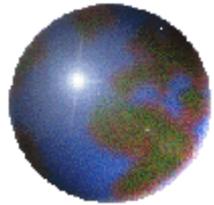


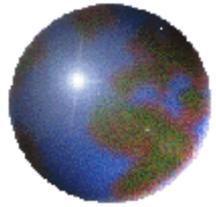


2015 Summer Training



Autism spectrum - Asperger Syndrome

Instructor: Winnie NG



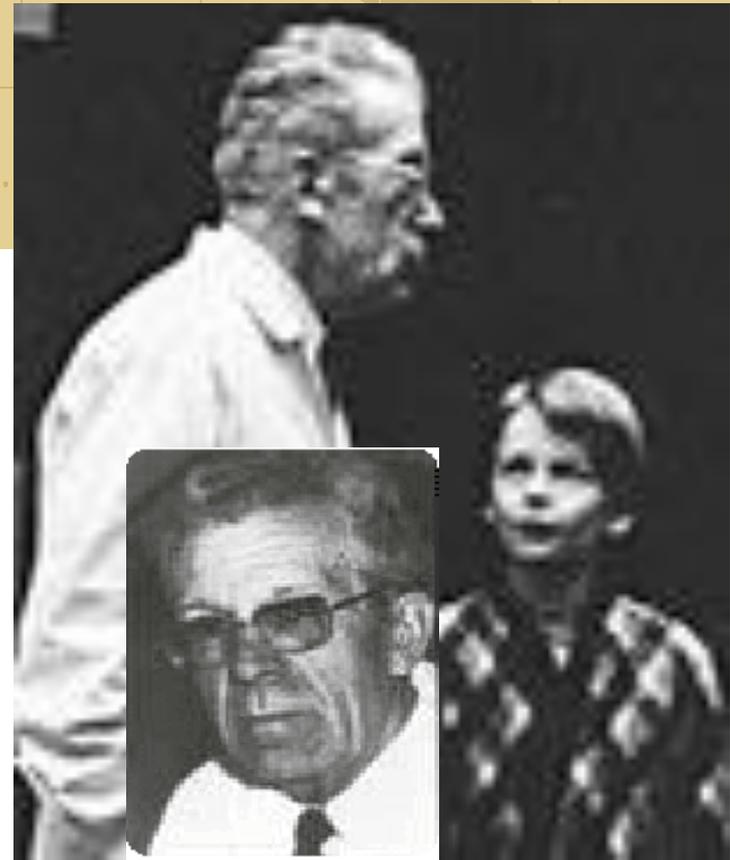
Austism Spectrum: Asperger Syndrome

Light Spectrum



Leo Kanner

1943



1944

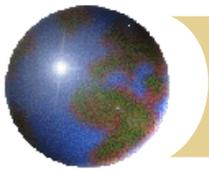
Hans Asperger



Leo Kanner

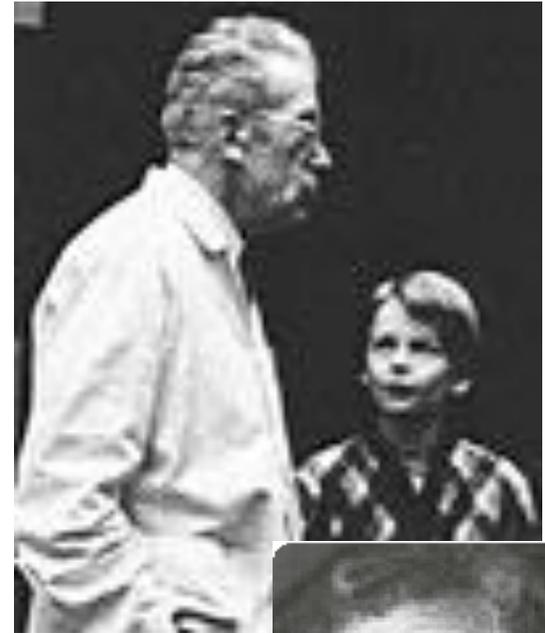
**Autistic Disturbance
of affective
contact.**

