

Loud Hands:

An introduction to Autistic culture

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CBMT Domains

III.A.9: Consider client's age, culture, language, music background, and preferences when designing music therapy experiences.



What is culture? Culture is ...

“... that complex whole which includes knowledge, belief, art, law, morals, custom, and any other capabilities and habits acquired by man as a member of society.”

- Edward Tylor (founder of cultural anthropology) in *Primitive Culture: Researches in the Development of Mythology, Philosophy, Religion, Language, Art and Custom*

“...the man-made part of the environment,”

- Melville Jean Herskovits in *Man and his Works: The Science of Cultural Anthropology*

“... the total shared, learned behavior of a society or a subgroup.”

- Margaret Mead in *The Study of Culture at a Distance*

Elements of Culture

Nonmaterial Elements:

- ★ Values, beliefs, and ideas
- ★ Norms (laws, codes, expectations)
- ★ Symbols
- ★ Gesture / Body Language
- ★ Language
- ★ Rituals
- ★ Folklore

Material Elements

- ★ Tools and technology
- ★ Clothing / Fashion
- ★ Books / Literature
- ★ Visual & performing arts
- ★ Food traditions

Autistic culture is ...

- ... a culture based on autistic ways of experiencing the world.
- ... shared patterns of thought and behavior of autistic people.

Nonmaterial Elements:

- ★ Neurodiversity
- ★ Nothing about us, without us
- ★ Rainbow infinity symbol
- ★ Augmentative & Alternative Communication (AAC)
- ★ Infodumping

Material Elements

- ★ Sensory kits
- ★ Sensory-friendly fashion
- ★ Social media
- ★ Anti-ethnography
- ★ Stimdancing
- ★ Samefood

“The historically perceived rarity of autistic people paints a picture of a single anomalous person, set apart from the normalised majority. Autistics become quasi-mythological beings, like a human, not quite a human; a changeling, an alien, something else, disconnected.

When autistic people gather in community we disrupt that myth.

We learn from each other that our ways of expressing, of saying, of feeling and perceiving are part of another mode of being which is shared with and connects us to others.”

Communication/Language: IFL vs. PFL

Identity-First Language (IFL)
“Autistic person”

Person-First Language (PFL)
“Person with autism”

person
with
autism



autistic
person



“The idea of autism as separable from autistic people has led professionals and parent-advocates to disregard the priorities and perspectives of Autistic people themselves.”

- Zoe Gross,
“Metaphor Stole My Autism” in Loud Hands

aplaca:

if you go in the bathroom, turn the lights off, and say “autistic” 3 times, a neurotypical will appear and tell you to use person first language instead



Merete Sandvig Hoel It will most probably not even be necessary to turn off the lights.

Like · Reply · 15w



“As an autistic, it is my right to claim the word ‘autistic’ as a word that is part of my personality and gifts without the negative repercussions associated with it during a long time of ignorance and ableism.”

- HarkenSlasher, “Autistic” Name Calling: How and why it hurts an autistic” in *The Weight of Our Dreams*

Communication/Language:
Functioning Language

Functioning Labels

- ★ Used to deny support needs of those labeled “high”
- ★ Used to deny talents/strengths of those labeled “low”

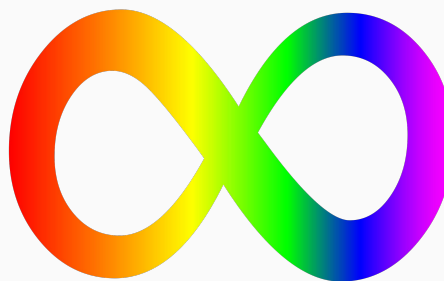
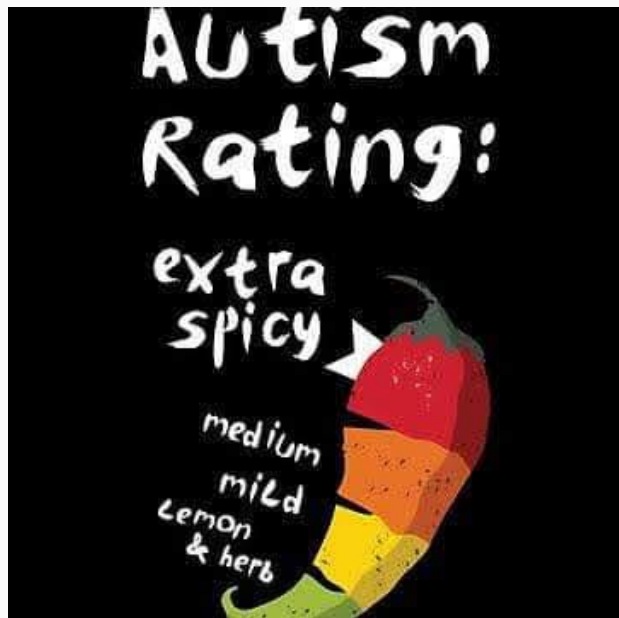
“Hidden abilities created the myth of “low functioning” autistics, like hidden disabilities created the myth of high-functioning autistics.”

- Amy Sequenzia, “Loud Hands: I Speak Up With My Fingers” in *Loud Hands*

- ★ Inaccurate (overly simplistic)
- ★ Does not account for changes across time
- ★ Does not describe the common “spiky profile”
- ★ Describes the ability to pass (mask)
- ★ Negative impact on self-esteem

"[So-called] Mild autism doesn't mean one experiences autism mildly... It means YOU experience their autism mildly. You may not know how hard they've had to work to get to the level they are."

-Adam Walton-



Functioning Labels

“But if I can’t use functioning labels, how am I supposed to describe someone who does not speak, needs help with personal hygiene, loves numbers and letters, and bangs their head against the wall every day?”



.... You just did!

Describing someone’s support needs is often more accurate and relevant.

Functioning Labels

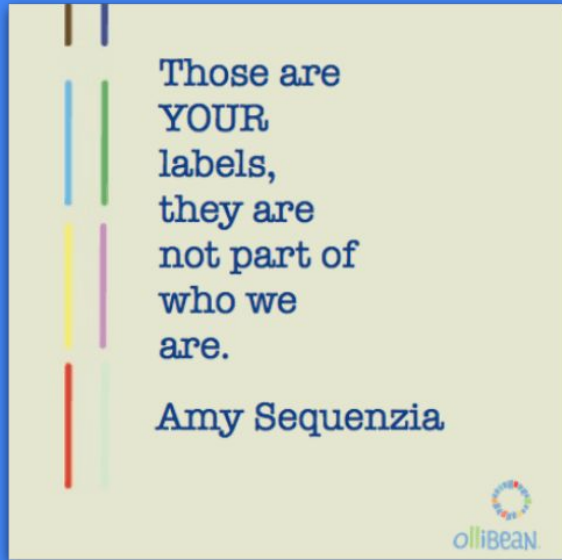


In reality
high-functioning
& low-functioning
are not real labels,
having no definition,
no skill set lists,
and no diagnostic criteria.

