

Dear Client, Parent, or Professional,

This document has been created by myself and various Autistic people. 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 channeled, 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 nonautistic 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

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I am available to consult, provide therapy, or conduct psychological assessments in 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."

Important Websites:

- Neuroclastic: <https://neuroclastic.com/>
- Autism Self Advocacy Network (ASAN): <https://autisticadvocacy.org/>
- Thinking Person's Guide to Autism: <http://www.thinkingautismguide.com/>
- Wrong Planet: <https://wrongplanet.net/>
- Neuroqueer by Dr. Nick Walker: Neuroqueer.com
- Autistic Women & Nonbinary Network: <https://awnnetwork.org/>

Articles:

- What is autism? <https://neuroqueer.com/what-is-autism/>

- Autism is not the neurotypical stereotype:
<https://aeon.co/essays/the-autistic-view-of-the-world-is-not-the-neurotypical-cliche>
- <https://psychcentral.com/authors/terra-vance>
- Blog of Amy Sequenzia - Non Speaking Autistic Speaking:
<http://nonspeakingautisticspeaking.blogspot.com/>
- Blog of Elizabeth (Ibby) Grace: Grace Notes (Ask an Autistic)
- <http://tinygracenotes.blogspot.com/>

Parenting an Autistic Child::

- How "Autism Warrior Parents" Harm Autistic Kids -
<https://medium.com/the-establishment/how-autism-warrior-parents-harm-autistic-kids-6700b8bf6677>
- Parenting Autistic Children with Love and Acceptance, official blog:
<http://autloveaccept.wordpress.com/>
- We Are Like Your Child: <http://wearelikeyourchild.blogspot.com/>
- ABA thoughts
<https://abacontroversyautism.wordpress.com/?fbclid=IwAR3WXr66HISHZhGeel7k1FoafRJri60YgyLLpGGkIIYSPbJjAYFclm03H6A>

Autism on Facebook:

- Autism Discussion Page:
https://www.facebook.com/autismdiscussionpage/?fref=ts&ref=br_tf
- Parenting Autistic Children with Love and Acceptance (used as a place to ask questions and receive advice from fellow parents, Autistic people, and Autistic parents):
<https://www.facebook.com/ParentingAutisticChildrenWithLoveAcceptanc>
- Neurodiversity Chat Room: <https://www.facebook.com/groups/2544851415637531/>
- Ask Me I'm Autistic: <https://www.facebook.com/groups/askautistics>
- Ask Autistic Adults: <https://www.facebook.com/groups/2138776736451241>
- Autism Inclusivity: <https://www.facebook.com/groups/199323440844846>
- The Au-some Book Club: <https://www.facebook.com/groups/thatausomebookclub>
- Autistic Women Support Group | LGBTQ+ Inclusive | Safe Place:
<https://www.facebook.com/groups/1944262575825340>

Books:

- Neurotribes by Steve Silberman:
<https://www.amazon.com/NeuroTribes-Legacy-Autism-Future-Neurodiversity-ebook/dp/>

[B00L9AY254https://www.amazon.com/NeuroTribes-Legacy-Autism-Future-Neurodiversity-ebook/dp/B00L9AY254](https://www.amazon.com/NeuroTribes-Legacy-Autism-Future-Neurodiversity-ebook/dp/B00L9AY254)

- Divergent Mind by Jenara Neremberg
<https://www.amazon.com/Divergent-Mind-Thriving-World-Designed/dp/0062876791>
- 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
- Loud Hands: Autistic People, Speaking
https://www.amazon.com/Loud-Hands-Autistic-People-Speaking/dp/1938800028/ref=sr_1_1?s=books&ie=UTF8&qid=1490595008&sr=1-1&keywords=loud+hands
- I Think I Might Be Autistic by Cynthia Kim
https://www.amazon.com/Think-Might-Autistic-Diagnosis-Self-Discovery/dp/0989597113/ref=sr_1_1?s=books&ie=UTF8&qid=1490594900&sr=1-1&keywords=i+think+i+might+be+autistic
- A Field Guide to Earthlings: An Autistic/Asperger View of Neurotypical Behavior by Star Ford
https://www.amazon.com/Field-Guide-Earthlings-autistic-neurotypical/dp/0615426190/ref=sr_1_1?s=books&ie=UTF8&qid=1490594850&sr=1-1&keywords=field+guide+to+earthlings
- The ABCs of Autism Acceptance
<https://autonomous-press.myshopify.com/collections/newest-releases/products/the-abcs-of-autism-acceptance-by-sparrow-rose-jones>
- What Every Autistic Girl Wishes Her Parents Knew
https://www.amazon.com/What-Every-Autistic-Wishes-Parents/dp/0997504528/ref=sr_1_1?ie=UTF8&qid=1489725112&sr=8-1&keywords=what+every+autistic+girl+wishes+her+parents+knew
- 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>
- 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_i=1843106698&pf_rd_m=ATVPDKIKX0DER&pf_rd_r=7VERN2AAN3WK1Q8QJKA2
- Aspergirls by Rudy Simone
https://www.amazon.com/Aspergirls-Empowering-Females-Asperger-Syndrome/dp/1849058261/ref=sr_1_1?s=books&ie=UTF8&qid=1489724270&sr=1-1&keywords=aspergirls

