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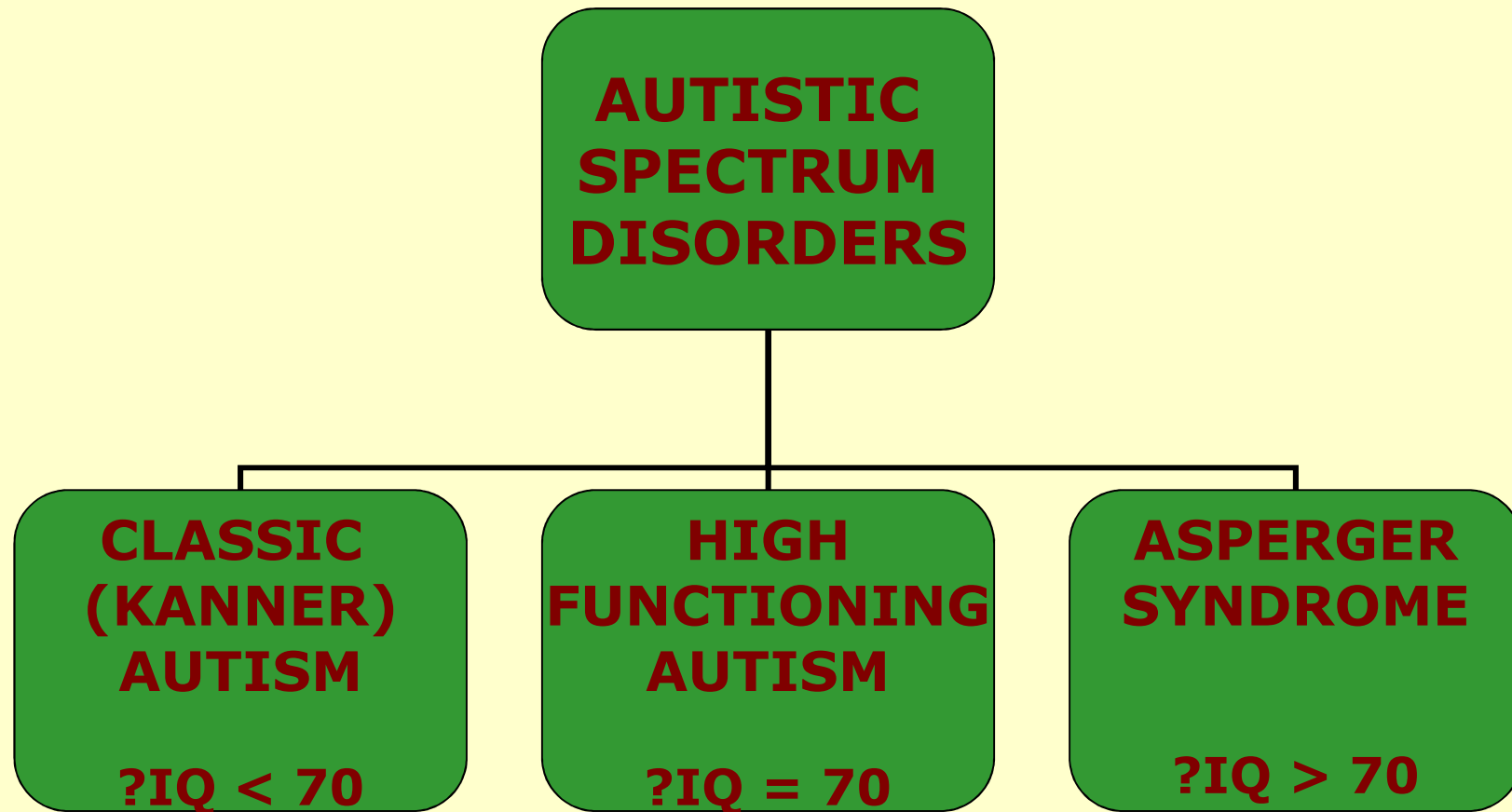
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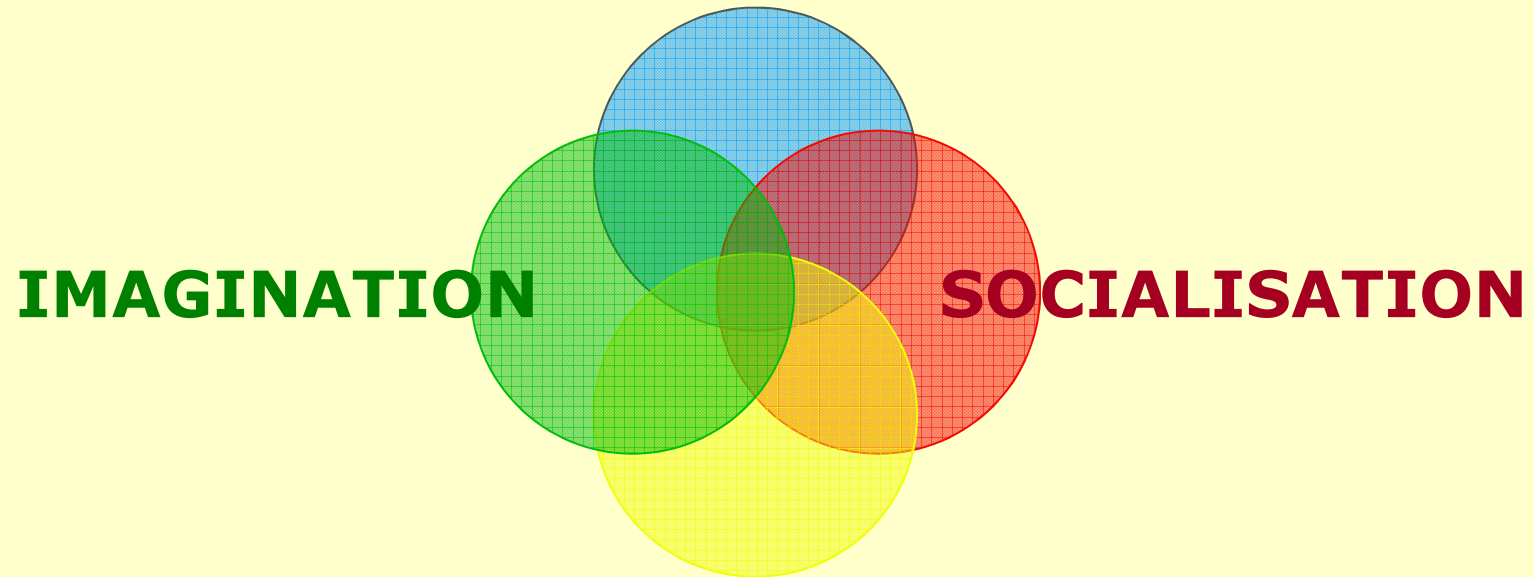
CAMBRIDGE, UK

