

Alternatives to ABA

ABA has no appreciation for...

Autistic Communication



Despite lies about us..

Autistics are perfectly good communicators

Edinburgh Research

We face prejudice

**How can a person communicate effectively
when the world tells us we are wrong?**



Understanding our Communication

Stimming (body language)

Egalitarian v Social Hierarchy

Literal Communicator- interpreting and expressing

Sensory sensitivity= distraction & descriptions



Understanding our Communication

Detail oriented- lengthy, detailed responses

Fast processor- speaks quickly, often leaving out details

Visual Thinkers- use visual descriptions and ask questions to build mental images

Pattern Recognition- “off topic”



Understanding our Communication

Emotional- Passionate Rants

Special Interests- Info dumping

Flow state- interruptions

Thoughts that come and go quickly

Monotropism

Empathy- offering to help



Understanding our Communication

Some other things...

ADHD

Face blindness

Aphantasia

Anxiety, stress (making calls)

Minority stress & Double Empathy

Trauma & Anxiety