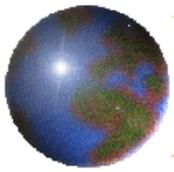
1943



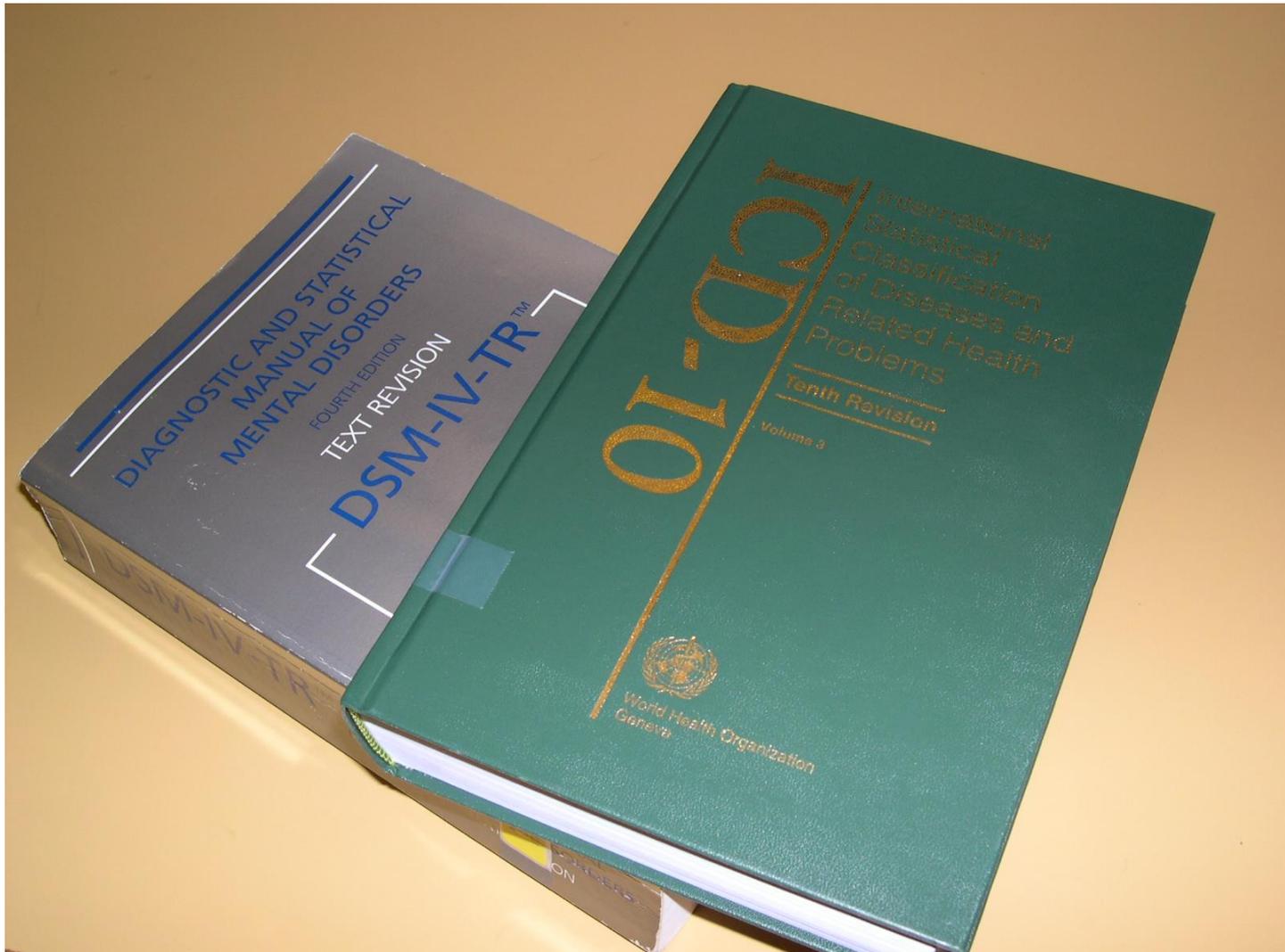
Origin Name: Asperger

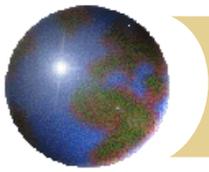
- ✦ Hans Asperger
- ✦ An Austrian Pediatrician
- ✦ He is best known for his early studies on mental disorders, especially in children.
- ✦ published a definition of autistic psychopathy in 1944





