

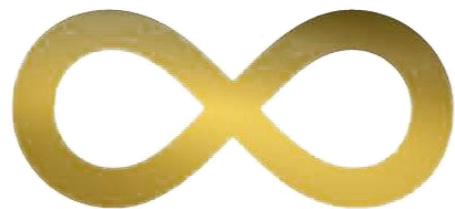
AUsome Training

How the Autistic Mind Works

presented by

MAQQI

12 September 2022 – 19:00-21:30



infinite diversity





About AUsome Training

Autistic-led

Pro-Autistic and Pro-Neurodiversity

Challenging negative assumptions with inside knowledge

Dedicated to changing ~~lives~~ the world



The house-keeping bits

This will be as much a debate as a presentation

Your input – positive or negative – is encouraged

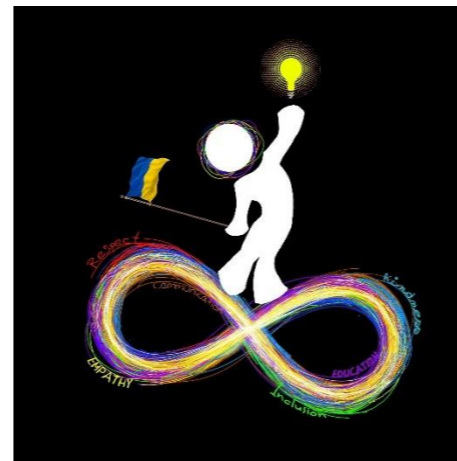
Your questions are especially welcome

We will take a 10 minute break about half way

After, you will get a certificate to treasure

And also a link to the recording to also treasure

About MAQQI



Autistic Union

FB: AutisticUnion



infinite diversity

FB: Infinite-Diversity-Autistic-Insights

WWW: infinitediversity.home.blog

← so adorable!

Back to basics

What humans are

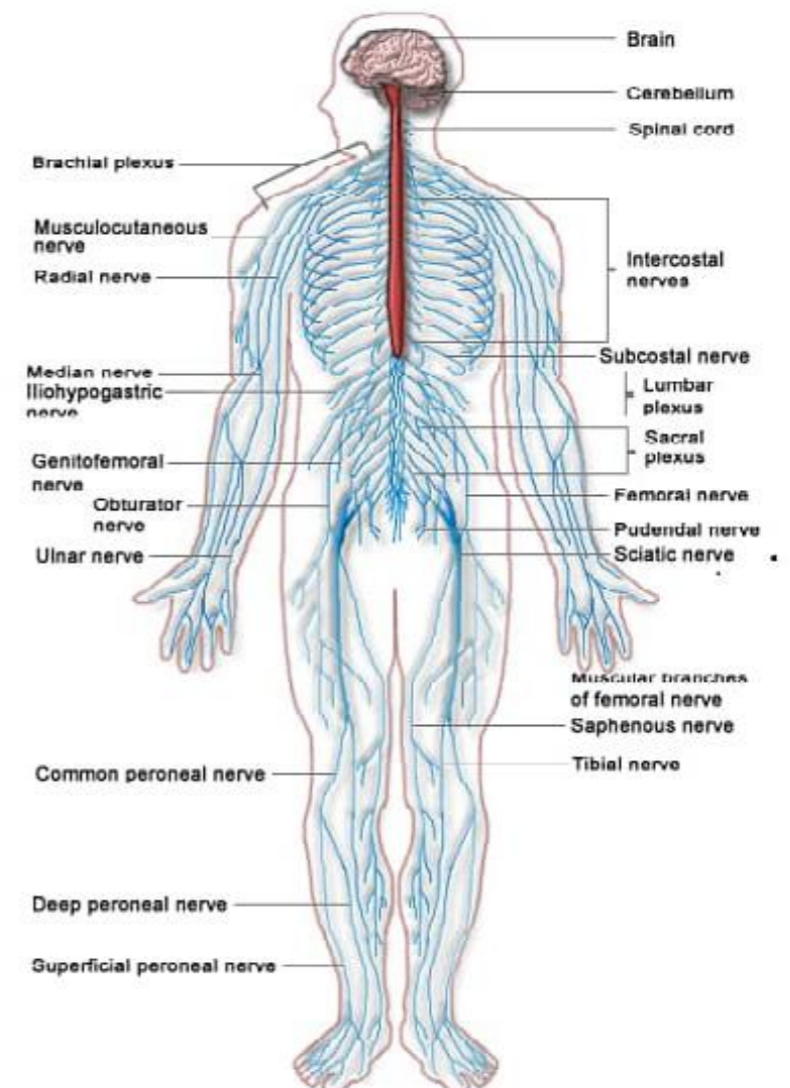
Our nervous system...

