



LYNN
UNIVERSITY

Autistic Advocacy in Counseling

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Agenda

- Introductions & getting to know you
- Intersection of race, sexuality, gender & autistic identities
- Current trends in the autistic community & views of therapy
- Affirming counseling strategies for autistic clients

Affirming Counseling Strategies

- Recognize and acknowledge oppressive experiences
 - Neurodivergence
 - Ableism, racism, sexism, homophobia, transphobia
 - Self-diagnosis in conjunction with clinician testing & assessment
 - Functioning labels & forms of communication
- Assess the family & interfacing systems
 - Social supports
 - Therapy & other social services



Affirming Counseling Strategies

- Presume competency
 - Strengths-based assessment and self-identity
 - Identity-first versus person-first language
- Instilling resilience & optimism
 - Appreciation & embracing neurodivergence
- Collaborate with other professionals
 - MDs, SLPs, OTs, BCBAAs, Case Managers, Coaches (Vocational, EF)



Open Discussion

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Further Learning: Resources

Autistic Advocates on Social Media

- [Fidgets & Fries \(Instagram\)](#)
- [Nigh.Functioning.Autism \(Instagram\)](#)
- [Autistic Callum \(Instagram\)](#)

Books

- **Counseling adults with autism: A comprehensive toolkit**
- Welcome to the Autistic Community- [Autistic Self Advocacy Network](#)
- **Life Journey Through Autism: A guide to safety (Organization for Autism Research)**

Further Learning: Resources

Foundations:

- **Autistic People of Color Fund: BIPOC & ASD**
- Twainbow: LGBTQI+ & ASD
- **Autistic Women & Nonbinary Network (AWN): Women, Nonbinary & ASD**

Websites:

- **<https://www.aane.org/>**
- <https://autisticadvocacy.org/>
- **<https://awnnetwork.org/>**
- <https://researchautism.org/>
- **[Is it Autism and if so, what's next \(Autism Speaks\)](#)**

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