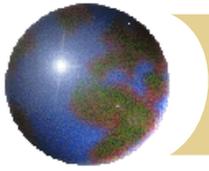
DSM-IV-TR & ICD-10





**According to DSM VI:
“Autism” vs “Asperger
Syndrome”**

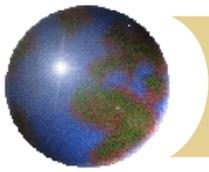
Mixed UP



Autistic Spectrum Disorder

Light Spectrum

Different level of Autism



Autism

- **Communication**

- Late speaking (without gestures)
- X start/continue a conversation
- Simple, short and repeat words
- X no imaginary play with others
- 30% Normal IQ (IQ=100),
70% mentally retarded

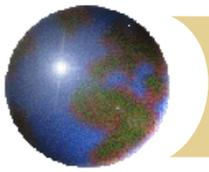
- **Lack of eye contact**

Asperger :

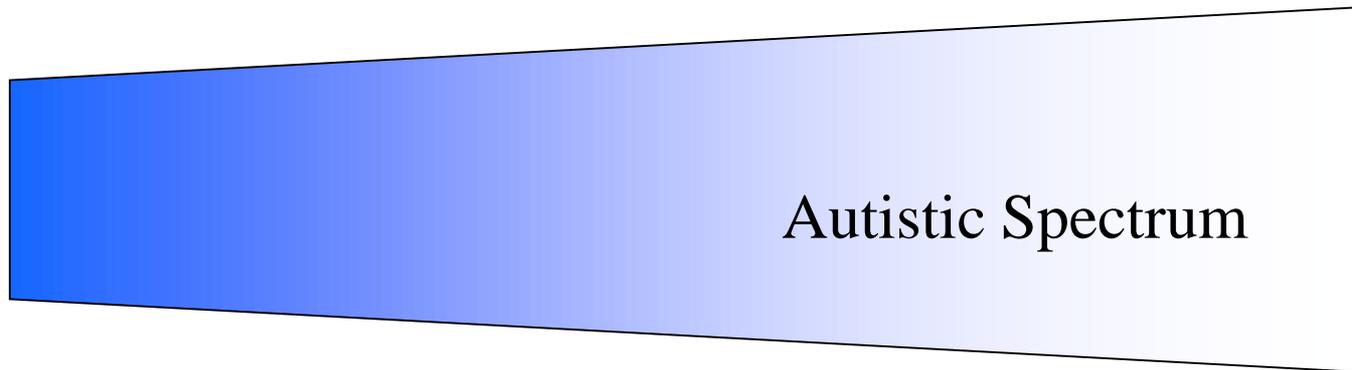
- **Communication**

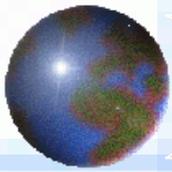
- No late speaking: simple words in Age 2 and sentences in Age 3.
- Will affect the following function: Social, working or other important areas
- 30% normal IQ (IQ=100),
70% normal to outstanding

- **Lack of eye contact**



In 2013, DSM V came up and “Asperger Syndrome” is deleted and included as “Autistic Spectrum” again.





