

an  
exploration  
of  
**STIMMING**

**MONDAY 13 JUNE**  
**18:00 - 21:00**

with  
**MAQQI**

AUsome Training



# about AUsome Training

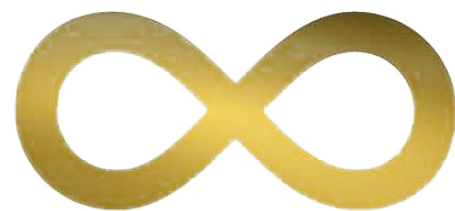
Autistic-led

Pro-Autistic and Pro-Neurodiversity

Dedicated to changing lives

Challenging assumptions with inside knowledge

Challenging the negative deficits narrative



infinite diversity



# the house-keeping bit

Me talking about me (surprise!)

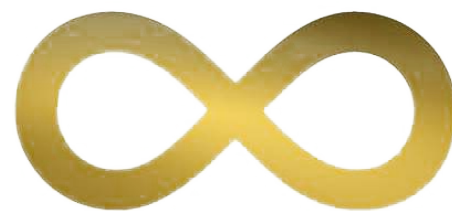
Laying out some concepts

Any questions + your experiences

10 minute break

Digging deeper, exploring possibilities

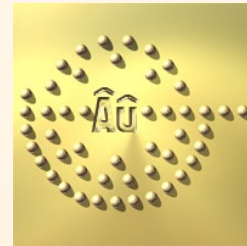
Q&A



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# '*about me*' – the stim remix



Autistic Union



Autscape



Fundacia Prodeste



Infinite Diversity



Ausome Training

# what even is a 'stim'

we have a pretty standard definition...

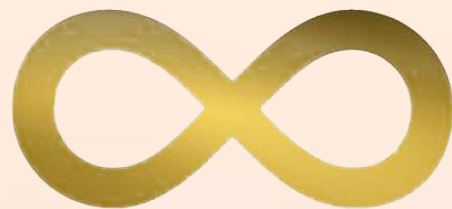
“stereotyped and repetitive motor mannerisms”

this is nonsense. stims...

seek and regulate sensory input

manage emotional states and cognition

communication and... fun!



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# 2017 definition...

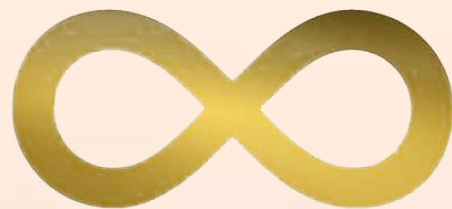
natural and self-taught

functional symbolic language

built on common forms and meanings

arising from lived experience

a response to the experienced environment



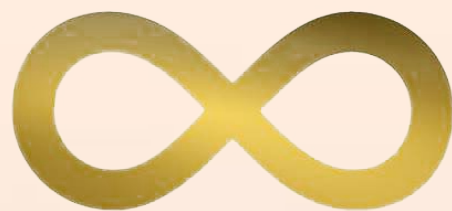
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# you may have noticed

I've not mentioned Autistics at all  
stims are basic human tools  
and yes, everybody stims

why do I call them 'tools'?

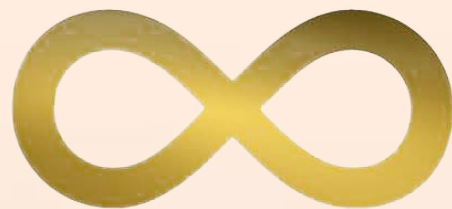


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# functionality

not all tools are physical  
so, what is the basic function of stimming?  
not 'stimulation' but...  
release, response, management  
think about how you respond to  
the most intense emotional experiences



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# *FUN*ctionality

how does emotional release work?

