PRISONS**



Where are my emotions?

About the connection between body, sensory feeling and emotions.



Joanna Ławicka PhD.
Prodeste Foundation



Every child, whether autistic or not - builds their emotional codes based on his sensory sensitivity. When you are autistic - your sensitivity is special. Perhaps what is pleasant for other children is harmful to you. Perhaps what is sufficient for other children is not enough for you. It starts with the fact that your reactions to the environmental stimuli are not the same as other children. Maybe the voice of an amused mother is painful? Maybe you don't like to be stroked? Maybe you need more rocking? Maybe bathing and feeding is a trauma, not relaxation. When your behavior as a baby is different from that of the most children - the people become confused. And yet nobody has any influence on his own behavior in the earliest childhood! Confused parents do not know how to react to the unusual behavior of their child. They have in their minds what they have read in parental magazines and on parenting portals. Something bad is going on in their opinion. They are scared. When their child reacts with fear to their joy - they are afraid. When their child reacts by flapping their hands because is happy - parents are distressed. And when their child walks on their toes because of happiness - they are frozen. In this way, the child does not receive proper emotional feedback.

When a typical child is happy, it hears from his parents: "hey, you are happy!". When it cries, it hears: "You are sad now!" When a typical child is helpless, it hears: "you really don't know what to do now." Because autistic children show their emotions differently - they often don't receive similar information. They see and feel the fear of their parents. In this way, day by day, year by year, they are getting further from their emotions. Extremely often, adults in the autism spectrum are unable to identify their emotions so much, that they are diagnosed with alexithymia. However, this is not due to autism! If a non-autistic child would have been transferred into a group that cannot respond to his emotions, it will probably also develop alexithymia. How can you name your emotions if no one called them before?

Let's go further...

What happens to a person, who not only does not receive an answer to his emotional behavior, but is punished for it? You know what I mean. The boy is happy and flapping his arms and someone is holding his hands and shouting "peaceful hands!". The girl is thoughtful and murmurs and someone screams at her "calm mouth!". Someone is nervous and jump, sway... What do they hear? "Sit still! Calm down!". You know it. What happens with such human being? The trauma. PTSD. Permanent personality disorder. It can't end well! A person whose emotions are suppressed cannot grow healthy.

Trust | Dependence | Betrayal Trauma

The phrase "betrayal trauma" can be used to refer to a kind of trauma independent of the reaction to the trauma.

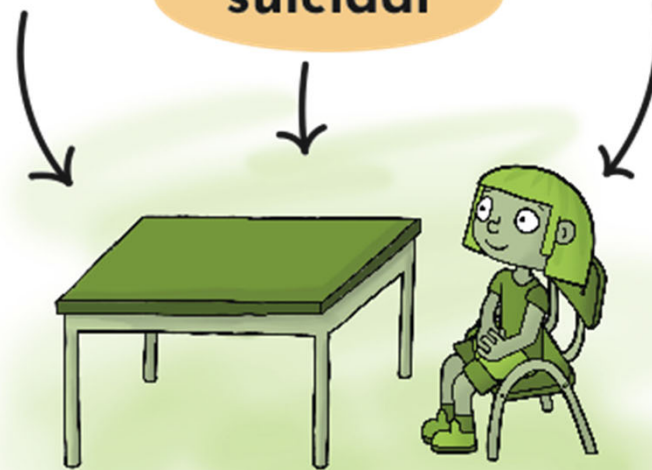
From [Freyd \(2008\)](#):

Betrayal trauma occurs when the people or institutions on which a person depends for survival significantly violate that person's trust or well-being: Childhood physical, emotional, or sexual abuse perpetrated by a caregiver are examples of betrayal trauma.

