

AUsome Training

# Sensory Sensitivity

presented by

**MAQQI**

15 August 2022 – 19:00-21:30



h1q1w#lyhu1w|





# About 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**



# The house-keeping bits

**We will consider what 'sensory' means and...**

**What 'sensitivity' is and can look like and...**

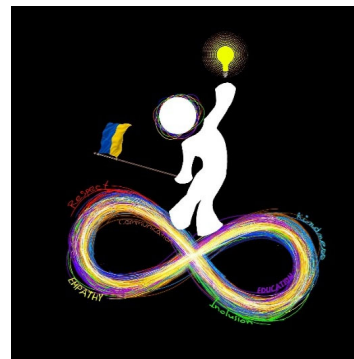
**How this fits into our understanding of 'Autistic'**

**There will be space for your ideas and questions**

**A break around 8:15pm, end around 9:30pm**

**Slides, recording and your certificate**

# About MAQQI



Âûtistic Union

FB: AutisticUnion



infinite diversity

FB: Infinite-Diversity-Âûtistic-Insights

WWW: [infinite diversity.home.blog](http://infinite diversity.home.blog)

<- so adorable!

# Back to basics

What does 'sensory' actually mean?

Our nervous system...

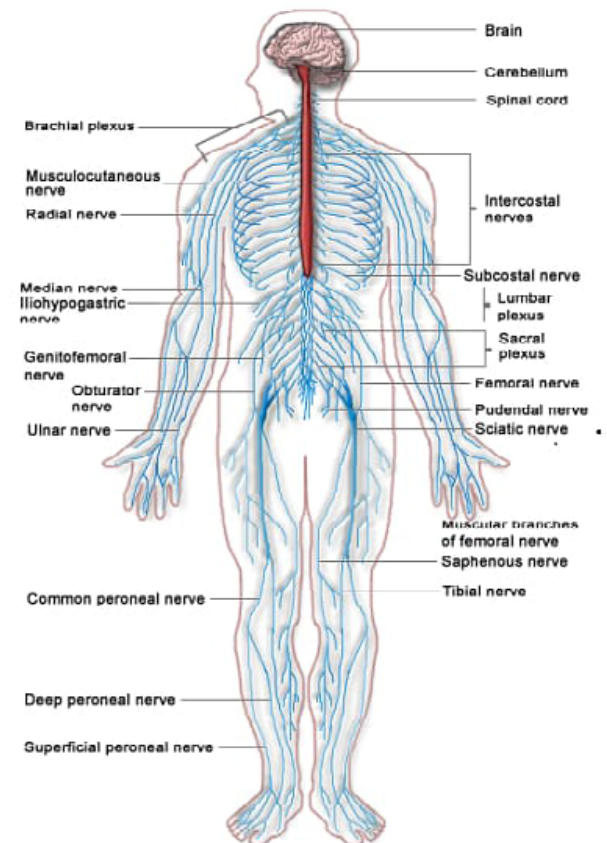
Central and Peripheral (CNS & PNS)

