

AUsome Training

**Trauma
& Behaviour**



19:00-21:30

21 November 2022



Before we start

About AUsome Training

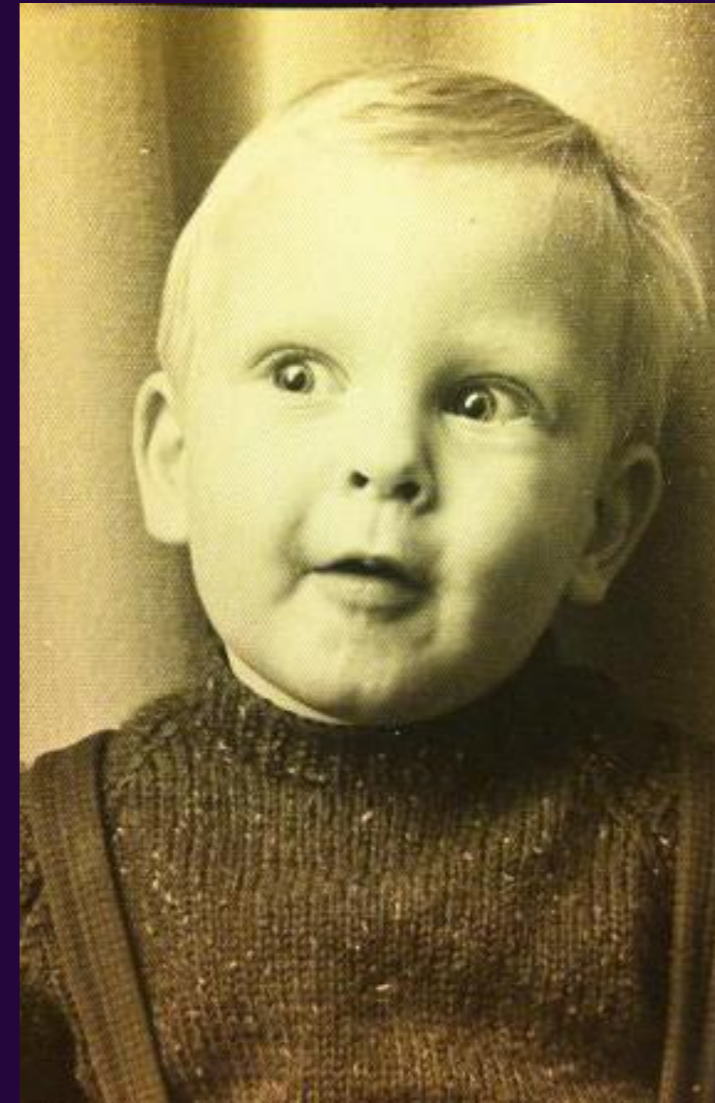
About me

Health & safety

The plan

Your input

Slides, recording, certificate



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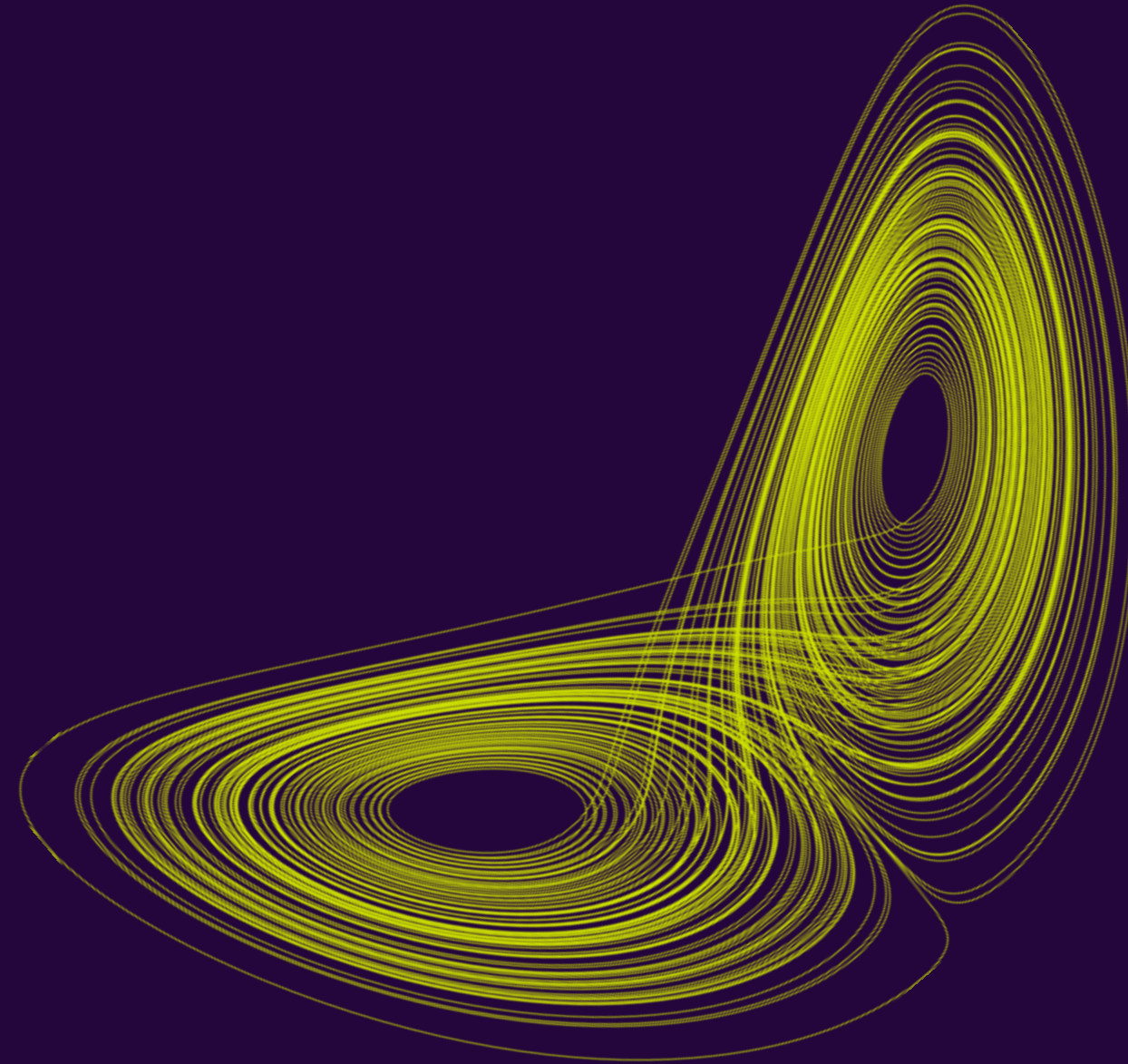
Trauma & behaviour