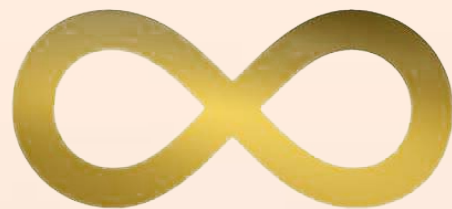
imagine a depressurisation valve

negative → neutral

what if you push out...

when nothing is pushing in?

neutral → positive

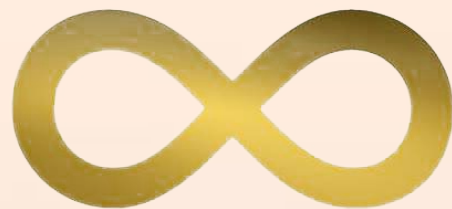


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# communication

“all behaviour is communication”  
so if stims are ‘behaviour’...

what can stims communicate?



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# and cognition?

ever tried to think straight...

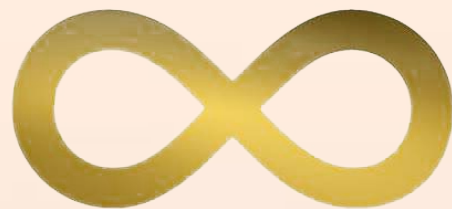
in a chaotic environment

or

in a distressed or elated state?



stims: creating a balanced environment



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# Conlon's metronome

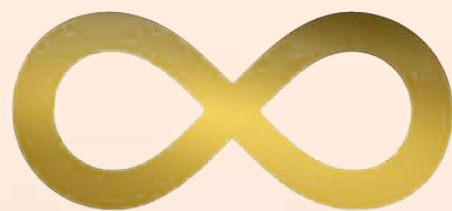
tick tock... tick tock... tick tock

pattern

consistency

discrete steps

and yes, it works!



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# putting it all together

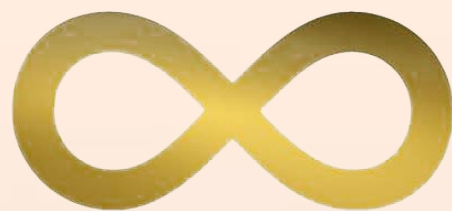
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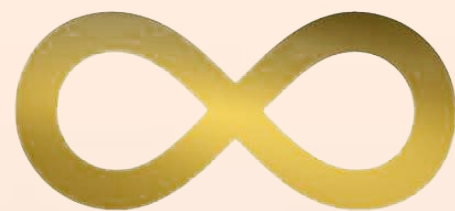
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# but what does this all 'mean'?

stims are functional, and we use them as tools  
this means we can practice and get better  
it also means we can select them for a job  
especially powerful for...  
managing and understanding emotions  
managing thought processes, memory etc.



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# your queries & experiences

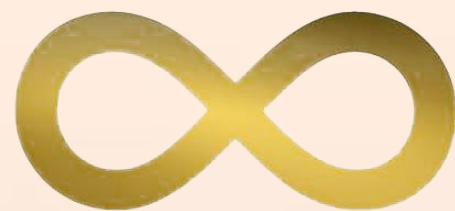
Q&A thus far

tell us about your stims

do you understand what your stims signify?

do you use 'silent' or mental stims?

do you experience negativity to your stims?



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# Breaktime!



# some examples

Sufi dervish dance

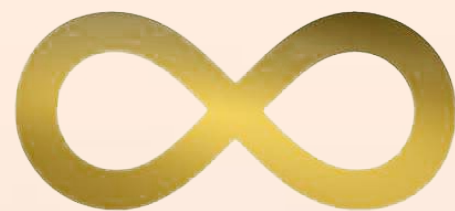
Recitation at the Wailing Wall

Rosary beads

Shamanic dance & drums

but also...