Judy Endow



Functioning Labels



“‘Low-functioning’ really means ‘far from passing for neurotypical, far from being able to do the things that neurotypicals think people should do, and far from being able to thrive in a society created by and for neurotypicals.’”

‘High-functioning’ means ‘closer to passing for neurotypical.’”

- Nick Walker, “Throw Away the Master’s Tools: Liberating Ourselves from the Pathology Paradigm” in *Loud Hands*

<p>MILD AUTISM</p>	<p>SEVERE AUTISM</p>
<p>COOL RANCH AUTISM</p> 	<p>EXTREME SPICY AUTISM</p> 

“Don’t divide us into the good, obedient autistic people and the bad, disobedient autistic people, Just don’t compare.

We already know there are vast differences between different kinds of autistic people.

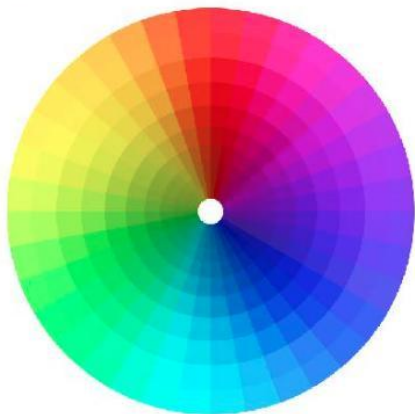
We already know that the differences that exist aren’t the difference between autism and Asperger’s, or HFA and LFA, but differences that have no names.”

-Mel Baggs, “10 Things I Wish My Parents Had Known When I was Growing Up”, *What Every Autistic Girl Wishes Her Parents Knew*

How other people see the spectrum



How I see the spectrum



AUTISM SPECTRUM DISORDER



HIGH-FUNCTIONING AUTISM

LEVEL 1
Needs support
Patient's social and communication skills and repetitive behaviors are only noticeable without support.

AUTISM

LEVEL 2
Needs substantial support
Patient's social and communication skills and repetitive behaviors are still obvious to the casual observer, even with support in place.

SEVERE AUTISM

LEVEL 3
Needs very substantial support
Patient's social and communication skills and repetitive behaviors severely impair daily life.

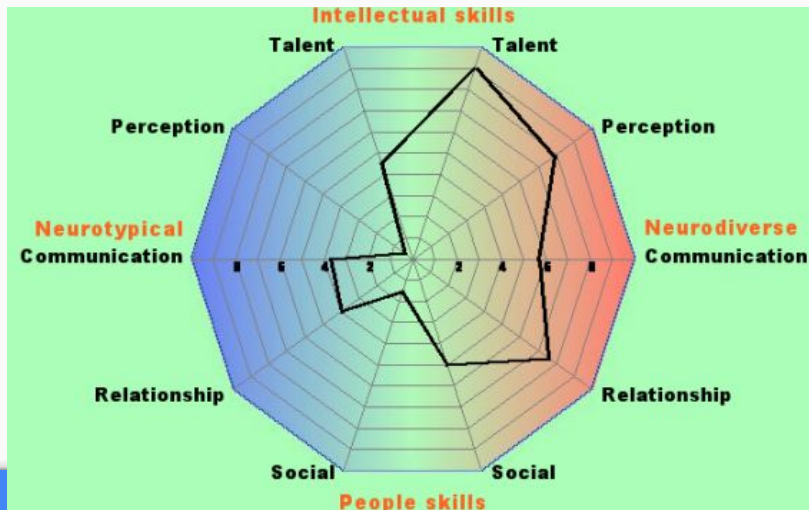


Figure 1: Autism Spectrum Disorder (ASD) Characteristics

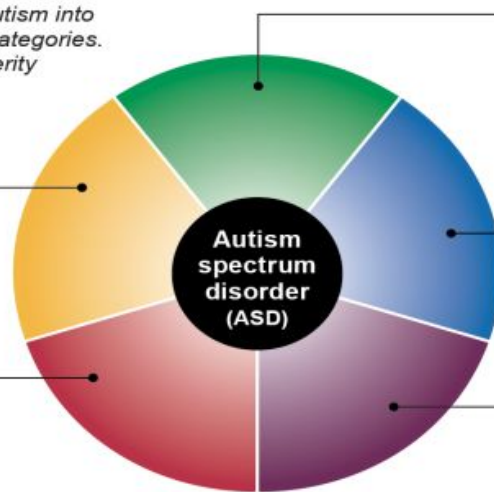
GAO grouped the characteristics associated with autism into five broad categories, with some overlap between categories. Autism is highly individualized, so the type and severity of characteristics experienced varies from person to person.

Social impediments

Social impediments may range from difficulties discussing emotions, making friends, or sharing interests to a complete disinterest in other people.

Communication difficulties

Difficulties with verbal and/or nonverbal communication may limit the ability to speak, understand and use gestures, or carry on a conversation.



Intense Focus/Interests

Individuals with ASD may have intense and specific interests, sometimes to the exclusion of other tasks or needs.

Sensitivities

Individuals with ASD may have unusually high or low sensitivities to environmental factors, such as certain sounds, lights, temperatures, or physical sensations.

Routine and repetition

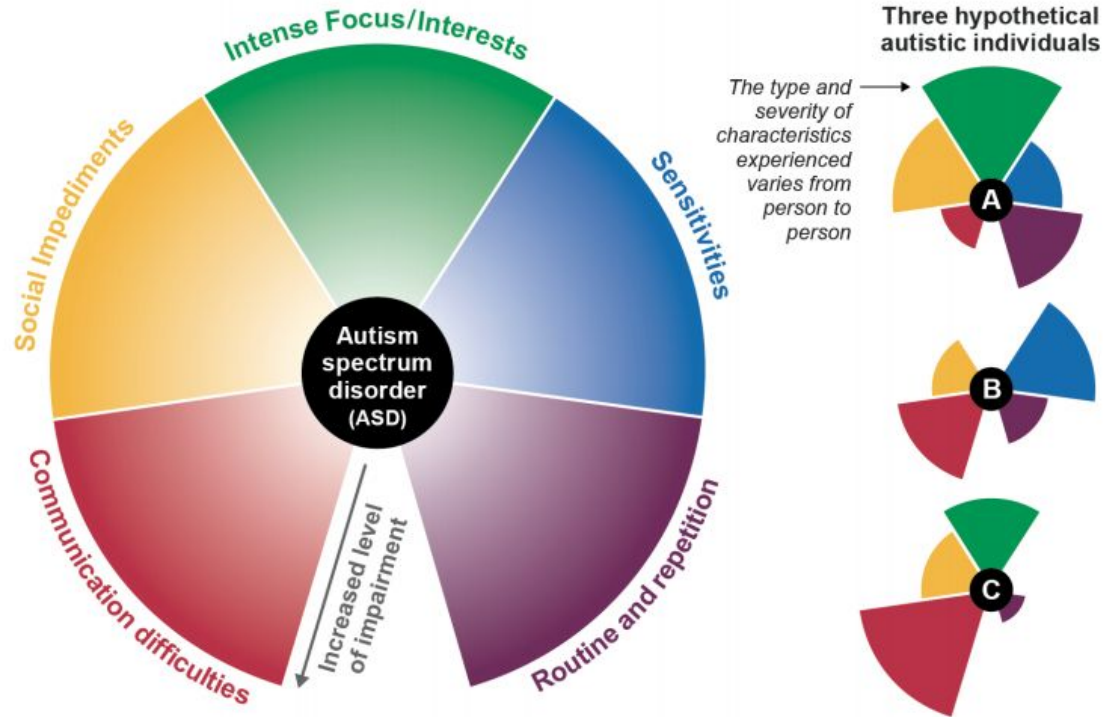
Individuals with autism may prefer sameness and strictly follow routines or ritualized patterns. They may have difficulty coping with changes or transitions.