All interconnected with each other

So, what's a 'mind' then?

And what makes a mind 'Autistic'

THE NERVOUS SYSTEM





Back to less basic

Psychiatry and Grunya

88 years to walk in a circle

Genetic inheritance

Familial inheritance

Cultural inheritance

Traits, predispositions and learning





A Picture of 'Autistic'

Okay so...

Autistic people are just humans?

Digging into what makes you Autistic

Senses – Emotion – Motivation – Action

The Double Empathy Problem

Monotropism

Minority stress

Co-occurring factors





The Dark Side

None of this comes cheap

Coping and survival -> chronic

Anxiety

Hypertension

Digestion

Sleep

Hypervigilance

Aversion

Defiance

Trauma

Mortality





My thinks gone ough...

**This is supposed to be about
how the Autistic mind works**

**If anything, this tells us only
how it doesn't work (well)**

**So... let's rewind a bit and
start at the start**



Feelings



**Where does any human mind
get its 'content'?**

Senses and emotions

Building a mental Sim City

What about memories?



Reason



How does 'reason' come into this?

What even is reasoning?

How culture shapes us

How experiences shape us

Honour, dignity, justice, rights...



Doing and being



How we act

Why we act

Understanding ourselves

Am I allowed?

Becoming an Autistic human



Where next?



We need to understand how we get a characteristic Autistic

Why are there commonalities?

Why is there differences?

What's for dinner?



Break time!





The Autistic Mind

What is an 'Autistic mind'?

**Does it make sense to discuss
a mind separate from a body?**

**What are the inherent things that
make you Autistic?**

**What are the external things that
make you Autistic?**



In The Wild



**What does an untraumatised
Autistic look like?**

**What if there was no exclusion,
othering, pathologisation?**

**What would a 'wild Autistic'
look like?**





About 'CDT'

Convergent-Divergent Theory

Small differences, big differences

Many tasks, few tools

I like what I know...

Feedback loops





Examples of CDT

Our human toolkit

Our human experiences

Social anxiety

Selectively speaking

Stimming





Does This Make Sense?

Senses – Emotions – Motivations
[Cognition] <- [Culture etc.]
Actions and feedback

DEP and minority stress
Monotropism

Coping, survival, habit and skill
More feedback and...
The “symptoms of autism”