Sensory and Motor

Somatic and Autonomic

Sympathetic, Parasympathetic, and Enteric

## THE NERVOUS SYSTEM



# Back to basics

## Sensory Nervous System (SNS)

Touch, taste, hearing, sight, smell

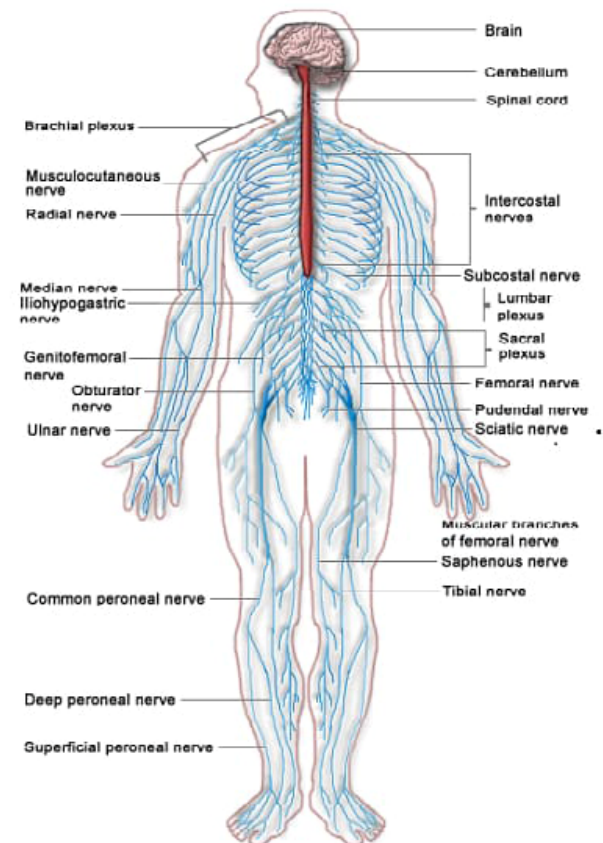
Balance, temperature, pain

Multiple uses: sight receptors

Multiple uses: touch receptors

Sense of time? Sense of anxiety?

## THE NERVOUS SYSTEM



# A bit less basic

**What actually do we sense?**

**Is it the physical world or...**

**what our nerves detect?**

**Or is it what we understand?**

**Building an internal 'World Model'**

**How we make sense of signals**







# Your sensory experience

Consider sensations you 'like'

How about things you don't like...

How do these things *feel*?

Emotions and meaning

Building your mental Sim City





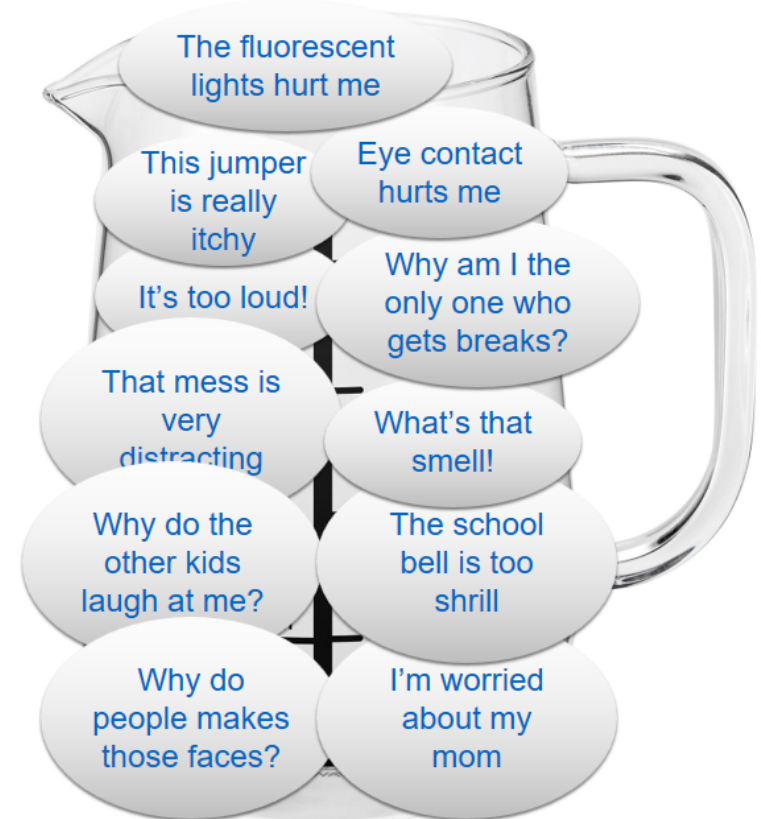
# Sensory differences

Consider what it would be like if...

- 'normal' sound was too loud
- 'normal' crowds were too busy
- 'normal' fabric was irritating
- 'normal' lighting was painful
- 'normal' scents were revolting

Pretty intense, yes?