Source: GAO analysis of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). | GAO-17-109

Each autism characteristic may vary in type and degree from person to person and can fluctuate over time. The combination of characteristics results in a highly individualized condition, as illustrated in figure 2.

Figure 2: Variation in Autism Spectrum Disorder Characteristics

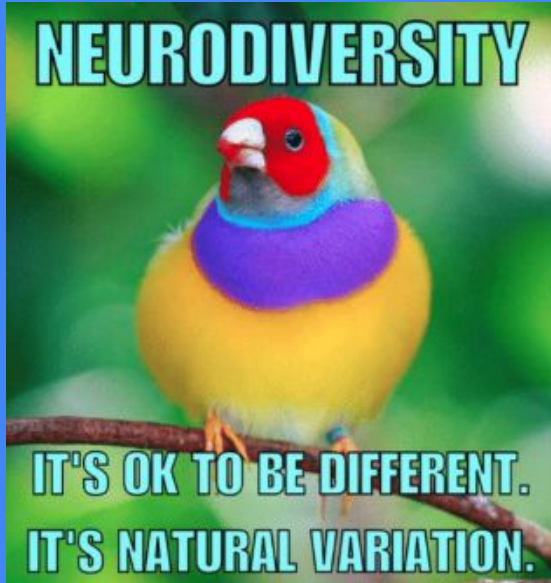
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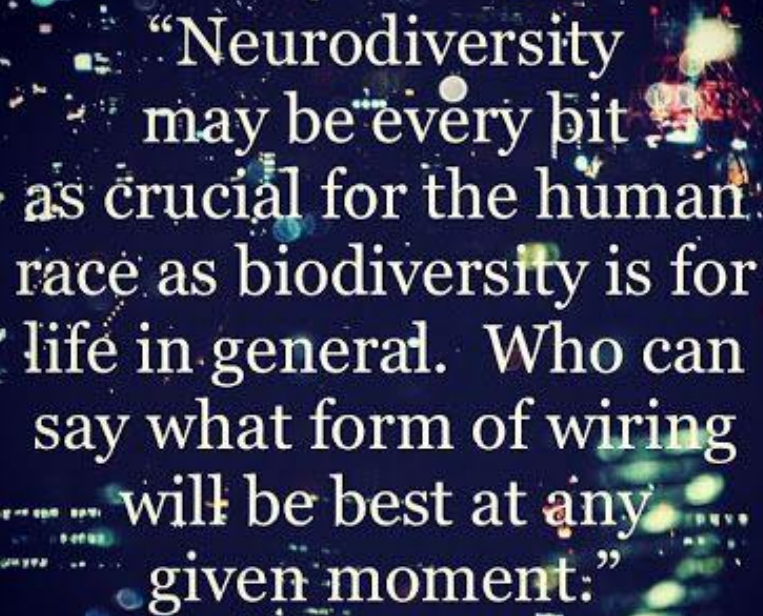
Source: GAO analysis of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). | GAO-17-109

Values: Neurodiversity

Neurodiversity: The phenomena of naturally-occurring neurological diversity



- ★ A description of the differences between people
- ★ Diversity does not apply only to race, sexuality, religion, et. al., but also applies to disability and neurotype.
- ★ Term originally developed within the autism community - credit widely given to Judy Singer and Harvey Blume, but the term “neurodivergence” was also independently coined by Kassiane Asasumasu.



“Neurodiversity
may be every bit
as crucial for the human
race as biodiversity is for
life in general. Who can
say what form of wiring
will be best at any
given moment.”

Harvey Blume, *The Atlantic*, 1998

An Ally with A © AnAllywithADispatch.com



Neurodiversity is:

- a state of nature to be respected
- an analytical tool for examining social issues
- an argument for the conservation and facilitation of human diversity

It is NOT a synonym for “Neurological Disorder”

Judy Singer 2020

Who is neurodivergent?

AKA “neurominority” (people whose neurology differs from the dominant majority)

- ★ Autism (different paths to diagnosis are respected)
- ★ ADHD
- ★ Tourette Syndrome
- ★ Specific learning disabilities (dyslexia, dyscalculia, dysgraphia ...)
- ★ ID, Down Syndrome, Angelman Syndrome, etc
- ★ Cerebral palsy

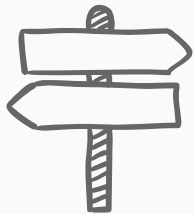
Expanded to include:

- ★ Mood & anxiety disorders, schizophrenia
- ★ Personality disorders
- ★ Dementias, brain injury

Neurotypical (NT)

A person whose brain functions in ways that conform to “normal” parameters or in socially accepted ways, in conformity to the dominant majority

- ★ Member of the dominant neurological majority
- ★ Term coined by Jim Sinclair



NT means “not-neurodivergent”
NT does not mean “non-autistic.”



Allism / Allistic

non-autistic, or the characteristic of being non-autistic

- ★ a person can be allistic AND neurodivergent
(e.g. non-autistic and another type of neurodivergence such as dyslexia)

OR

- ★ a person can be allistic AND neurotypical
(e.g. neurological functioning conforms to social norms;
non-autistic and no other types of neurodivergence)

OR

- ★ a person can be autistic, which is a form of neurodivergence



The Neurodiversity Movement

“...the acceptance and celebration of those that operate other than what most of the world considers to be normal.”

- Alex Kimmel

in “Interview” from *Typed Words, Loud Voices*

- ★ A disability rights movement
- ★ Fights for supports and accommodations
- ★ Powered by self-advocacy
(doesn't speak for all, rather stands up for the right for all to speak for themselves)
- ★ Encourages a strengths-based perspective
- ★ Values the idea that human societies benefit from different types of brains

Political Activism in the Neurodiversity Movement

- ★ Preserve the Affordable Care Act (ACA)
- ★ End subminimum wage for disabled workers in sheltered workshops
- ★ Supported living in the community instead of institutionalization
- ★ Educational inclusion
- ★ Access to robust AAC (Augmentative and Alternative Communication)

Disability Models

Disability Models



Message: Disability is a problem.
Goal: It needs to be fixed.

Message: Disability is a natural form of diversity.
Goal: Accommodate disability, with optimal outcomes.

