

4 Reason to STAY in the Autism Field

Fatigue, dissatisfaction, feeling disempowered...all reasons why a clinician may feel like leaving the autism field. But if you find yourself in this place, **stay**. It's worth it.



Human interaction is good for us

Robert Waldinger is the head scientist of the longest running research project on human behavior at Harvard University. His findings are simple, human connection is good for us. Connection brings true happiness and life satisfaction. My role as a therapist is to create connection and in turn, I get the health benefits.



Necessity of experienced voices

Becoming a competent clinician takes a bit of time to develop. So many people leave the field before allowing themselves to mature in their work. The autism community needs experienced people. We need more competent clinicians. We need clinicians that have grown their clinical skills over a few years or decades. We need experienced voices that are willing to take on what is currently happening and create change.



Doing good creates happiness

For those of us that want to push some good into the world, the autism community could use some support. Guess what? Doing good things for society is also good for us. Dr. Richard Davidson, neuroscientist, contends that when we are generous with others, we actually change our own brain circuitry wiring for wellness. Our brain creates neurochemical rewards when we treat another human-being with loving kindness.



It's fun!!

Stuart Brown, researcher on play, shares with us that play is not just for children. Play is essential for happy and healthy adults. I get to play everyday! From making marshmallow shooters, to a competitive battle of Catan, to water balloon fights; my days are filled with children. Sometimes when I'm munching on Oreos and playing Jenga with one of my awesome clients, I immediately feel gratitude for the work that I do.

**Refuel & recharge your passion for the autism community.
Check out our local events and follow us on Facebook.**