## Sensory-Emotional Jug



# Sensory differences

A child born Blind...

What is 'a room'?

"Où est la gare?"

Understanding people

Our senses create a 'Sim City'



# Autistic senses



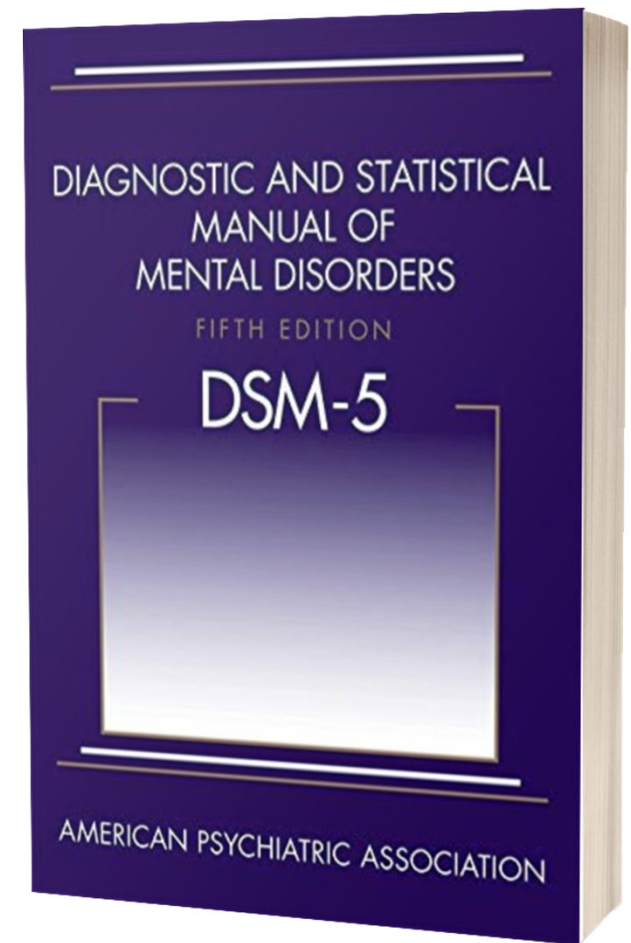
**Autistics (and others)**

**'Sensory sensitivity' in DSM, 2013**

**But it was always there**

**A lesson in listening...**

**Still treated as 'behaviour'**



# Senses and emotions



**Autistics live in a Vivid World**

**Autistics are deeply emotional**

**The irony of the word 'Autistic'**

**Emotions and memory**

**Memory, world view & 'behaviour'**





# After the break

**Digging into the vivid world**

**Some 'extra' senses**

**Your stories and experiences**

**Coping strategies**

**Understanding and empathy**



# Break time!





# Light



**Eyes: important human organs**

**Things sight does...**

**3D space, objects, movement**

**Light and dark, metabolism**

**Pupillary dilation and emotion**

**Spectral range**

**Critical Flicker Frequency**





# Sound



**What even is 'sound'?**

**Where do we 'hear'?**

**Turning signals into meaning**

**We hear MP3s created by ears**

**The miracle of hearing speech**



# Touch



**Meet the family!**

**Pressure and vibration**

**Pain**

**Temperature**

**Even 'auntie' Static...**

**Light touch and deep pressure**



# But, what is it *like*?



Normal.

# But, what is it *like*?



Except, Autistic 'normal' can be anything from...

# But, what is it *like*?



(normal)

# But, what is it *like*?



Up to and beyond...

But, what is it *like*?



**N** **O** **R** **M** **A** **L** **!**





# But, what is it *like*?

Because everyone can only ever experience what is, to them...

**Normal**

The emotions we feel - and the intensity of our experiences - rely on what we experience, on how we understand this, and the concepts we hold



# Trust



Many aspects of life leave  
Autistic people short-changed...