The Autism Spectrum



Core Deficits

COMMUNICATION



IMAGINATION

SOCIALISATION

SENSORY ISSUES

Communication

- The sharing of ideas or information

Behaviour

- The way in which a person or animal responds to a situation or stimulus



Communication Deficits

- **Lack of speech ↔ precocious speech**
- **Limited subject range/need for reassurance**
- **Echolalia**
- **Literal interpretations**
- **Objects as communication**
- **Difficulties attaching meaning**
- **Problems with non-verbal expression**

Possible problems

CONTEXT

Might be limited to the immediate environment

CONCEPTS

Often concrete

PROCESSING

May be more visual or kinaesthetic

Common Communication Systems

ALF

Always

Listen

First

BEWARE ILLOGICAL SAYINGS

Pick your feet up

Don't bite my head off

She's crying her eyes out

Drinks are on the house

Social Stories

I go to work on the bus

Other people travel to work on the bus

People only speak to the person next to them

**They just say “hello” once if they don’t know
them**

Most people are quiet on the bus

I should be quiet on the bus

Social Stories

I like to look at girls

This is OK

Some girls think it is rude to stare

**When I look at a girl I can count to 2 then look
away**

Then I can count to 10

Now I can look at the girl again

Social Stories

I want to be first in line

Other children want to be first in line

We can take it in turns

This is OK

Some days I can be first at being third

This is OK

TEACCH (USA/UK)

- Treatment and Education of Autistic and Communication Impaired Children (and adults!)
- What work?
- How much work?
- When have I finished?
- What happens next?