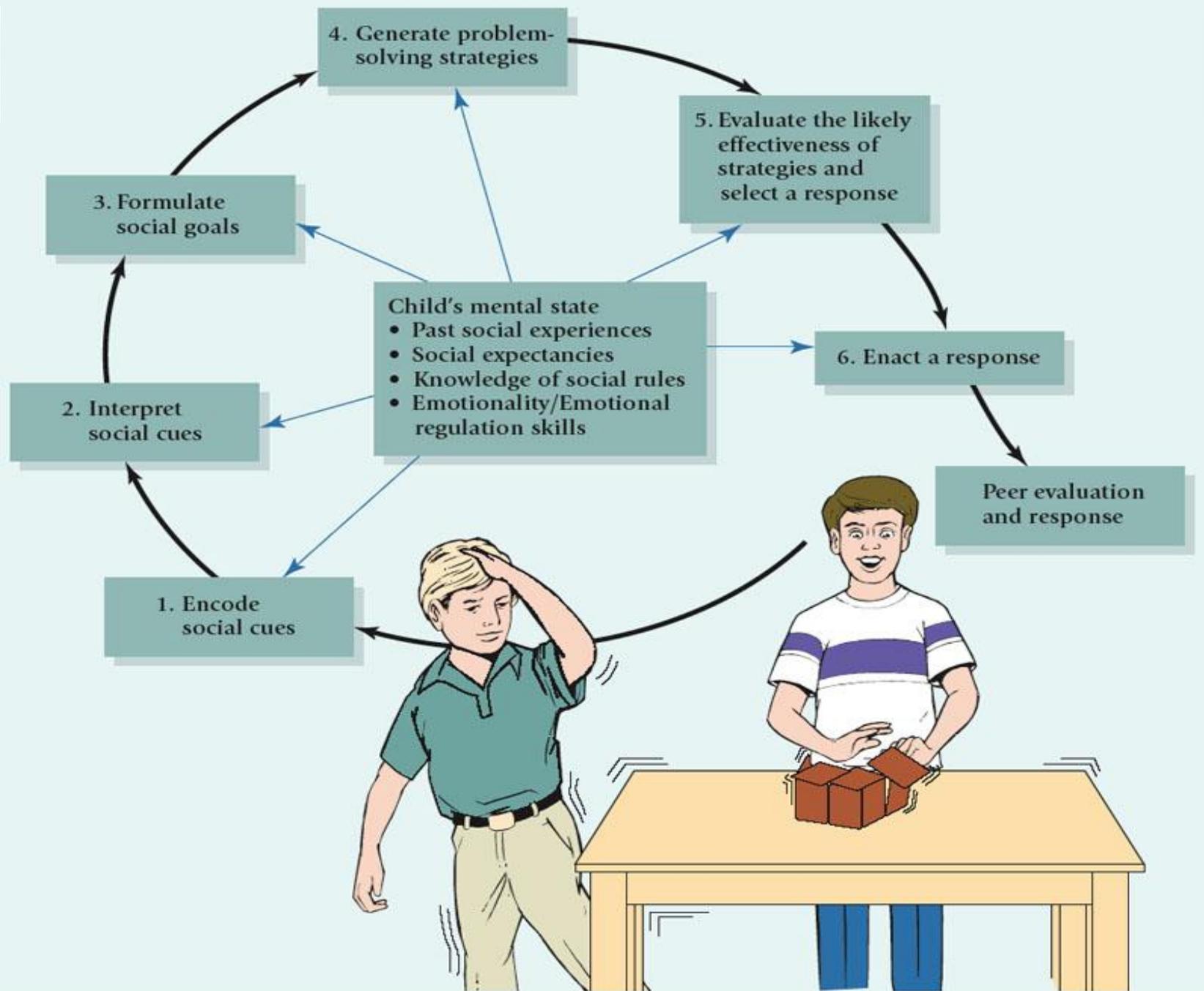
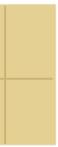
Three Explanations

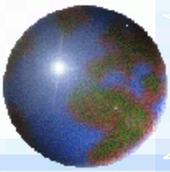
1. Theory of Mind

2. Centralization

3. Executive Function







Theory of Mind (TOM)

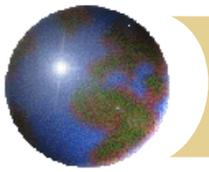
Think from others' perspectives



**thinking, concepts, beliefs,
、 emotions, values (those are
different from yours)**



HOW to “put into the shoes”