Medical Model

The “personal tragedy” model of disability

- ★ Based on the “pathology paradigm”
- ★ Locates disability in impairments of individual bodies
- ★ Seeks cures for disability rather than accommodations (social change)
- ★ Medical experts are ‘objective’ sources of knowledge/ expertise about disability

Social Model

“I’m only disabled when I walk out my front door.”

- ★ Disability is socially constructed by society’s barriers, negative attitudes, & exclusionary practices
- ★ Grows from experiences & self-determined needs of disabled people themselves
- ★ Seeks social change, not a cure
- ★ Disabled people are sources of knowledge/expertise about disability

“The Social Model of Disability talks about breaking down attitudinal and environmental barriers. ...

On the other side is the medical model: the belief that people have to be fixed and that doctors know best.”

- Heigi Wangelin, from “What I wish my parents knew about being their autistic daughter” in What Every Autistic Girl Wishes Her Parents Knew

Post-Social Model

“Autistics find neither social constructionism nor biological determinism adequate on their own, but prefer to make a new synthesis by picking and choosing from the best of both worlds.”

- Judy Singer, in *Neurodiversity: Birth of an Idea*



- ★ Nuanced interpretation of the social model
- ★ Attributes disability to the interaction between the individual and their environment

Self-Advocacy:

“Unless our voices count, the bad events that happened to me will happen again.”

- Amy Sequenzia, “I am an Autistic Woman”
What Every Autistic Girl Wishes Her Parents Knew



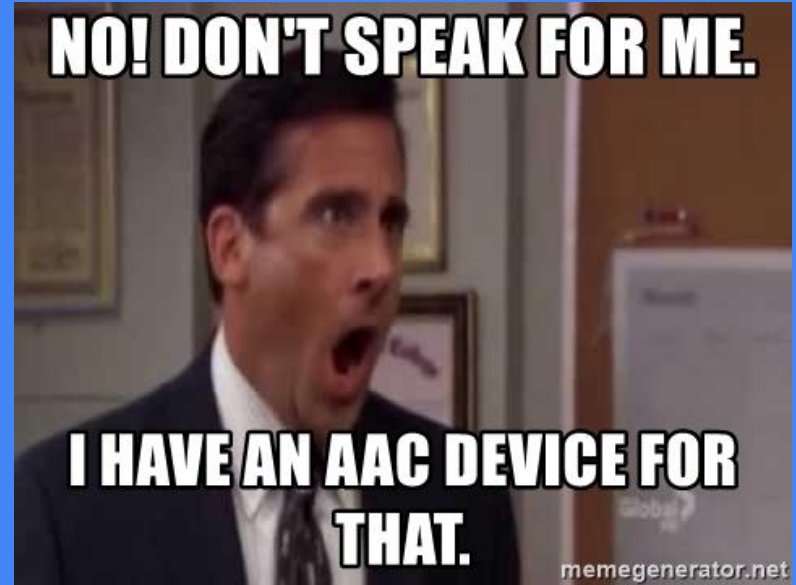
“Self-advocacy doesn’t always look good on paper. ...real self-advocacy will always upset the status quo in some way.

...Self-advocacy has been and is still is still often labeled intransigence, noncompliance, treatment resistance, lack of motivation, behavior issues, violence, manipulation, game-playing, attention-seeking, bad attitude, bad influence, babbling nonsense, self-injurious behavior, inappropriate behavior, disrespect, disruption of the milieu, catatonic behavior, social withdrawal, delusions, septal rage syndrome, and even seizures or reflex activity.”

- Mel Baggs,
“The Meaning of Self-Advocacy” in *Loud Hands*

“A hundred degrees on the wall from top universities may make you an expert in a field of a disorder, but they will never make you an expert on being autistic.”

- Anonymous, “Tell Me I’m Autistic” in *What Every Autistic Girl Wishes Her Parents Knew*



Symbols

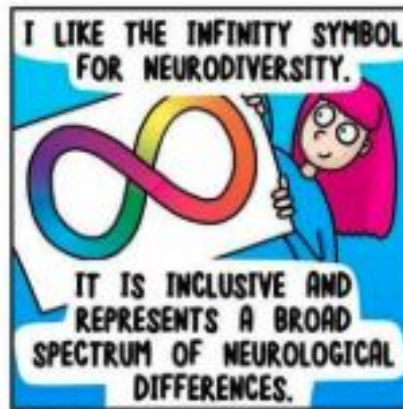
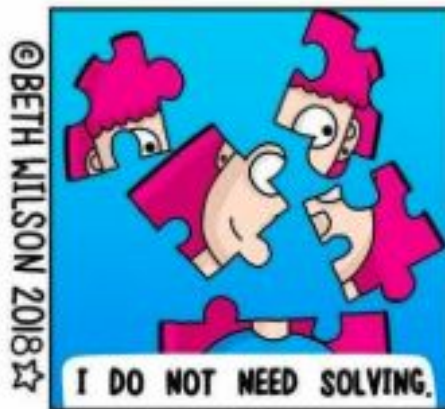
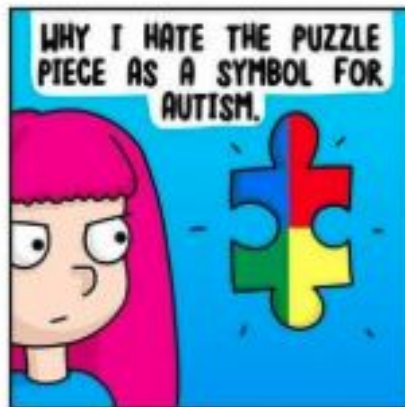
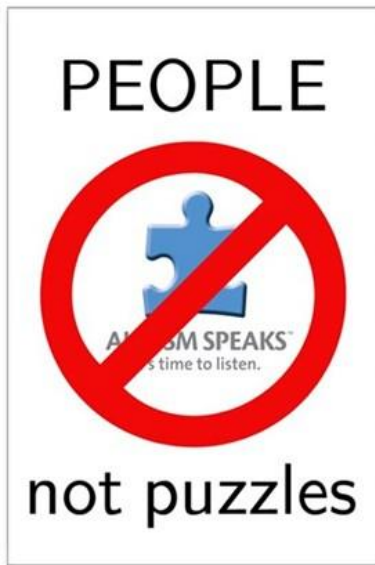