The Autistic Mind

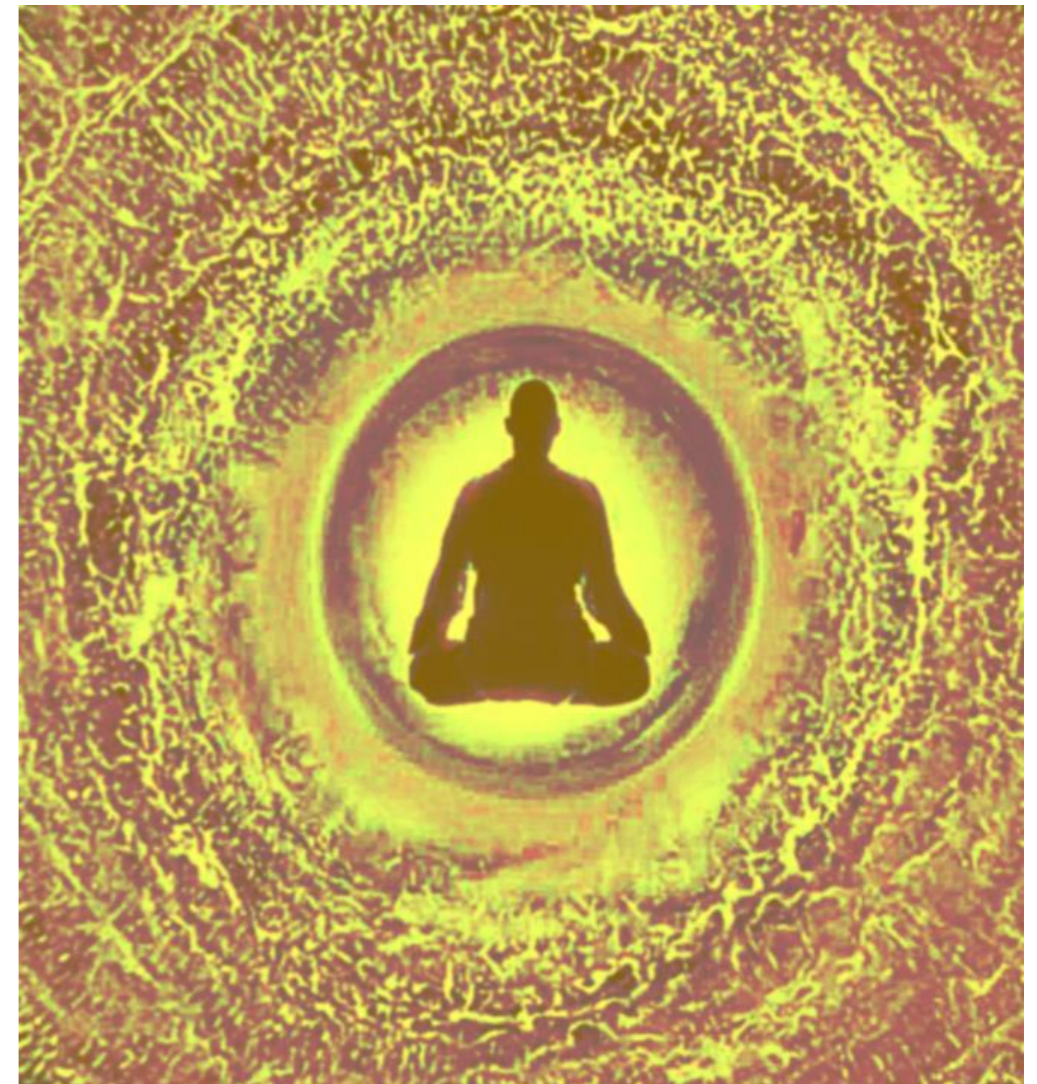
How does the Autistic mind work?

Much like any human mind

But... 'you are what you eat'

Or, perhaps, what you get fed

"It's all their fault!"





But, what is it *like*?

