

Joint Event on

# DOWN SYNDROME, AUTISM, BRAIN DISORDERS & THERAPEUTICS

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## Autism in the eye of the beholder: A hedgehog or a cactus?

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While there are many assessments, support systems and practices in place established over the years for autistic children they have been focused on the child exclusively. An admirable campaign on public education has been launched to help for some adjustments and exceptions to be made at schools and promote the settling of a culture of more acceptance. Still, it does not require people to take personal responsibility which still lies with the autistic person. I propose that society's mindset need to change and urgently. Parents need fresh eyes, and a new perspective that can add another piece of the impossible puzzle they are solving every day, but solutions come naturally only when the questions are clear. An autism therapy is only possible if it's applied to the collective. We need to understand that autism is not cases of isolated, unfortunate incidents but a collective phenomenon.

The change starts from parents who are open to learn how to manage their own personal space and emotional balance introducing some unconventional concepts such as:

- Emotional Skin Deficiency (ESD) - challenges and benefits
- Autistic differences in perceptions - physical, visual, sound, time, etc.
- Emotional Hygiene for everyone
- Multi-Level Communication
- Energy differences and effective management
- Nutritional adjustments in support of the internal autistic structure

It's the immediate circle of family members and teachers that must learn new ways of thinking, feeling and responding. We all must share the responsibility and learn to control our minds and emotions first, before imposing it to others.

### Biography

She was born as a high functioning autistic in a communist country within a family and society ignorant to the spectrum. She has learnt to use her special interest in people as a super-power to shift the paradigm and integrate radically new concepts and insights about the autistic world into the not-autistic frame of reference. At present, she is a certified SEN tutor, an author, consultant and inspirational speaker on autism. All her years of experience, combined with being autistic herself, give her a point of view and a set of perceptions very different from the ordinary which makes her input original and insightful.

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### Notes: