

Creating Authenticity in the Autistic Community

(and WHY it matters)

For the Autist

The message to you has been clear; you've been told "You aren't good enough" way too many times. You were told to change, change, change. In fact, you might have spent hours upon hours of your formative years being told to change in various therapy sessions. It's no wonder, you might struggle with a deep sense of inadequacy, a complex conflict between the self you enjoy and appreciate and the self you show others.

For Parents

As parents, most of us want to raise children that feel good enough, know their value, and treat themselves and others with loving-kindness. Yet, we find ourselves trapped in our own internal messages and the judgy messages from the autism community. All these messages suggest that what we are doing as parents isn't enough, we are doing it wrong and because of this, our children will suffer now and in the future. This is painful.

For Professionals

A few things get in the way of professionals showing up at work being their true selves; first the fear of not being good enough. What if people discover that you don't really know what you are doing? Specific to our community, "the research" interrupts therapists from being their authentic selves in their practice. We have walked away from being intuitively good humans and instead have embraced an attitude that reduces those that we intend to serve to percentage points.

Love & Autism

We need to heal from the past messages of inadequacies & shame that we carry with us. It's not simple or easy but it's definitely worth of our attention. Love & Autism 2018 is a great place to start! This year's theme is all about authenticity—Be-You-tiful. It's going to be beautiful.



"Be. *you*. tiful"

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