MASKING

FEELINGS

embarrassed
sad
confused
dejected
judged
nervous
worried
anxious
depressed
exhausted
suicidal



REACTIONS

attention seeking
meltdown
hiding
crying out
shouting
school refusal
masking
self-harm
MASKING
outbursts
suicide

K r z # g r # k h v h # l v x h v # d i h f w #

D x w l w l f v B #

#Ndw#Dqghq,#V |p swrp v#r #FSWVG #ryhu#s#z lk#fkdc#qjhv#shrs#h#vxd#d#lvvrf#bwh#z lk#
Dxwlp /#vhhp v#r #qfuhdv#k#khvh#fkdc#qjhv#b#s#duwf#lsdqw#z lk#) #z lkrxw#G ,

- Uh#h {shuhqf#bj =#k |shuir#fxv/#w#fn |#dwhq#w#r#q
- Dyr#gdqf#h=#dq {hw|/#ghp#dqg#dyr#gdqf#h
- K |shu#k |srdur#xvde#vhq#vru| #vhq#v#wy#w#h
- Hp#r#w#r#q#Jh#j#x#d#w#r#q=#P#h#o#r#z#q#v#2#V#k#x#w#r#z#q#v
- Vh#q#v#h#r#i#h#a=#p#d#v#n#b#j#2#f#d#p#r#x#i#d#j#b#j
- U#h#o#w#r#q#v#k#l#s#v=#V#r#f#b#d#g#l#i#h#u#q#f#h#v



We are commonly told: *“Autistic people struggle with...”*

- Emotions
- Language
- Communication
- Sensory and motor skills
- Self-knowledge
- Identity
- Personality
- Relationships

...and perhaps all that is beginning to look somewhat different now.



Symptoms of Stress	Symptoms of Anxiety	Symptoms of Depression
Cognitive: concentration, making decisions, memory	Cognitive: mind racing, negative mind reading, concentration	Cognitive: suicidal thoughts, lack of motivation
Physical: illness, aches & pains, heart palpitations	Physical: GI issues, fatigue, headaches, dizziness, can't relax	Physical: tired, disturbed sleep, loss of appetite
Emotional: irritability, mood swings	Emotional: irritability, excessive worry	Emotional: feelings of worthlessness, despair,
Behavioural: sleep, isolation, loss of interest, addictions	Behavioural: distress in social situations, avoidance, obsessive or compulsive	Behavioural: loss of interest, isolated, withdrawal.

V | p s w r p v # r i # d y b j # b # d q #
R s s u h v v h g # P b r u w | #

-Can impact your feelings & self esteem
leading to mental health symptoms

including:

*depression

*anxiety

*trauma

(Celano, NeMoyer, Stagg, & Scott, 2018; Ramos, Erkanli, & Koenig, 2018; Shein-Szydlo et al., 2016; Weaver & Himle, 2017; Windsor, Jemal, & Alessi, 2015).

F rqqhfwqj #dowhgrw#

Q z kdwrz hqrz #nqrz B#



- Dxwłwłfv#n {shuhqfh#kjk#wuhvv
- Dxwłwłfv#n {shuhqfh#kjk#byhov#r#dq {hw|#
- Dxwłwłfv#n {shuhqfh#gshuvlrq#
- Dxwłwłfv#n {shuhqfh#ESWVG #dqg#SWVG
- Dxwłwłfv#duh#p duj bddvng#e |#rflhw|#
- Dxwłwłfv#grq#wihh#vdih#q#l#grq@dxwłwłfv#rflb#qylurqp hqwł
- QRQH#r#wkhvh#n {shuhqfhv#v#fdxvng#e |#Dxwłvp *



D # x l f n # z r u g # d e r x w # v l j q v # r # d x w l p †

U h s h w l y h # d f w l r q v # # w h v v # h j x o d w l r q ,

D y r b d q f h 2 # d v r f b d w | # # u v n # h g x f w l r q # f r s b j # w d w h j | ,

D j j u h v v l y h # d f w l r q v # # h i n { # h v s r q v h # r # w l j j h w ,

D w w d f w l r q # r # v d p h q h v v # # v h h n b j # f h u d b w | # q # k h # p b g w # r # f k d r v ,

V l x d w l r q d o | # p x w h # # k l j k 0 r u g h u s u r f h v v h v # f h d v h # q # f u l v v ,

D q g # k h # e l j j h ^α # o r v w # q # k h l u r z q # z r u g # # # g l v r f b w l r q ,



Z khq#z h#vd | #Vrf h#w | #
g lvdeonv#xv / #k lv#lv#z kd#z h#
p hdq\$

This is why it is so important to distinguish between
“to blame for” and “responsible for”
Nobody is really personally “to blame” but
we are ALL “responsible for”
changing past mistakes and misunderstandings.
Also... Autistics are part of this society!



Vrowlrqv

**Remove the stressors
or remove the person
from the situation**

**Healing the
trauma**

**Autistics are
human**