Memorisation masters & 'the house of memory'



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# emotional management

understand your stims

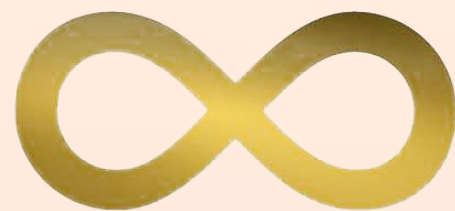
observe when they arise

note when the urge is suppressed

what follows?

build a toolkit

practice in your safe space



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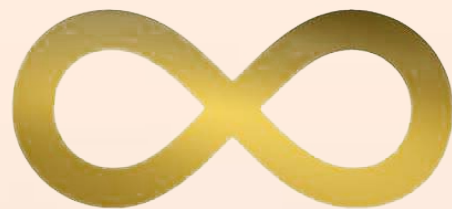


# an example

Mel Baggs: 'In My Language'

[www.youtube.com/watch?v=JnyIM1hl2jc](http://www.youtube.com/watch?v=JnyIM1hl2jc)

Mel is no longer with us, but has gifted us with so much writing and videos like this



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# cooperation

what can you do to help?

engage with stimmers

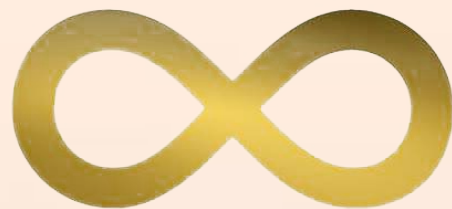
“respect the stimmer, respect the stim”

learn their stims

agree how to cooperate in emotional management

implement this consistently

advocate for the right to stim



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# thinking

observe yourself trying to do mental work

do you stim during the effort to begin?

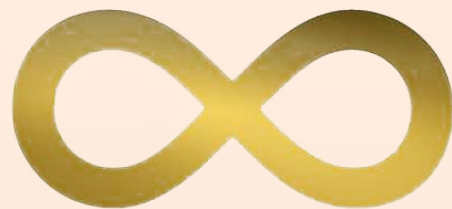
do you stim while engaged in thinking?

consider: is it happy stims or thinking stims?

experiment with thinking stims

this doesn't come easily to everyone...

...and that's okay



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# some examples

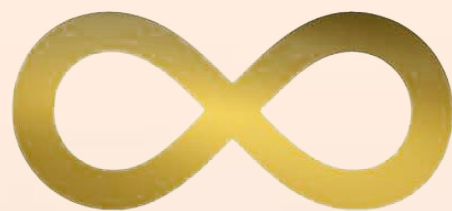
Gabriel McGowan

<https://www.youtube.com/watch?v=jJylq8NNqTw>

Estee Klar: 'S/pace' - Adam Wolfond and 'the work'

<https://vimeo.com/363876394>

caution – most videos are awful, tread carefully!



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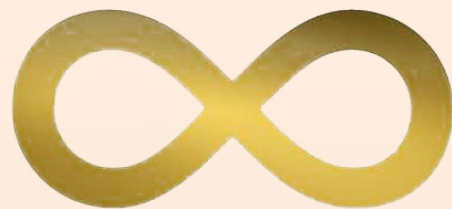
“respect the stimmer, respect the stim”

learn their stims

agree cooperation in thinking/ learning settings

implement this consistently

advocate for the right to stim



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# reflection ...

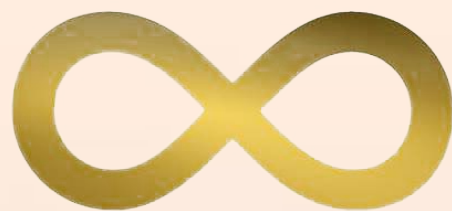
how does this feel?

can you see opportunities in your own life?

would you like to explore further

would 'coaching' help?

how about group-stimming?



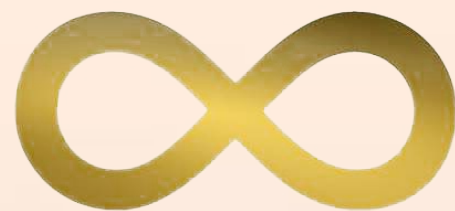
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*Thanks for listening!*

exploring  
**stimming**

with  
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