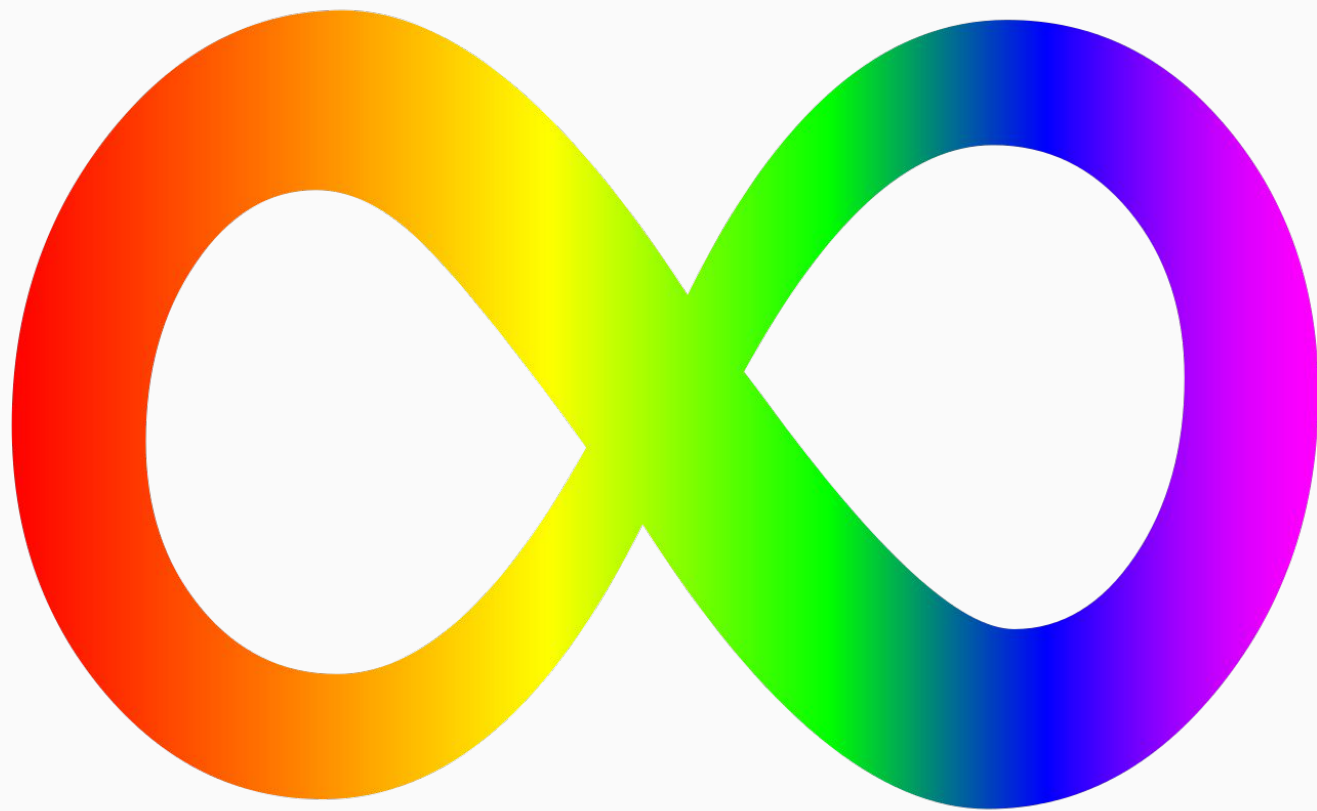
The Puzzle Piece



- ★ Originally used by the National Autistic Society in 1963
- ★ Popularized by Autism Speaks
- ★ Represented that autistic people are puzzling, something to be solved, or have pieces that don't fit
- ★ Cures represented as the “missing piece”
- ★ **WIDELY REJECTED IN AUTISTIC CULTURE**

The Puzzle Piece



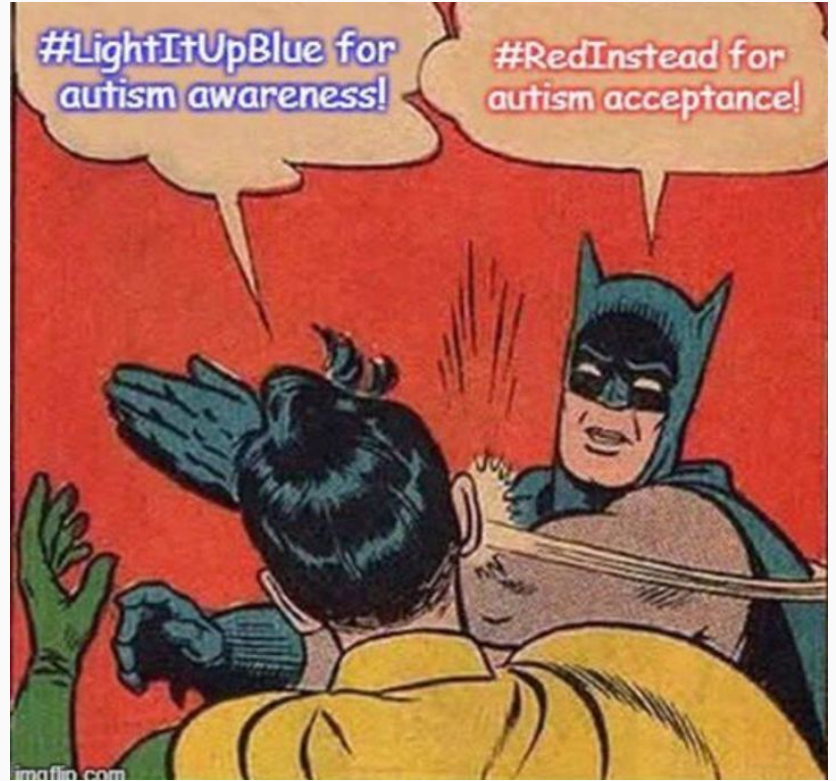


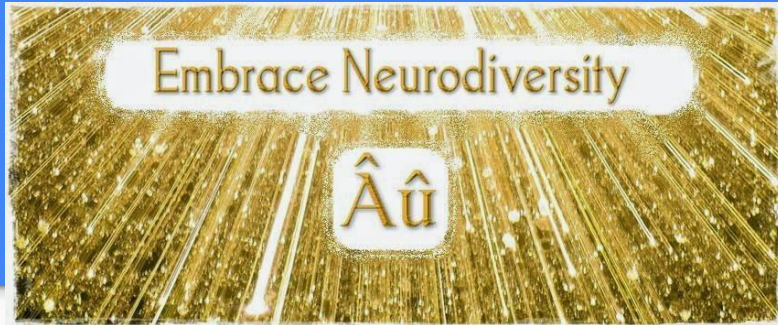
Rainbow infinity symbol

Red Instead

- ★ Launched 2015
- ★ Alternative to stigmatizing Autism Awareness Campaigns from groups like Autism Speaks (“Light it up blue”)
- ★ Steps away from gendered symbols (blue) and stereotypes of autism as a diagnosis for boys/men
- ★ Red symbolizes love, celebration, & passion







AU = common abbreviation for autism

AU = chemical abbreviation of aurum (Latin for gold)

Âû – used as a suffix by autistic individuals and organizations (such as Âustic ûnion) to indicate a neurocultural affiliation

A in Autistic may be capitalized as a proper noun.

