

A Clinician's Guide to Wellbeing for Autistic Individuals

Tint 2016, Bottema-Beutal 2020, Brown 2021

A greater understanding of sex/gender-informed aspects of psychological wellness will allow clinicians to better tailor wellness efforts. For example: evidence-based supports are needed to assist autistic women cope with the negative effects of camouflaging autistic characteristics and "autistic burn-out".

(Tint 2016)



Diagnosticians can consider moving away from the medical model's deficit-based view to a more balanced, neurodiversity-framed view of autism, one that highlights both strengths and challenges from the start.

(Brown 2021)



Diagnostic disclosure should use culturally responsive and sensitive practices. Autism may be stigmatized in certain cultures, which may necessitate even more care in how the diagnosis is disclosed.

(Brown 2021)



Clinicians should follow the autistic-led neurodiversity movement and conceptualize autism in a way that can be celebrated while still recognizing differences and supporting needs. Thus encouraging an integrative model of "disability", which values uniqueness of autism as a valid form of human diversity.

(Bottema -Beutal 2020)



References:

- Tint, A., Hamdani, Y., Sawyer, A., Desarkar, P., Ameis, S. H., Bardikoff, N., & Lai, M. C. (2018). Wellness efforts for autistic women. *Current Developmental Disorders Reports*, 5(4), 207-216
- Brown, H. M., Stahmer, A. C., Dwyer, P., & Rivera, S. (2021). Changing the story: How diagnosticians can support a neurodiversity perspective from the start. *Autism : the international journal of research and practice*, 25(5), 1171-1174.
- Bottema-Beutel, K., Kapp, S. K., Lester, J. N., Sasson, N. J., & Hand, B. N. (2021). Avoiding ableist language: Suggestions for autism researchers. *Autism in Adulthood*, 3(1), 18-29.



UNIVERSITY
OF ALBERTA

AIDAN LAB '22

Zaman M., Duggan M., Kinsman M., Derworiz E., Kapoor S., Scott Z. & Brown H.M.