Pocket Prompts

When you see Mr Jones in the corridor,

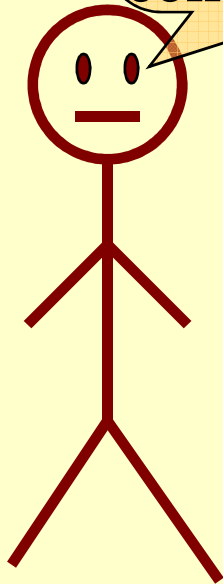
say “hello”, ONCE only

Smile

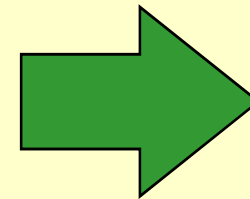
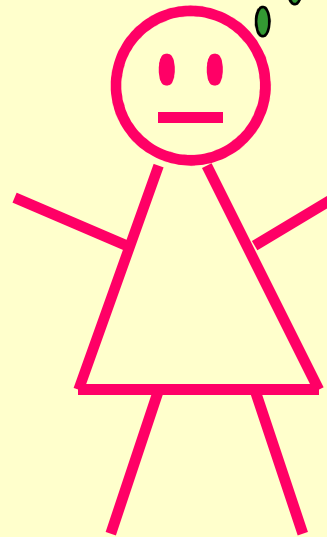
Carry on, to...

Comic Strip Conversation

Would you like to see my bottle cap collection?

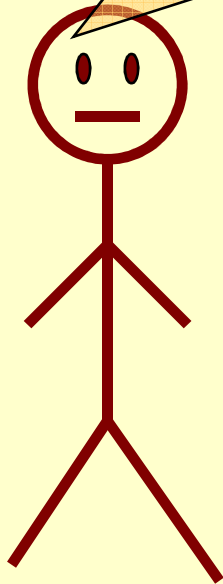


When hell freezes over!



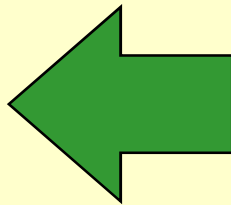
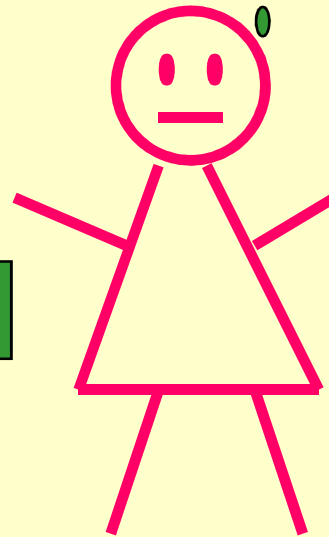
Comic Strip Conversation

I really like
your hair...
would you
like a drink?