#LightItUpGold

Autistic Party Giraffe, or how not to write an “autism song”

- ★ Jimmy Orr’s song “We’ll Get By (the autism song)” features stigmatizing lyrics (i.e. “*my autism is like a prison*”)
- ★ Autistic organizations & individuals reached out to Orr
- ★ Resulting conversation dehumanized autistic advocates
- ★ Autistic community used humor to cope & self-empower
- ★ Resulted in the creation of Montana, the Autistic Party Giraffe

The Autistic Party Giraffe is here to remind you that **you get to decide what being autistic means to you**. You can listen to other people’s opinions and try out their advice, but to make the final decision, you should listen to your heart.

PS: the Autistic Party Giraffe is a “she,” and her name is Montana.



Holidays

Autism Acceptance Month (April)

Autism Acceptance Day (April 2)



- ★ Began 2011 in response to Autism Speaks “Autism Awareness” campaigns
- ★ Focuses on sharing positive, respectful, & accurate info about autism
- ★ Celebrates autistic people and neurodiversity
- ★ Promotes the idea that autism is a natural variation of the human experience
- ★ Supports the creation of a world that values, includes, and celebrates all kinds of minds

“... it was this acceptance which raised my self-esteem and motivated and inspired me more than anything else.”

- Donna Williams, *Nobody Nowhere* (p. 109)

Awareness

suffering

cure

tragedy

afraid

desperate

burden

#LightItUpBlue

missing

hopeless

epidemic

deficits

tsunami

Acceptance

MissLunaRose

inclusion

strengths

teach

respect

accommodations

help

community

support

love

#REDinstead

Tolerance says,
'well, I have to put up with you.'

Awareness says,
'I know you have a problem and are working earnestly to fix it.'

Acceptance says,
'you are amazing because you are you, and not despite your differences, but because of them.'

Autism acceptance is ...

“seeing us as whole, complete human beings worthy of respect.

Autism acceptance is recognizing that we are different and helping us learn to work within our individual patterns of strengths and weaknesses to become the best people we can be, not trying to transform us into someone we are not.”

Autism is not a disease.

It's a different operating system.

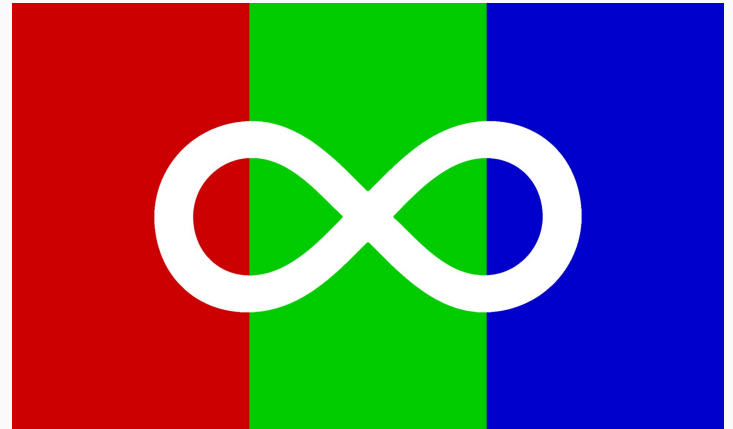
There is no cure needed for someone's method of existence.

Autistic Pride Day (June 18)

- ★ Celebrates neurodiversity, Autistic community & culture
- ★ Encourages pride in Autistic identity
- ★ Recognizes the innate potential of all humans
- ★ Started in 2005 by group Aspies for Freedom (AFF)
- ★ Mostly online event

“Learning to be proud of who we really are seems to be a key element of moving beyond survival.”

- Christy Oslund,
“I Write, Therefor I am” *Typed Words, Loud Voices*



"I have Asperger's syndrome and that means I'm sometimes a bit different from the norm. And - given the right circumstances - being different is a superpower."

"I'm not public about my diagnosis to "hide" behind it, but because I know many ignorant people still see it as an "illness", or something negative."

- Greta Thunberg, teen climate activist
August 31, 2019, <https://www.instagram.com/p/B12ChnkioB9/>



Autistic Pride

/ô'tistik/ /prɪd/

A sense of pride in one's Autistic Identity. This is in direct opposition to the dominant idea of Autism as tragic.

facebook.com/AutismWomensNetwork

“The autism spectrum is inclusive of more than a series of impairments...”

- Ari Ne'emen, “The Future (And the Past) of Autism Advocacy, or Why the ASA's Magazine, The Advocate, Wouldn't Publish This Piece” in *Loud Hands: Autistic people, speaking*

Autism is not a condition, it is a way of life.

- Daniel McConnell, “Autism and Neurodiversity: A Panel Presentation at the 2008 Autism National Committee Conference” in *Typed Words, Loud Voices*

Autistic Speaking Day (November 1)

- ★ 2010, Australian autism organization launches “Communication Shutdown” – allistics are urged to stay off social media for one day in an attempt to understand communication and social difficulties of autistics
- ★ Heavily criticized by Autistic community
- ★ Disability simulations rarely improve empathy/understanding of disabled lived experiences
- ★ Canadian activist Corina Lynn Becker proposed Autistics Speaking Day to let the world know Autistics are not silent
- ★ Encourages Autistics to communicate about their experiences through a variety of medium including social media & blogs
- ★ Promotes Autism Acceptance, community inclusion, and fights negative stereotypes

Autistic History Month (November)

- ★ Celebration of Autistic history, culture, community, & personal stories
- ★ Founded 2013
- ★ AKA “Autism History Month”
- ★ Some years, special online events have been held that include video, prose, poetry, & art

***“History affects people on the spectrum,
as well as their family, friends, and employers”***

(from autismcitizen.org)

Disability Day of Mourning (March 1)

International memorial held to honor lives of disabled people killed by their caregivers

- ★ Candles are lit, names of the dead read aloud
- ★ Began 2012 as a vigil for George Hodgins
- ★ George, age 22, was shot and killed by his mother
- ★ Press coverage & public conversation sympathized with the killer while vilifying George for being disabled
- ★ Caregivers who kill are given comparatively light sentences
- ★ Killers are often praised as being loving



Communication/Language: Respecting AAC*

*Augmentative & Alternative Communication

“...how someone communicates is a vital part of their identity – whether it be through letterboard, AAC device or otherwise. The most important thing is that whatever is being said, however it is being said, is being heard.”

- Eva Sweeney, “I am the Perfect Candidate” in *Typed Words, Loud Voices*

“Communication, for everyone, is always evolving, can always be improved upon, takes time and care to be successful.”

- Anonymous, “My Many Communication Systems” in *Typed Words, Loud Voices*

“Communication via objects was safe.”

- Donna Williams, *Nobody Nowhere* (p. 14)

“Typing unsticks the words in my brain. Words that would otherwise wither in my chest and hang there, silent, airless. Words that would clog my throat, too heavy with meaning to surface.”

- Cynthia Kim, “A Barrier of Sound, Not of Feeling” in *Typed Words, Loud Voices*

“Why is speech supposed to be the ultimate goal of so many autism therapies? ...

I have a right to communicate in whatever means is possible for me to communicate. ...

I have the right to choose what means of communication is appropriate for me. ...

