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 challenges, 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, Neurocomopolitanism.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/neurotypical-psychotherapists-and-neurodivergent-clients/>

Autism and the Pathology Paradigm:

<http://neurocosmopolitanism.com/autism-and-the-pathology-paradigm/>

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/>

How “Autism Warrior Parents” Harm Autistic Kids - <http://www.theestablishment.co/2016/09/22/how-autism-warrior-parents-harm-autistic-kids/>

Parenting Autistic Children with Love and Acceptance, official blog: <http://autloveaccept.wordpress.com/>

Respectfully Connected - another parent-oriented blog: <http://respectfullyconnected.com/>

We Are Like Your Child: <http://wearelikeyourchild.blogspot.com/>

Autistic people don’t support ABA: <https://abacontroversyautism.wordpress.com/?fbclid=IwAR3WXr66HISHZhGeeI7k1FoafRJrj60YgyLLpGGkIIYSPbJjAYFcIm03H6A>

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/ASPERGERSSUPPORTNETWORK/>

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/ParentingAutisticChildrenWithLoveAcceptance>

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](http://www.amazon.com/Real-Experts-Readings-Autistic-Children/dp/0986183563/ref%3Dsr_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](https://smile.amazon.com/Loud-Hands-Autistic-People-Speaking/dp/1938800028/ref%3Dsr_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](https://smile.amazon.com/Think-Might-Autistic-Diagnosis-Self-Discovery/dp/0989597113/ref%3Dsr_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](https://smile.amazon.com/Field-Guide-Earthlings-autistic-neurotypical/dp/0615426190/ref%3Dsr_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](https://smile.amazon.com/What-Every-Autistic-Wishes-Parents/dp/0997504528/ref%3Dsr_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>

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# 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](https://www.amazon.com/dp/1849059152/ref%3Dpd_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](https://smile.amazon.com/Aspergirls-Empowering-Females-Asperger-Syndrome/dp/1849058261/ref%3Dsr_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](https://www.amazon.com/dp/0997504501/ref%3Dcm_sw_su_dp)

Authoring Autism: On Rhetoric and Neurological Queerness - by Melanie Yergeau

<https://www.dukeupress.edu/authoring-autism>

Videos:

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/channel/UCeKKQlMB1NeOLN31_CSJFRQ>

Ask an Autistic: <https://www.youtube.com/watch?v=Vju1EbVVgP8&list=PLK6dftcRS54VBMiDNAaPk_cvLqTa1OgVW>

Spectrum the movie: <https://vimeo.com/ondemand/spectrumthefilm>

10 Inspirational Autistic people: <https://www.youtube.com/watch?v=BoqnPZXLGVA>
Autistic ways of being: <https://www.youtube.com/watch?time_continue=494&v=JnylM1hI2jc>

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.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:

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

Relationship Development Intervention: [*www.RDIconnect.com*](http://www.rdiconnect.com/)

Rapid Prompting Method: <http://www.halo-soma.org/main.php?sess_id=33023562b3af775b50e66fa6486623a9>

SON-Rise - http://www.autismtreatmentcenter.org

Local support groups for adults:

ASAN Los Angeles: <http://www.meetup.com/ASANLA>

Aspies In LA: <http://www.meetup.com/aspiesinla>

Orange County Autistic Adults: <https://www.meetup.com/Orange-County-Autistic-Adults/>

**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. It is common in mental health and disability advocacy communities to use this “Person First Language.” 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, 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 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, so either phrase is okay by me, but I will use “Autistic” by default until told otherwise.

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/>