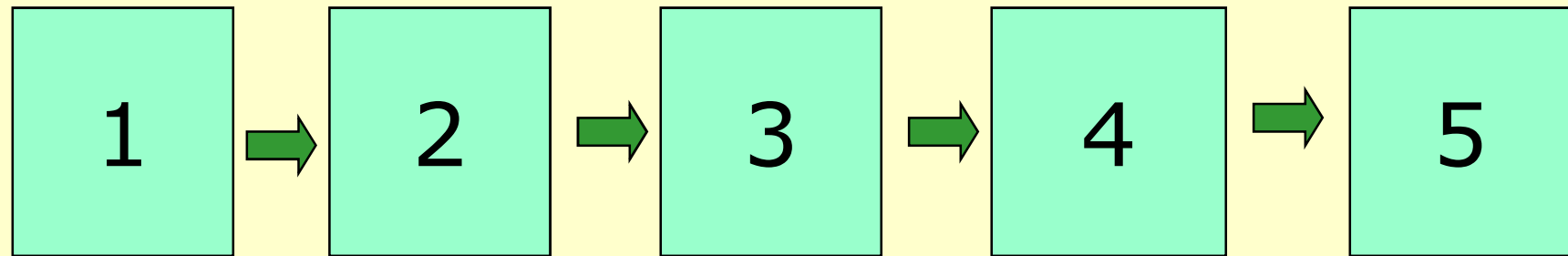


He's nice

Yes please



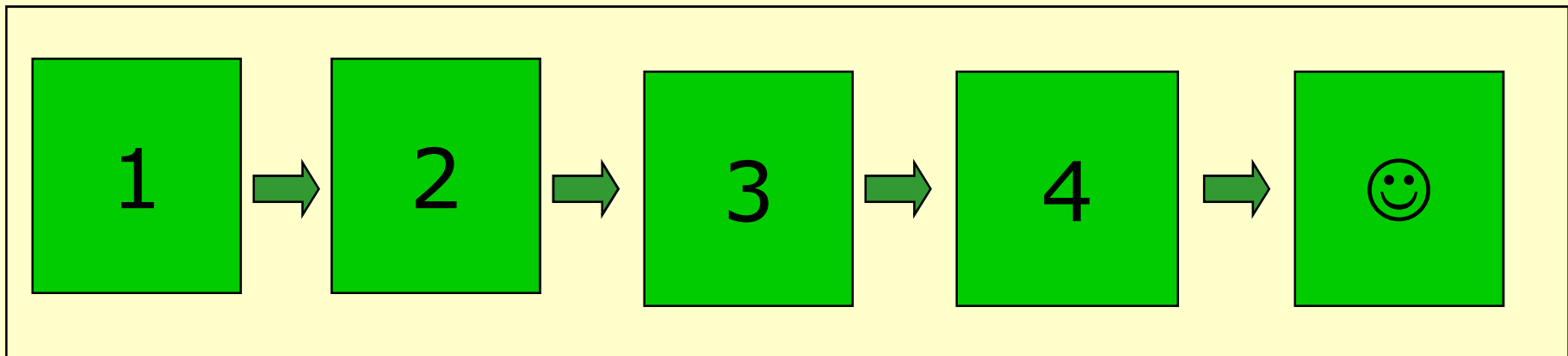
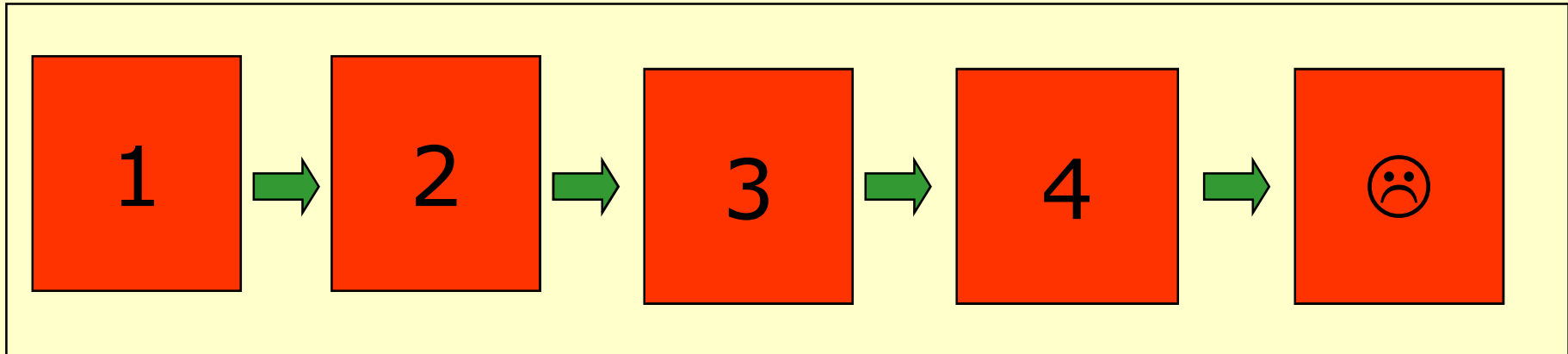
Effective Programming to Ease Anxiety



This means I know what I'm doing

It means I know what's coming up

Providing Alternatives



Objects of Reference

- Use of items/pictures/symbols for communication of information
- For example: the big bag means a long stay
- ...the green towel is for swimming...
- ...the white towel is for the bath
- Can develop into PECS

P.E.C.S

- Picture Exchange Communication System
- Symbol Cards to represent key motivators
- Encouragement to use cards to request things
- No verbal prompting
- Can develop into sentences...
- ...and can encourage speech

Behavioural notes

- Behaviour is a response to the environment of the individual
- This can be internal or external
- Behaviour is the mechanism used to maintain homeostatic balance
- Our body can produce automatic reactions

Behaviour as communication

Interpretation:

- Does it indicate preferences?
- ...or stress and anxiety?
- ...or pain and discomfort?