What is trauma

What is behaviour

Cause and effect chains

Feedback



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Slide 2



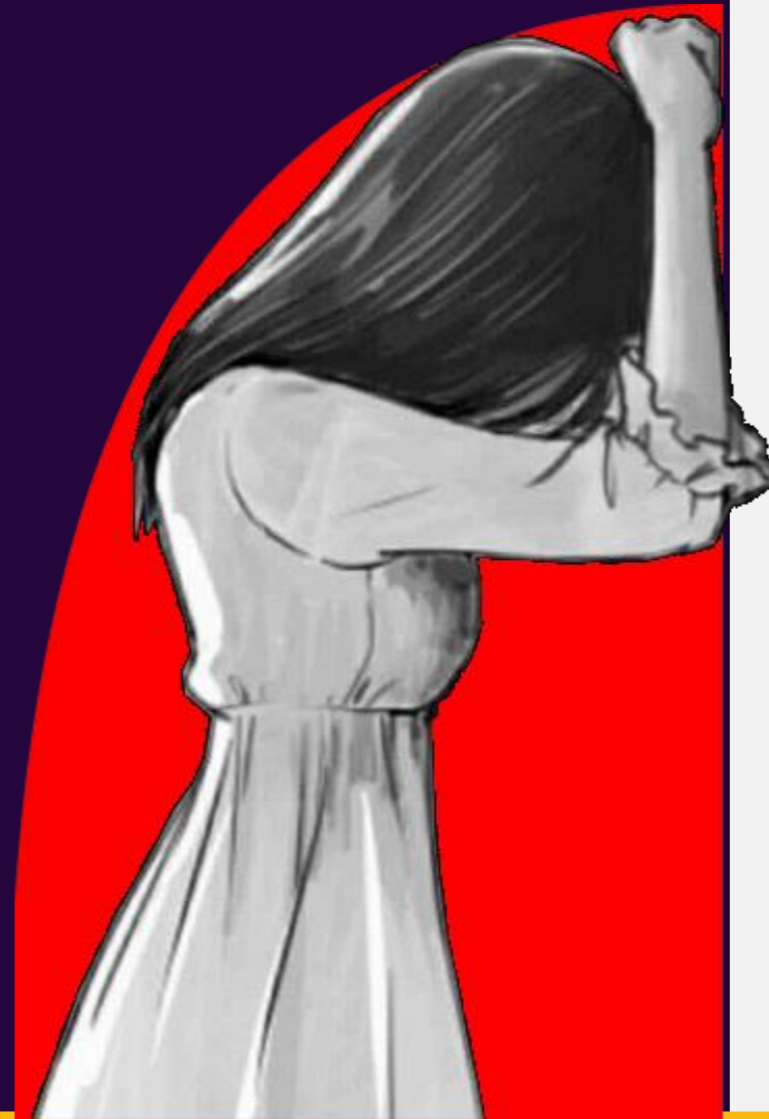
Trauma

Why is trauma

“Trauma is not what happens to you, it is what happens inside you as a result of what happens to you” – Gabor Maté

Harm to your Self

Unresolved



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Trauma & anxiety

What about anxiety though?

Anticipation

Motivated

Evidence-based



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About microtraumas

Microaggressions are actions

Microtraumas are the experience

Sedimentation effect

PTSD and cPTSD



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About behaviour

Okay, so what is behaviour?

'stuff we do'

How Autistic behaviour gets framed

How many 'positive behaviour' types?



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Negative behaviour

Our conception of behaviour

Who is defining it?

What do the 'types' tell us?

How many 'negative behaviour types'?



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Connecting the bits

Linking trauma and behaviour

The role of anxiety

Self care and self defence

Feedback and perceptions