... If I am able to speak but it is painful, difficult, and draining, I should also be given and allowed those other options.”

- Mel Baggs, “Autism, Speech, and Assistive Technology” in Loud Hands

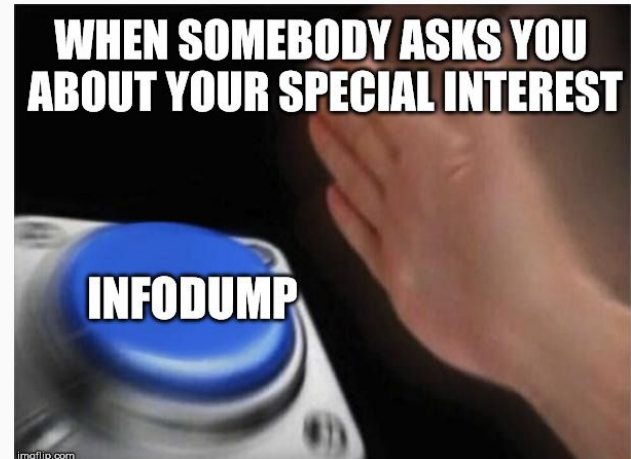
Communication/Language: Infodumping*

Talking in exhaustive detail about a topic of special interest (“SpIn”)

**I am doing it right now.*

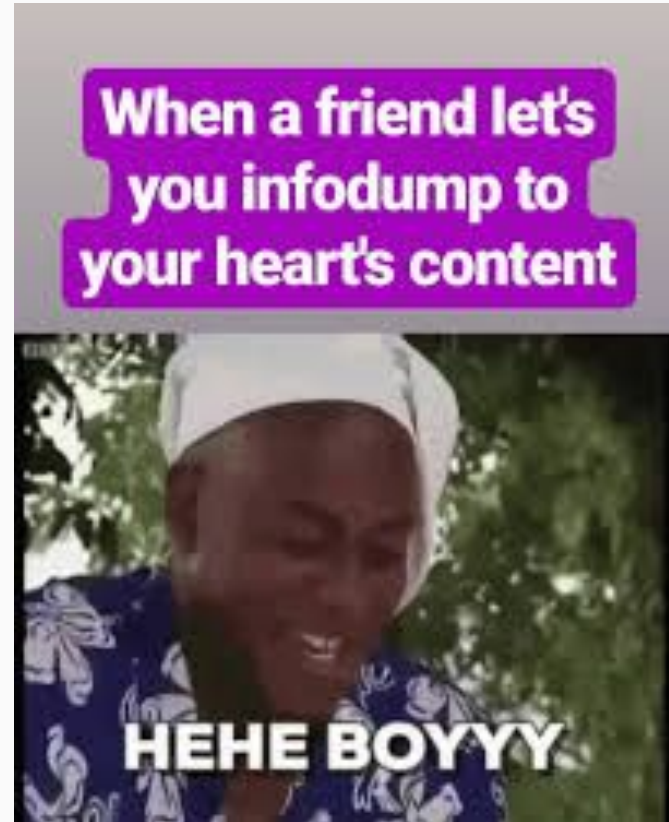
Infodumping

- ★ Sharing of knowledge/information is welcome
- ★ Valid way to develop meaningful social relationships
- ★ Useful vocational skill (e.g. teaching)
- ★ “Autistic superpower”
- ★ Targeted for reduction in many therapies (like ABA)



Infodumping

when your significant other is infodumping to you about something you don't know anything about but you're having the time of your life because you love them so much



Infodumping



Dont gotta know the air speed velocity of an unladen swallow to enjoy a good infodump about flight sims



Special Interests

“The way I love? It is deep. **Autism is deep love.**

People write it off as special interest or obsession, but even if it’s not something I can excel at, **I can excel at loving what I love, loving what I do, loving who I love.**

Autism is being able to be consumed by love and interest, it is giving 100% because it is an insult to the thing one loves to give any less.

Autism is going big or going home.”

- Maxfield Sparrow, in “L is for Love”, The ABCs of Autism Acceptance (p. 72)

Special Interests* as a Strength

* Some autistic people strongly dislike the prefix “special,” whether referring to special interests, special needs, or special education.

- ★ Develop & demonstrate leadership & advocacy skills
- ★ Develop & demonstrate verbal/nonverbal communication skills
- ★ Live meaningful lives
- ★ Develop & maintain relationships and meaningful careers
- ★ Excel beyond expectations & preconceived notions
- ★ Develop & demonstrate skills that are superior to neurotypical peers
- ★ Positively impact self-esteem, self-image, confidence
- ★ Create & use unique coping skills to deal with anxiety, overwhelm

What are other benefits of a special interest that you can think of?

Rituals: Stimming

The celebration and sharing of stims (repetitive movements) that serve a variety of functions, including emotional expression, coping, and regulation of the nervous system

Me stimming happily as I listen to the same song for the hundredth time



What is stimming?

- ★ AKA self-stimulatory behavior, repetitive behavior, stereotypy
- ★ Can be oral, auditory, motor, verbal, vocal, tactile, visual, vestibular, pressure, etc.
- ★ Ranges from highly visible to others to completely internal
- ★ May be conscious / intentional or subconscious / unintentional
- ★ May function as a way to regulate the nervous system, as a coping/self-soothing skill, as a form of emotional expression, as a way to assist in processing information, focusing attention, or even as a way to induce meditative or flow states
- ★ Often targeted by oppressive therapies for elimination

#Stimdance

- ★ Term created by Agony Autie
- ★ Improvised movement to music using or inspired by stims and tics
- ★ “Autistic self care”
- ★ People engage in stimdancing to:
 - Express/embody self acceptance
 - Feel grounded, calm, able to focus
 - Process emotions and sensory input



Food Traditions / Rituals: Samefood

Food prepared the same specific way, same brand, same restaurant, eaten in a specific (ritualistic) way

Samefood

can be related to sensory processing differences, food sensitivities, &/or executive functioning needs

- ★ **Verb: to eat the “same food” often or always (for days, weeks, or months)**

“I’ve been samefooding for breakfast for the last three years. I have one sunny-side up fried egg on a plain biscuit or slice of bread with a cup of coffee with a non-dairy milk product and honey as a sweetener, and 2.5 ounces of fruit juice.”