Understanding our reactions

- Transference (client to practitioner)
- Counter-transference (practitioner to client)
- Projection (placing our “issues” on to others)
- Introjection (absorbing “issues” from others)

A psychotherapeutic approach

**Cognitive Behavioural
Therapy**

Hypnotherapy

**Creative
Approaches**

**Life Story
Work**

**Intensive
Interaction**

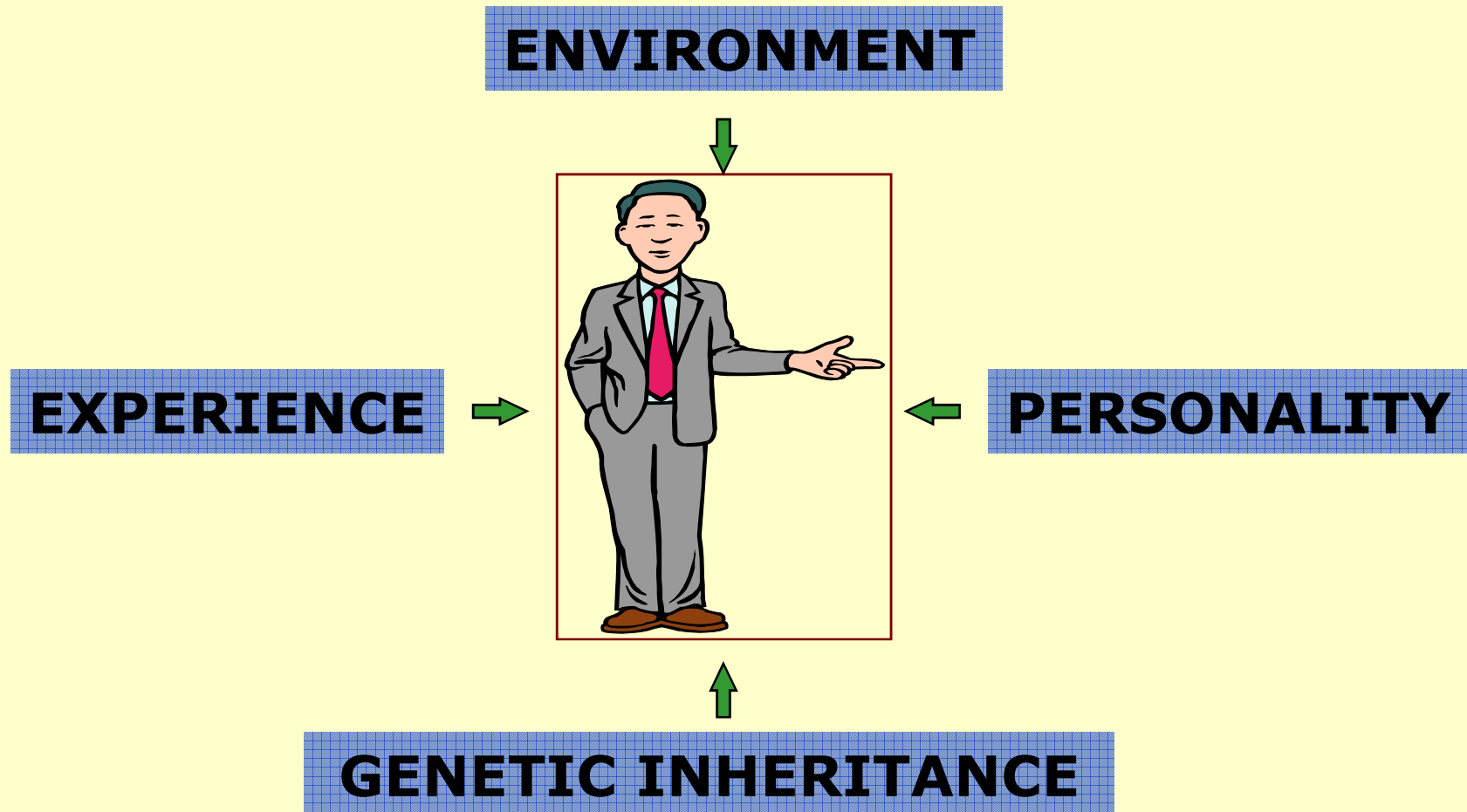
**Guided Progressive
Relaxation**

**Guided Affective
Imagery**

**Social Skills
Interventions**



Is it just Autism?



**Every child, every adult, everybody wants
what I call the 3 'A's:**

Affection, Acceptance and Approval.

**If the child has that, regardless of his IQ, he
will be alright.**

Leo Kanner – newspaper interview, 1969

Acknowledged
Accepted
Embraced

**The place of psychological and emotional
strength is found at the centre of a
positive network**

David Moat, 2010