Theroy of Mind (TOM)

Effect:



lack of imaginary in other roles ;



want to have social life but don't understand how to get into...



can't adjust the social distance



Frustrated



Embarrassed



Sad



Mad

**This
is
how
I
feel
today!**



Nervous



Happy



Proud



Scared



Loved

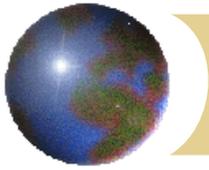


Lonely

Emotions



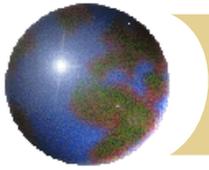
Motivation



Example:

David is a 14 years old boy and has autism. At the art lesson, teacher said, "please draw your classmate's look"

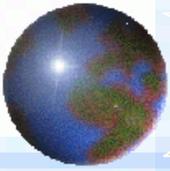
Question: What do you think his action then?



Result:

David uses his color pens to draw something on the classmate's face.

His classmate felt angry and scared of him then.



Centralization



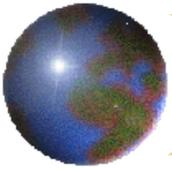
**For different data : Absorb,
Distinguish, Integrate**



To discard unnecessary data



How to organize and summarize?



Centralization

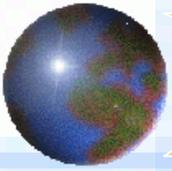
Effect:



Every incident is “new” and it is difficult for them to categorize



Over focusing on the detailed part and can't diagnose which is the key point or word

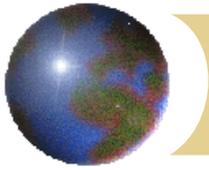


Executive Function

- **Working : Apply different theories and let the unnecessary data to be preserved.**



How to Plan and Function?



Executive Function

Effect:



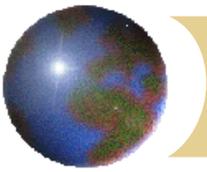
Inflexibility and hopes all are kept unchanged



Routine procedures

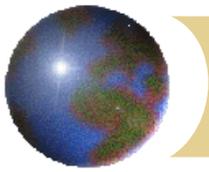


Anxiety/Phobia towards “Changes



“Methods” for better communication





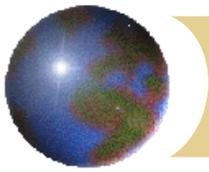
What Are Social Stories?

Describe:

- ✚ Situations
- ✚ Concepts
- ✚ Social Skills
- ✚ Relevant social cues
- ✚ Upcoming Events
- ✚ Expectations
- ✚ Perspectives
- ✚ Common Responses

Are Useful:

- ✚ When social information is lacking.
- ✚ When a person with ASD is misreading the situation.
- ✚ In anticipation of a troubling situation.
- ✚ In response to a troubling situation.



Carol Gray's Formula For Social Story Sentence Types:

- ☒ Descriptive
- ☒ Perspective
- ☒ Directive
- ☒ Affirmative



I wear a harness on the bus. I wear a harness to keep me safe.



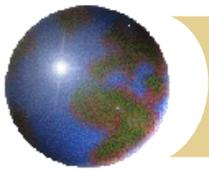
When I unhook my harness it scares my teachers, family, and friends.



I wear a harness so I stay safe and in my seat. My harness looks cool!



I will wear my harness and keep it hooked everyday!

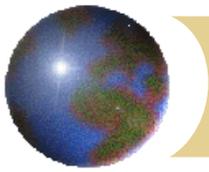


Descriptive Sentences

- ✚ Descriptive sentences define:
 - Where a situation occurs
 - Who is involved
 - What they are doing
 - Why
- ✚ It is a truthful opinion and assumption free statement or fact.

Example.

- ✚ My name is _____.
- ✚ At school there are lots of kids to play with.
- ✚ I brush my teeth at night before I go to bed.