Trust is definitely one of these

You can not *know* what we feel  
You can only *trust*

Think of it as delivering 'trustice'



# You



**Listen**

**Trust**

**Be guided**

**Change the environment**

**Check with us**

**Be patient**

**Expect change**

**Remember, we are all just humans**



# Sharing



**Time to get all interactive!**

**Tell your story**

**Ask your questions**

**Share your experiences**

**Want to learn more?**



*Thanks for listening (and sharing!)*

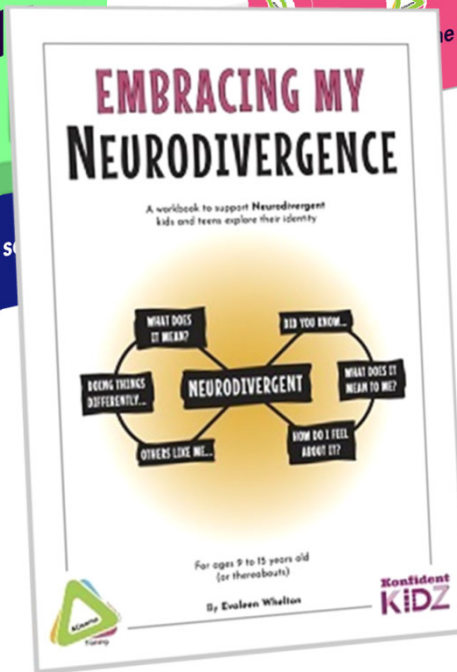
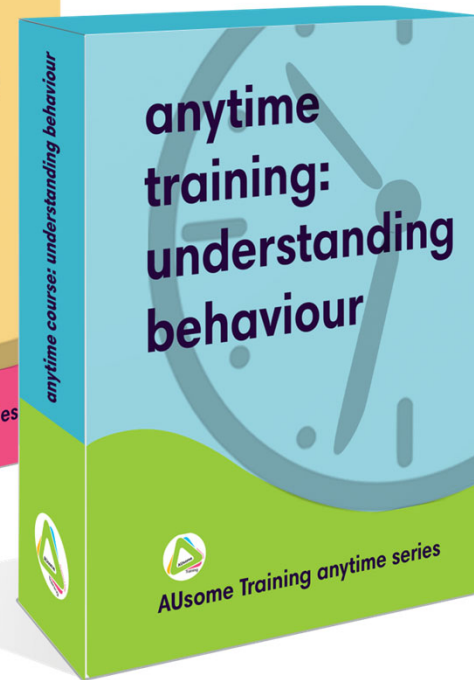
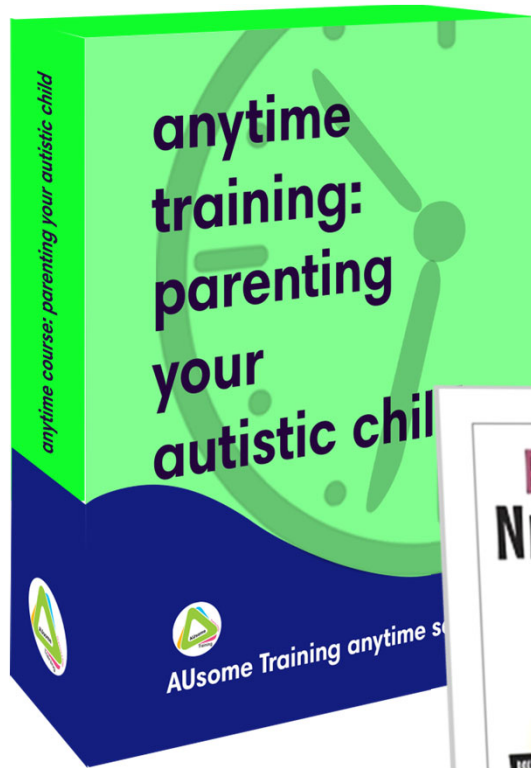
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