



Introductory Autism Resources: Autistic Perspectives

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Introductory/Essential Resources:

Here is a link to some terminology that will be helpful as I refer to these terms often:

<https://neurocosmopolitanism.com/neurodiversity-some-basic-terms-definitions/>

A Neurodiversity 101 video by an autistic advocate:

https://www.youtube.com/watch?v=H6xL_yJKWVU

A TED talk about being autistic and neurodiversity:

<https://www.youtube.com/watch?v=Qvvrme5WlwA>

A first-person account of what being autistic is like from a late-identified autistic adult:

<https://medium.com/@Oolong/starting-points-for-understanding-autism-3573817402f2>

This next link is essential reading. It addresses neurotypical psychotherapists who have neurodivergent clients:

<https://neurocosmopolitanism.com/neurotypical-psychotherapists-and-neurodivergent-clients/>

This is a very comprehensive essay about the impetus behind the Neurodiversity paradigm, and shifting away from the pathology paradigm:

<https://neurocosmopolitanism.com/throw-away-the-masters-tools-liberating-our-lives-from-the-pathology-paradigm/>

On people who are AFAB and how they're overlooked, misunderstood, and misdiagnosed

<https://www.spectrumnews.org/features/deep-dive/the-lost-girls/>

Amethyst Schaber's Youtube Channel (plain language accessible)

<https://www.youtube.com/channel/UC9Bk0GbW8xgvTgQlheNG5uw>



Extended Reading:

A recent study done to apply the Double Empathy theory to non-autistic and autistic communication. It reveals the issues in the dominant standard of the social deficit model of autism. It effectively shows that autistic people understand non-autistics better than non-autistics understand autistic people, and that communication was the most effective between those with the same neurotype (i.e. non-autistic to non-autistic, or autistic to autistic):

<https://journals.sagepub.com/doi/pdf/10.1177/1362361320919286>

<https://journals.sagepub.com/doi/full/10.1177/1362361320919286>

The blog of Ido Kedar, a nonverbal autistic advocate and author:

<http://idoinautismland.com/?p=317>

First-hand account about the intersections of being a trans Black autistic man

<https://autisticadvocacy.org/2017/04/what-does-a-black-autistic-man-look-like/>

Bias against Black autistic people in research and diagnosis

<https://undark.org/2016/05/17/invisibility-black-autism/>

An article about camouflaging (a.k.a. masking) in autistic people and bias against autistic women (This contains some pathologizing language and uses person-first language which I disagree with. It also relies too much on the gender binary. That aside it is still informative):

<https://www.spectrumnews.org/features/deep-dive/costs-camouflaging-autism/>

Interview with autistic advocate and founder of the Black and Neurodivergent Fund,
Tyla Grant

<https://medium.com/@tayllure/adulging-autistic-with-tyla-grant-5363108ecd14>

<https://www.instagram.com/blackandnd/>



Books:

“Odd Girl Out”

Laura James

“All the Weight of Our Dreams: On Living with Racialized Autism”

Edited by Lydia X. Z. Brown, E. Ashkenazy, and Morénike Giwa-Onaiwu

“Bittersweet on the Autism Spectrum”

Edited by Luke Beardon PHD And Dean Worton

“The Reason I Jump: One Boy’s Voice from the Silence of Autism”

Naoki Higashida

“NeuroTribes: The Legacy of Autism and How to Think Smarter About People Who Think Differently”

Steve Silberman

“I Overcame My Autism and All I Got Was This Lousy Anxiety Disorder: A Memoir”

Sarah Kurchak

“Authoring Autism: On Rhetoric and Neurological Queerness”

Melanie Yergeau

“Defiant”

Michael Scott Monje Jr.