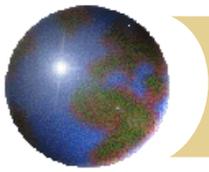


Perspective Sentences

- ✦ Perspective sentences refer to or describe details on the reactions and emotions of others in a given situation.

Example.

- ✦ Other kids don't always want to play what I want to play.
- ✦ During reading time, my friends are trying hard to listen to the story so that they can learn from the lessons.
- ✦ My brother usually enjoys playing his guitar.



Directive Sentences

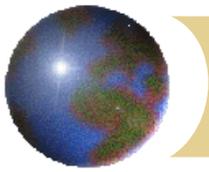
- ✦ Positively state suggested responses or choices to a situation or concept.

- ✦ Gently direct the behavior of the person with ASD.

Example:

- ✦ I will work on staying on my assigned seat.

- ✦ I can try asking my classmates or teacher for help.

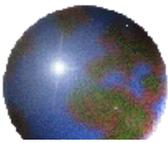


Affirmative Sentences

- ✦ Enhance the meaning of the other sentences by expressing a commonly shared value or opinion.
- ✦ They frequently follow descriptive, perspective, or directive sentences.

Example.

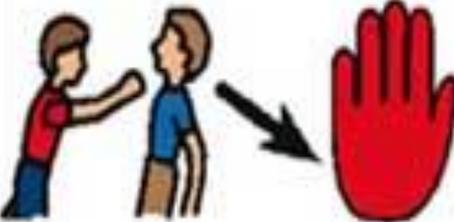
- ✦ I will try to keep my seatbelt fastened. *This is a safe thing to do.*
- ✦ After I have a B.M. I need to wipe myself. *This is okay.*
- ✦ I will stay on the sidewalk when the wind blows my paper or bag into the street. *Running onto the street can be DANGEROUS!*



When I get angry I sometimes hit Mummy.



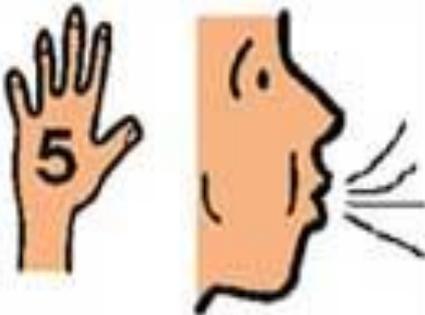
This makes Mummy sad.



When I feel like hitting, I need to stop.



I will hold my hands.

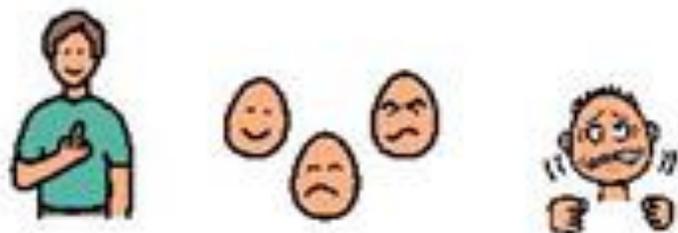


I will take 5 big breaths. This helps me stay calm.



Mummy is happy when I am calm.

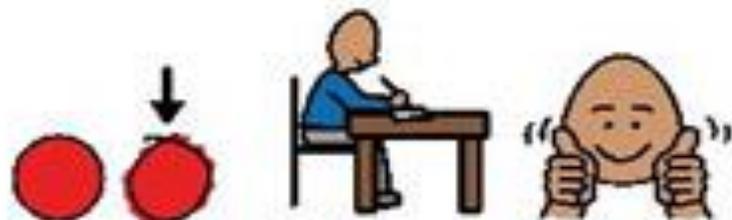
Sometimes I feel frustrated
or upset.



It's OK to feel frustrated but
I need to stop and calm down.



My work doesn't need to be
perfect. I just need to try
my best.

