

Autism* in Session: A Self-Advocate's Guide to Counseling Adults on the Autism Spectrum as Whole People

January 20, 2022

10:30am – 1:30pm

Trainer: Scott Allen

Autism is a complex psychosocial phenomenon that has long been viewed through a predominantly biomedical lens. In the past two decades, there has been a growing push from within the community to view autism as a whole-person issue through social, cultural, moral, political, and other lenses besides the necessary but incomplete lenses of medical science and psychiatry. Autism is not a mental-health issue in itself, but intersects with mental-health issues in complex ways, most of which are poorly researched and addressed. A persistent lack of general autism training within the helping professions contributes to a perennially disadvantaged population. Misapplication of neurotypical norms and cultural values to the community, beginning in childhood, can label, pathologize, exclude, and dismiss the whole-person experiences of adults on the autism spectrum. This presentation offers an overview of these issues, and parses the many layers of autism for the sake of better-targeted and more effective mental-health interventions by clinicians in the helping professions.

* Regarding the word *autistic*, there is a push within the autism community to use identity-first language. Given this, which is based on a widespread effort to destigmatize the word "autism" and encourage others to think of it as a legitimate part of a person's identity rather than a separate disorder that can be undone or "cured". Scott Allen will be addressing this further during his presentation.

Presented by Scott Allen, a self-advocate on the autism spectrum who is a practicing counselor at Westside Psychotherapy, LLC in Madison, WI, where he specializes in adult autism, anxiety, and depression, "Autism in Session" provides an insider's view of both autism as a lived experience and the practice of providing meaningful counseling to adults on the autism spectrum.

Fee: **\$15 member**
 \$60 nonmember

3.0 Continuing Education Hours