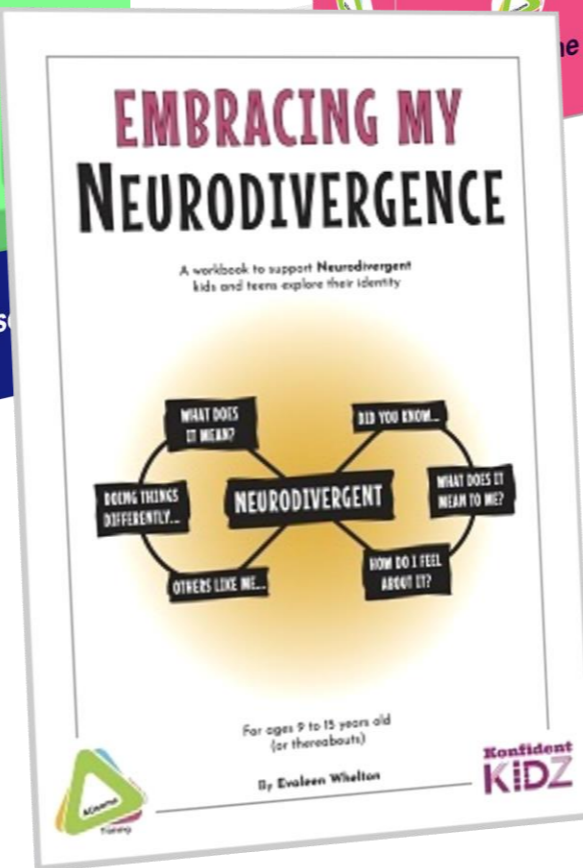
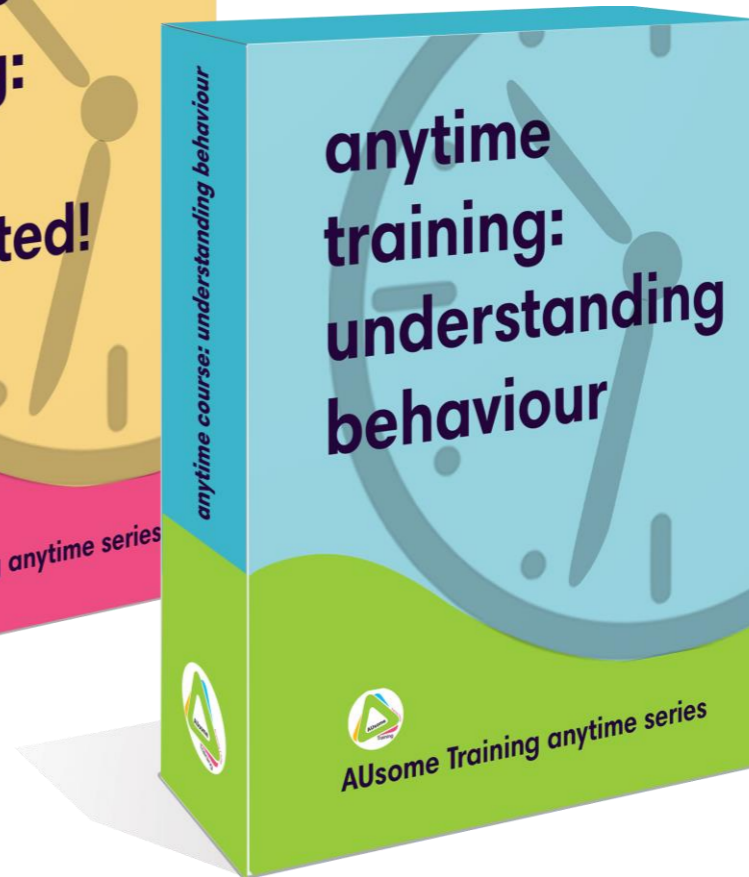
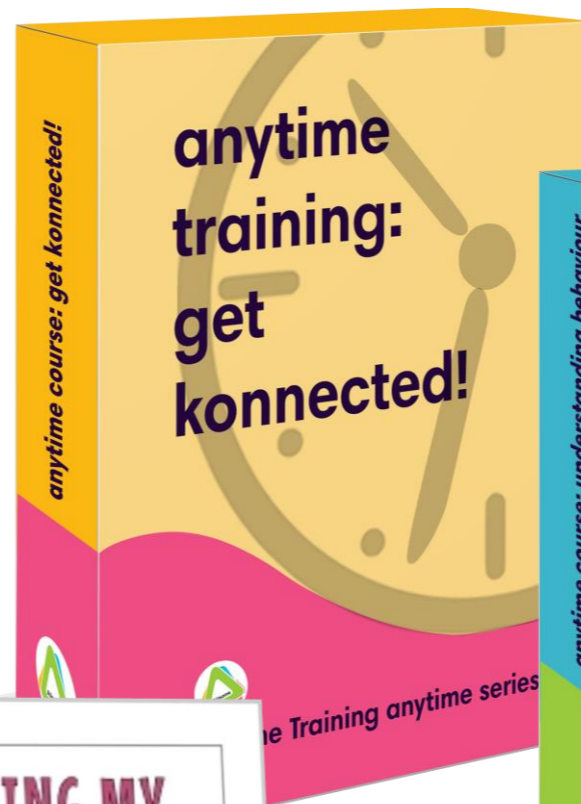
Well, it feels... normal

Maybe isolated, excluded, shamed...
but very often that IS our normal

Our minds work like any human mind
subjected to the same experiences

And yes, we find joy and community
and love and meaning





www.ausometraining.com