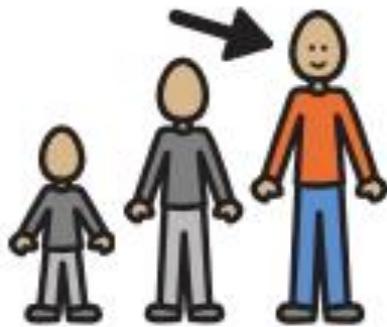


When I am frustrated or upset
I can tell Mrs. Ashley
or Mrs. Holbrook and they can

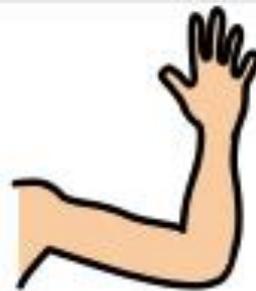




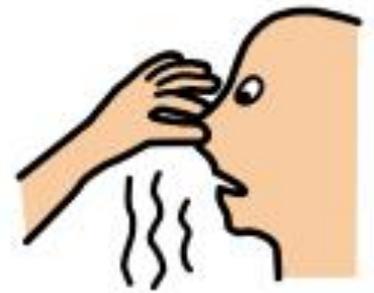
I'm a young man



I'm growing up



Sometimes my underarms will sweat and feel wet



Sometimes they will smell bad



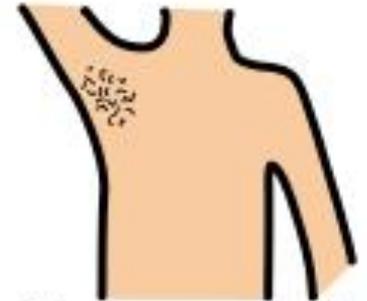
Now I need to wash with soap and water every day



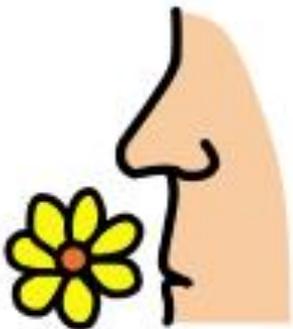
I dry off



I put on deodorant



It keeps my under arms dry



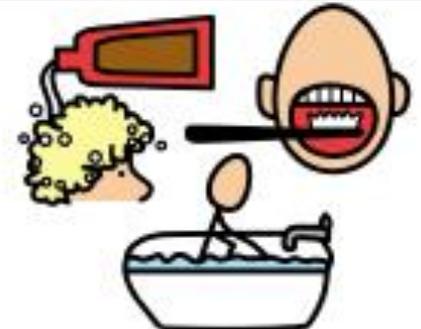
Now I smell good!



I will put on deodorant every day before I put on clothes

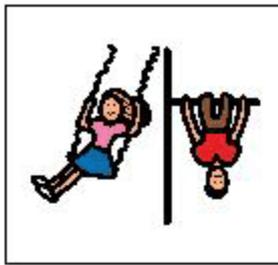


Deodorant helps



Now it's part of my daily routine

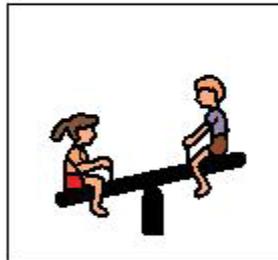
Playing



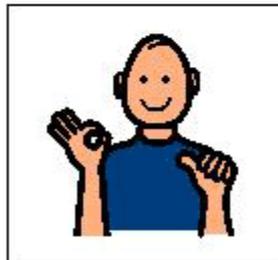
Sometimes I like to play with other kids.



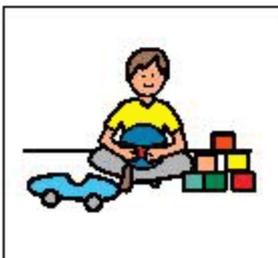
I can ask them, "Do you want to play with me?"



If they say "yes", I can play with them. I will have fun.