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How it feels, how it looks



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Is this 'Autistic' behaviour?

Examining human behaviour

All Autistics are human

So, what is Autistic behaviour?

Is this... just humans being human?



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Are Autistic people different?

What does the idea of
'Autistic behaviour' tell us?

Are Autistic people actually different?

Well, yes. Just not the way we're told



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Being Autistic

Autistic senses

Autistic emotions

Autistic world-views

Autistic... behaviours



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Autistic trauma

How does a different experience
shape trauma?

Living in a 'vivid world'

Exclusion and shame



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Autistic behaviour

All humans respond to trauma

Autistics experience far more trauma
than most others do

Parallels to Trans and Traveller
experiences – imperfect but valid



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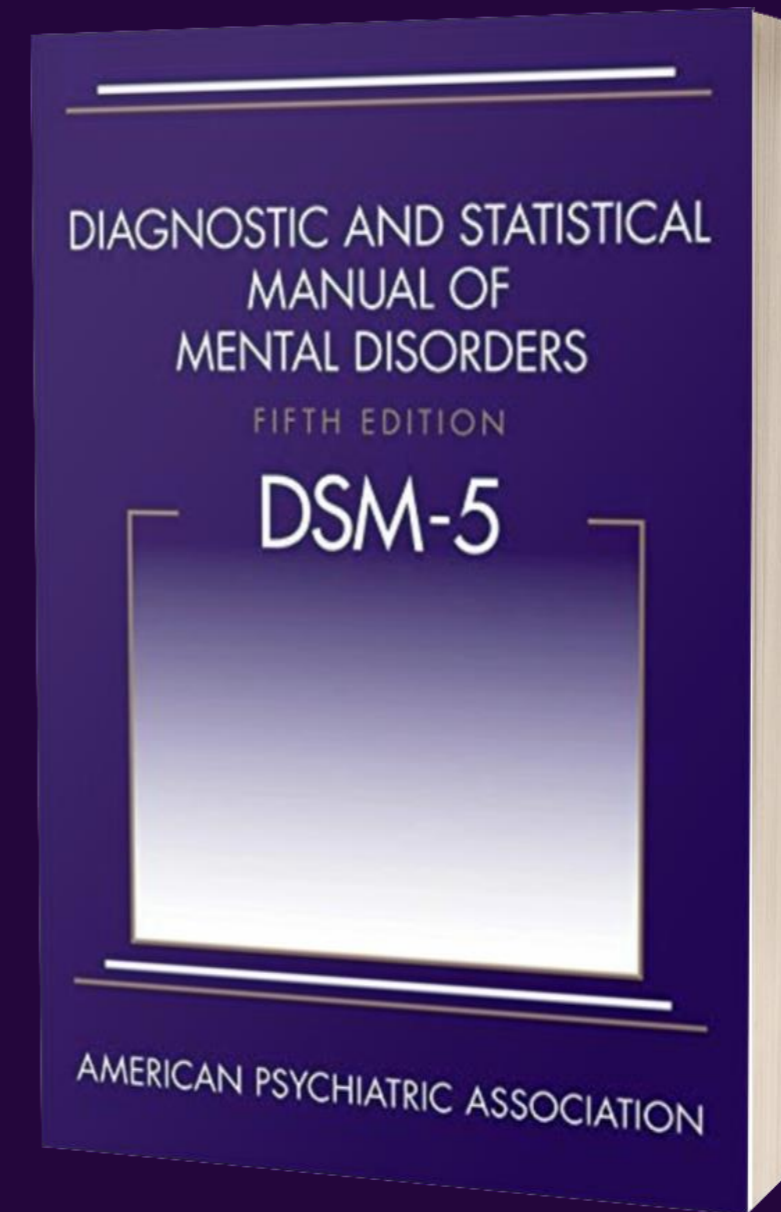
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Those diagnostic criteria