- ★ **Noun: a food that is eaten frequently or exclusively**

Waiter/Waitress: *“Will you be having your usual today?”*

Autistic Customer: *“Yes, I will have my samefood, it’s the best part of my day, I love how you make it just right every afternoon!”*

Learn more / hashtags:

#Neurodiversity #AutisticCultureIs #AutisticProblems #RedInstead #WalkInRed #ASDay #Neuroqueer #Stimdance #Stimtober #TakeTheMaskOff #AutismDoesntEndAt5 #SheCantBeAutistic #DoILookAutisticYet #AutisticWhileBlack #NeurodiverseSquad

#AskingAutistics #AskAnAutistic

used by both autistics & allistics to ask questions of autistics

#ActuallyAutistic

used by autistic people to talk about their personal thoughts and experiences of autism; search this hashtag to listen to autistics speaking to other autistics; **do not use this hashtag to 'use adult autistics as a resource' or post unless you are autistic**

#AllAutistics

a reimagination of #ActuallyAutistic meant to be inclusive of other intersections of identity such as race/ethnicity, religion... (created by @autisticpastor)

Learn more / general references:

- ★ Lynch, C. L. (2019). 7 cool aspects of Autistic culture. *Neuroclastic*. Retrieved from <https://neuroclastic.com/2019/04/05/7-cool-aspects-of-autistic-culture/>
- ★ Prinz, J. (2020). Culture and cognitive science in *The Stanford Encyclopedia of Philosophy* (E.N. Zalta, Ed.). Retrieved from: <https://plato.stanford.edu/entries/culture-cogsci/>
- ★ Chapter 3.2, The Elements of Culture, in *Sociology: Understanding and Changing the Social World (2010)* from University of Minnesota Libraries Publishing. Retrieved from: <https://open.lib.umn.edu/sociology/chapter/3-2-the-elements-of-culture/>
- ★ “Neurodiversity, some basic terms and definitions” by Nick Walker <https://neurocosmopolitanism.com/neurodiversity-some-basic-terms-definitions/>
- ★ https://www.youtube.com/watch?time_continue=86&v=9s3NZaLhcc4
- ★ Giraffe Party <http://imapartygiraffe.com/on-the-origins-of-giraffe-party/>
- ★ “G is for Giraffe” in *The ABCs of Autism Acceptance*, by Maxfield Jones
- ★ “*Toxic Autism Awareness: Fact from Fiction?*” by Judy Endow <http://www.judyendow.com/advocacy/toxic-autism-awareness-fact-from-fiction/>
- ★ Our Autistic History (Month) <https://ourautistichistory.wordpress.com/>
- ★ “Autistic History Month” by Sparrow Rose Jones, <http://www.mcie.org/blog/autistichistorymonth>
- ★ <https://www.autismacceptancemonth.com/>

Learn more/general references

- ★ “Why I dislike ‘Person-First’ Language” by Jim Sinclair in *Loud Hands*
- ★ Identity First Autistic: <https://www.identityfirstautistic.org>
- ★ <https://disability-memorial.org/>
- ★ “Killing Words” by Zoe Gross: <https://autisticadvocacy.org/2012/04/killing-words/>
- ★ “A Letter to People at the intersection of autism and race” by Finn Gardiner, in *All the Weight of Our Dreams*
- ★ “It’s a Spectrum Doesn’t Mean What You Think” by C.C. Lynch
<https://theaspergian.com/2019/05/04/its-a-spectrum-doesnt-mean-what-you-think/>
- ★ Government Accountability Office. (2016). Youth with autism: Roundtable views of services needed during the transition into adulthood. (Report No. GAO-17-109). Retrieved from <https://www.gao.gov/assets/690/680525.pdf>
- ★ “Ask Me! I’m an AAC user” facebook group: <http://www.facebook.com/groups/456220758119314/>
- ★ “Don’t Mourn for Us” by Jim Sinclair in *Loud Hands: Autistic people, speaking*, OR online at http://www.autreat.com/dont_mourn.html
- ★ “What is Autistic Pride?” from Agony Autie (4’ video) <https://youtu.be/sh1mAntBXcK>
- ★ “Let no one stand alone: Autism Pride, advocating self acceptance first” by Emma Robdale
<https://disabilityarts.online/magazine/opinion/autism-pride-does-it-exist-and-what-does-it-mean/>

Learn more / books:

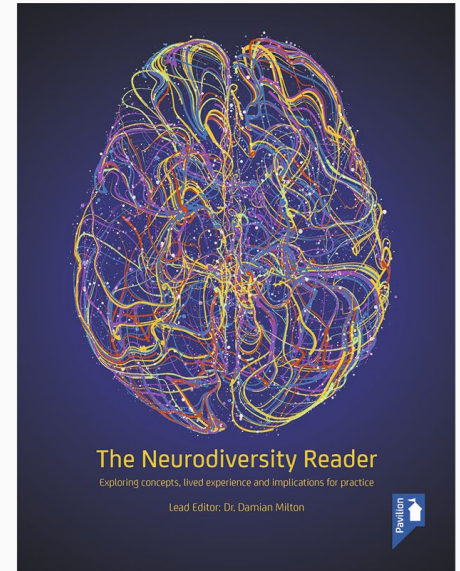
- ★ ***Loud Hands, Autistic People Speaking***
- ★ ***Typed Words, Loud Voices***
- ★ ***All the Weight of Our Dreams: On Living Racialized Autism***
- ★ ***What Every Autistic Girl Wishes Her Parents Knew***
- ★ The History of Autism, in *Autism: A new introduction to psychological theory and current debate* by Sue Fletcher-Watson & Francesca Happé
- ★ *Why Johnny Doesn't Flap: NT is OK!* By Clay & Gail Morton
- ★ "The Beginnings of Autistic Speaking Day" by Corina Becker, In *Loud Hands: Autistic people, speaking*
- ★ *Nobody Nowhere*, by Donna Williams

The Neurodiversity Reader

“Neuroqueering Music Therapy: Observations on the current state of neurodiversity in music therapy practice” by Jessica Leza

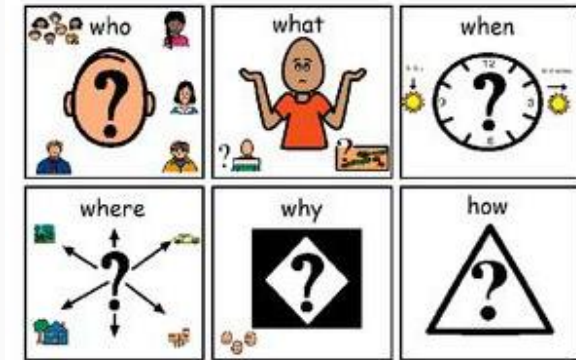
Available at:

<https://www.pavpub.com/mental-health/the-neurodiversity-reader>



Things we didn't talk about!

- ★ Autistic gender and sexuality - autigender, gendervague, neuroqueer
- ★ The Asperger's label & Aspie supremacy
- ★ Applied Behavior Analysis (ABA)
- ★ Misdiagnosis, late diagnosis, and self diagnosis
- ★ Damian Milton's 'Double Empathy Problem'
- ★ Getting blocked by William Shatner
- ★ Autistic space
- ★ Autistic fashion
- ★ Autistic literary techniques and Autistic literature
- ★ Autistic organizations & perspectives of Autism Speaks
- ★ Autistic comedy/entertainment
- ★ Autistic Dark Web (ADW)



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Music Therapy Resources on Patreon:

<https://www.patreon.com/jessicaleza>

“... work to make the world’s heart bigger ...”

– Maxfield Sparrow

“T is for Toe-Walking, Trauma, & Truth-telling”

The ABCs of Autism Acceptance