- All the Weight of Our Dreams: On Living Racialized Autism
https://www.amazon.com/dp/0997504501/ref=cm_sw_su_dp
- Authoring Autism: On Rhetoric and Neurological Queerness - by Melanie Yergeau
<https://www.dukeupress.edu/authoring-autism>
- Teaching Social Communication to Children with Autism and Other Developmental Delays
https://www.amazon.com/Teaching-Social-Communication-Children-Developmental/dp/1462538142/ref=sr_1_1?qid=1582689106&refinements=p_27%3ABrooke+Ingersoll&s=books&sr=1-1&text=Brooke+Ingersoll
- Typed Words, Loud Voices
https://books.google.com/books/about/Typed_Words_Loud_Voices.html?id=mN9LrgEACAAJ
- The Reason I Jump <https://www.davidmitchellbooks.com/book/the-reason-i-jump/>
- The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens
https://smile.amazon.com/dp/1787753166/?coliid=I1MGHO9W6BLT0X&colid=3RBM TJ45ORJHK&pvc=1&ref_=lv_ov_lig_dp_it
- The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic
https://smile.amazon.com/Spectrum-Girls-Survival-Guide-Autistic-ebook/dp/B07ZDNKSQR/ref=sr_1_1?keywords=the+spectrum+girls+survival+guide&qid=1650505451&s=books&sprefix=the+spectrum+girls+s%2Cstripbooks%2C367&sr=1-1

Children's books

- Some Brains: A Book Celebrating Neurodiversity
https://smile.amazon.com/dp/1760641952/?coliid=I3L472E3J3GD17&colid=3RBMTJ45ORJHK&pvc=1&ref_=lv_ov_lig_dp_it
- Wiggles, Stomps, and Squeezes Calm My Jitters Down
https://smile.amazon.com/Wiggles-Stomps-Squeezes-Calm-Jitters-ebook/dp/B08GZH33H5/ref=sr_1_1?keywords=wiggles+stomps+and+squeezes+calm+my+jitters+down&qid=1650505187&s=books&sprefix=wiggles+%2Cstripbooks%2C702&sr=1-1

Videos:

- Autism Explained - Fast Facts:
https://www.youtube.com/watch?v=CaRdPYvWt48&feature=youtu.be&fbclid=IwAR18Ev4kBEtlg_fHhgpJrWqtWwIEU4V7X-qurCwGMrw7GcJV9rswePUTq0
- Cartoon Character Arthur explains Aspergers:
https://www.youtube.com/watch?v=s9eATBV-_lg

- 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/watch?v=a34qMg0aF6w>
- Ask an Autistic: https://www.youtube.com/watch?v=Vju1EbVVgP8&list=PLK6dffcRS54VBMiDNAaPk_cvLgTa1OgVW
- 10 Inspirational Autistic people: <https://www.youtube.com/watch?v=BoqnPZXLGVA>
- Autistic ways of being: https://www.youtube.com/watch?time_continue=494&v=JnyIM1hI2jc
- Agony Autie: <https://www.youtube.com/c/AgonyAutie>

For Autistic women & girls:

- What Every Autistic Girl Wishes Her Parents Knew (book)
- 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.EveM.ArticleAuthorOnlineFirst
- Autistic Females: Hidden Too Long by Joel Schwartz (blog): <https://www.linkedin.com/pulse/autistic-females-hidden-too-long-joel-schwartz>

Interventions:

- Rapid Prompting Method: <https://neuroclastic.com/an-interview-with-soma-mukhopadhyay-pioneer-of-rapid-prompting-method-rpm/>
- Collaborative and Proactive Solutions: <https://www.cpsconnection.com/>
- Floortime method: <https://www.stanleygreenspan.com/>
- Relationship Development Intervention: www.RDIconnect.com

*Although there are problematic aspects of these interventions, they are comparatively better than most structured interventions for Autistic people.

A note on language:

The majority of training programs and autism-centered literature staffed by non-autistic professionals use the term "person with autism." The idea is that this decentralizes autism and looks at the person first. However, the vast majority of actually Autistic people prefer to be called an Autistic person for many reasons, some of which are listed below.

As a result, whenever possible, we should be defaulting to identity first language—Autistic person—unless someone specifically asks to be referred to differently.

1) We do not believe that autism can be meaningfully separated from a person, since it is a primary lens through which to perceive, process, experience and act in the world.

2) “Person with autism” suggests autism SHOULD be decentralized, and it assumes autism to be a disorder. Although many Autistic people are disabled due to being in a world that is not in tune with their sensory, social, or learning needs, we do not believe Autism is inherently a disorder or disease. Thus the reasons we would say “person WITH cancer” do not apply. We believe autism is a valid, divergent way of being human that is an overall boon for the species. For more information, one can Google “social theory of disability.”

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 (e.g. Autism Speaks). This has led to dismissive, pathologizing language, dehumanizing of Autistic people, and support of “cures” which have been damaging to Autistic individuals.

Ultimately, it is up to every person to decide how to define themselves.

Here is an article that describes the language divide, and 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/>