Take a read through DSM-5 & ICD 11

Compare against descriptions of
symptoms of trauma

Our normal is NOT normal



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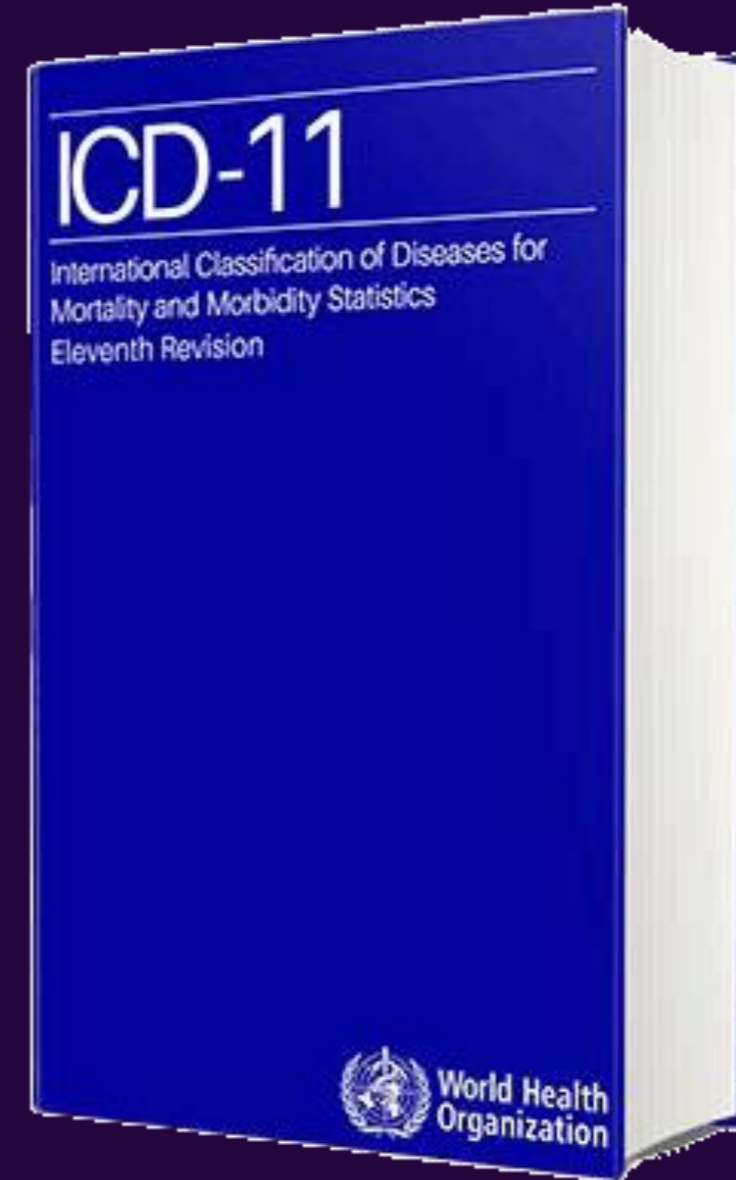
Should we throw it out?

What do you think?

Does the idea of 'ASD' help anyone?

Is a focus on trauma better?

How about other neurodivergences?



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What can we do?

There's no reason neurodivergent
people can't thrive

We can even live blissful lives

Bypassing overwhelm...
achieving 'enoughness'



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Thanks for listening!

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