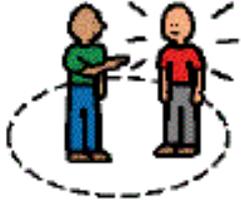
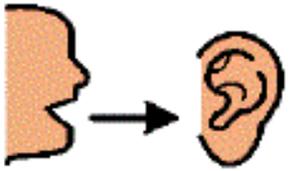
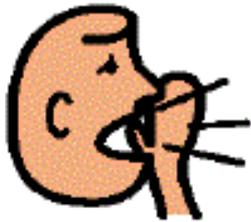
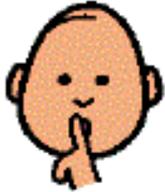
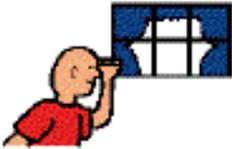


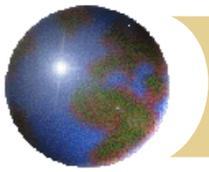
If they say "no", it's ok.



I can ask someone else or play by myself.

Work Time Choices Sort

 <p>sit safe</p>	 <p>fight over chair</p>	 <p>take turns</p>	 <p>pout</p>	 <p>listen to directions</p>
 <p>cry</p>	 <p>wait</p>	 <p>share</p>	 <p>take</p>	 <p>look at friend's work</p>
 <p>raise hand</p>	 <p>shout out</p>	 <p>make noises</p>	 <p>stand</p>	 <p>quiet mouth</p>
 <p>look at teacher</p>	 <p>look and listen</p>	 <p>look out window</p>	 <p>do my work</p>	



Communication :

- ✚ Spreading the message to other side verbally

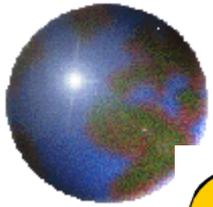


Giver and Receiver



Waiting to the response from other side

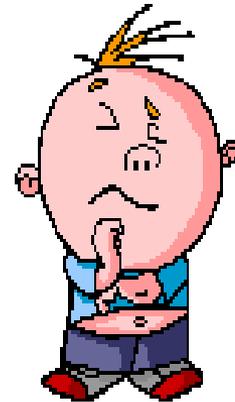
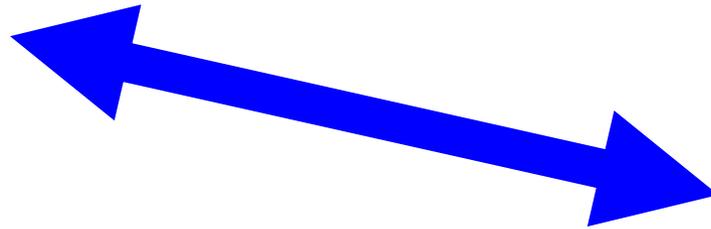
Decoding the messages....



**Two-way
communication**



Good: Two-way communication : Deliver – Receive – Respond





How to communicate with AS people?

- ✚ Brief, Positive and Clear?
- ✚ Use sentences rather than questions?
- ✚ Understand your own stance and expectation?
- ✚ Express your messages or ventilate your emotions?
- ✚ Is that brief or details for their understanding?



How to deliver our messages in effective ways?

- ✦ Any hidden agenda?
- ✦ Your Body Gesture?
- ✦ Any related to your feelings or thinking? Or just sending a command?
- ✦ Choose the right time to deliver the message to them? For example, are you exhausted? Angry or depressed?



Attract

Solid - single message

Positive

Eye-catching (visual)

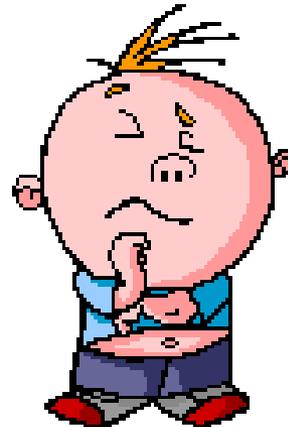
Repeat

Go-straight

Exact

Recap

Step-by step



Allowance

Support

Patience

Empathy

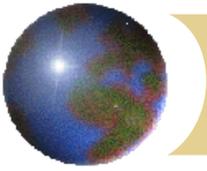
Relax

Grateful

Encouraging

Realistic

Sincere



Time for “Case Studies”

