

Dear Client, Parent, or Professional,

This document has been created by myself and various people on the autism spectrum. Please find below a crowd sourced “Digital Package” of autism related materials to aid you in understanding yourself, your child, your family member, or your client from a point of view that values the inherent personhood of Autistic people*. This neurodiversity perspective views autism as a normal variation of human diversity to be honored, understood, and respected. Although autism can come with profound deficits, it also comes with profound strengths that, when honored and channelled, can lead to a wonderful life. Feel free to add any resources/articles/books/ recommendations you’d like. But please be mindful that the focus is on actually Autistic people’s voices, not the voices of non-autistic people who have traditionally pathologized differences. I retain the right to delete sources that speak dismissively or condescendingly about Autistic people.

Warmly,

Dr. Joel Schwartz - dr.jschwartz1@gmail.com, (424) 265-8185. I am available to consult, provide therapy, or conduct psychological assessments in Southern California.

*Please see below at the end of this document for an explanation as to why I have used “Autistic people” instead of “People with Autism.”

Articles:

Important Works from Nick Walker’s blog, Neurocosmopolitanism.com

What is Autism? <http://neurocosmopolitanism.com/what-is-autism/>

This is Autism (an almost poetic piece about the subjective experience of being autistic):

<http://neurocosmopolitanism.com/this-is-autism/>

Neurotypical Therapists working with Neurodivergent people:

<http://neurocosmopolitanism.com/this-is-autism/>

Blog of Amy Sequenzia - Non Speaking Autistic Speaks:

<http://nonspeakingautisticspeaking.blogspot.com/>

Blog of Elizabeth (Ibby) Grace: Grace Notes (Ask an Autistic)

<http://tinygracenotes.blogspot.com/>

Wrong Planet (Autism web community): <http://wrongplanet.net/>

Autism on Facebook:

Autism Discussion Page: https://www.facebook.com/autismdiscussionpage/?fref=ts&ref=br_tf

Autism Acceptance: <https://www.facebook.com/PromoteAutismAcceptance/?fref=ts>

Asperger’s Support Network: <https://www.facebook.com/ASPERGERSUPPORTNETWORK/>

Books:

The Real Experts - Readings for Parents of Autistic Children

http://www.amazon.com/Real-Experts-Readings-Autistic-Children/dp/0986183563/ref=sr_1_1?ie=UTF8&qid=1464128983&sr=8-1&keywords=The+real+experts

Been There. Done That. Try This! - An Aspie's Guide to Life on Earth

<https://www.amazon.com/Been-There-Done-That-This/dp/1849059640>

Neurotribes: The Legacy of Autism and the Future of Neurodiversity:

http://www.amazon.com/NeuroTribes-Legacy-Autism-Future-Neurodiversity/dp/158333467X/ref=sr_1_1?ie=UTF8&qid=1464129022&sr=8-1&keywords=neurotribes

The Complete Guide to Asperger's Syndrome by Tony Attwood

<https://www.amazon.com/Complete-Guide-Aspergers-Syndrome/dp/1843106698>

The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome by Jennifer Cook O'Tool

https://www.amazon.com/dp/1849059152/ref=pd_lpo_sbs_dp_ss_2?pf_rd_p=1944687642&pf_rd_s=lpo-top-stripe-1&pf_rd_t=201&pf_rd_j=1843106698&pf_rd_m=ATVPDKIKX0DER&pf_rd_r=7VERN2AAN3WK1Q8QJKA2

The works of John Elder Robison - <http://www.johnrobison.com/>

The works of Temple Grandin - <http://www.templegrandin.com/templegrandinbooks.html>

Videos:

Cartoon Character Arthur explains Aspergers: https://www.youtube.com/watch?v=s9eATBV-_Iq

Nick Walker's Advice for Parents - <https://www.youtube.com/watch?v=N6GnPgro5BY>

Nonverbal Autistic Woman, Carly Fleischman interviews Channing Tatum:

https://www.youtube.com/channel/UCeKKQIMB1NeOLN31_CSJFRQ

For autistic females:

Aspergirls by Rudy Simone (book)

Aspienwomen by Tania Marshall (book)

Experiences of Late Diagnosed Women (Journal Article):

http://link.springer.com/article/10.1007/s10803-016-2872-8?wt_mc=Internal.Event.1.SEM.ArticleAuthorOnlineFirst

Autistic Females: Hidden Too Long by Joel Schwartz (blog):

<https://www.linkedin.com/pulse/autistic-females-hidden-too-long-joel-schwartz>

Interventions:

South Bay Peers - social skills for autistic teens - www.southbaycma.com/peers

Floortime method: <https://www.stanleygreenspan.com/about-floortime>

Son-Rise Method: <http://www.autismtreatmentcenter.org/>

Relationship Development Intervention: www.RDIconnect.com

Rapid Prompting Method:

http://www.halo-soma.org/main.php?sess_id=33023562b3af775b50e66fa6486623a9

A note on language:

There is some debate in the Autism community about whether to use the phrase “Person with Autism” or “Autistic Person.” Many prefer the phrase “Person with Autism,” because it decentralizes autism and seeks to look first to the person. I used to prefer this language as well. My colleagues and I (many autistic themselves) have decided to use “Autistic Person” for a number of reasons;

- 1) We do not believe that autism can be meaningfully separated from a person, since it is a primary lens through which to perceive and act in the world.
- 2) “Person with Autism” suggests Autism SHOULD be decentralized, and it assumes autism to be a disability. Although many autistic people are disabled due to being a world that is not in tune with their sensory, social, or learning needs, we do not believe Autism is inherently a disability or disease. We believe it is a valid, diverse way of being human that is an overall boon for the species.
- 3) The phrasing, “People with Autism,” has often been associated with groups that purport to be representing the best interests of Autistic people, but have typically excluded the voices of Autistic people. This has led to dismissive, pathologizing language, and support of “cures” which have been damaging to Autistic individuals.

Ultimately, it is up to every person to decide how to define themselves, so either phrase is okay by me.

Here is an article that describes the language divide, better explains the reasoning behind why some have chosen to use the term “Autistic person” instead of “Person with Autism,” and provides references in support of both phrases.

<http://autisticadvocacy.org/home/about-asan/identity-first-language/>