

Words and Meaning - a Neurodiversity Affirming Society

Neurodiversity	Describes the idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving. We're all neurodiverse.
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Alexithymia	Is when a person has difficulty experiencing, identifying, and expressing their emotions
Bodymind	Is a term used to challenge the idea that the body and mind are experienced separately; an understanding that the human body and mind are a single integrated unit
Co-regulation	Is the way that the nervous system of one individual influences the nervous system of another; when an individual can complete the stress cycle with the support of a safe enough person
Declarative Language	Is a statement that invites a more equal dynamic, which means the interaction can be a shared experience (rather than one-sided). Unlike a question, declarative language has no right or wrong answer and doesn't require a response
Double Empathy Problem	Is the theory that suggests when people with very different experiences of the world interact with one another, they will struggle to empathise with, and understand each other
Gestalt language Processing	Is a form of speech language development that starts with whole memorised phrases rather than single words. A gestalt is a multi-word "chunk" that a speaker hears, stores, and uses as a whole, before having knowledge/awareness of its internal structure
Importance-based nervous system	Is a nervous system that initiates and organises tasks based on levels of importance (to self and others)
Interest-based nervous system	Is a nervous system with unique drivers and motivators that encourages individuals to engage in specific tasks
Interoception	Receptors on our internal organs are responsible for interoception signals that provide information on our internal body and emotional states.
Kinetic Cognitive Style (KCS)	Is a sometimes preferred term to describe ADHD traits. Kinetic captures the energy of diffuse attention distribution as well as the inertia of hyperfocus

Monotropism	Monotropic minds tend to have their attention pulled more strongly towards a smaller number of interests at any given time, leaving fewer resources for other processes.
Neurocosmopolitan	Is the acceptance of neurocognitive differences in experiences, communications, and embodies the same sort of enlightened way that a cosmopolitan individual accepts and welcomes cultural differences in dining habits
Neurodivergent	Is the term used to describe individuals who experience, process, learn and behave differently from what society considers typical or normal
Neurodivergent Masking	Is the act of hiding one's traits that are a part of their neurodivergence, in order to fit into society
Neurodiversity Paradigm	Recognises diversity and does not view differences as deficits. It is an affirming model that prioritises autonomy and authenticity. It is reshaping how we understand, use language, interpret and undertake research, and support individuals.
Neuronormativity	The assumption that there is a correct, superior or socially acceptable way to function in society
Neuroqueer	A definitive and quick layperson intro here https://neuroqueer.com/neuroqueer-an-introduction/
Neurotypical	Is the term used to describe individuals who experience, process, learn and behave according to what society considers typical or normal
Pathology Paradigm	Is the assumption that significant divergences from dominant sociocultural norms of cognition and embodiment represent some form of deficit, defect, or pathology
Pathological Demand Avoidance (PDA)	is a term used to describe a profile of autism that is characterised by an intense, pervasive drive for autonomy and a heightened sensitivity to demands that threaten that autonomy
Proprioception	Proprioception receptors are located in muscles and joints of the body and provide information about where your body is in space. Our sense of body awareness and coordination is impacted by proprioceptive input
Rejection Sensitive Dysphoria (RSD)	Rejection-sensitive dysphoria refers to an extreme and often distressing emotional response to perceived rejection or criticism, which goes beyond the typical range of reactions
Vestibular System	Vestibular receptors are located in our inner ear and process balance and movement. This system helps distinguish between speed and direction of movement; supports posture

Sources and Resources

Conferences

- Yellow LadyBugs (2024) Nurturing and Empowering Autistic Girls and Gender Diverse Students conference
- Bridges Learning System (2023) The Neurodiversity Revolution: Building Bridges of Understanding on a Foundation of Authenticity

Podcasts

- Divergent Conversations with Dr Megan Anna Neff and Patrick Casale
- The Neurodivergent Woman Podcast with Michelle Livock and Monique Mitchelson
- The Neurodiversity Podcast with Emily Kircher-Morris
- Exploring Neurodiversity with Adina Levy

Books and Articles

- We're All Neurodiverse - Sonny Jane Wise
- The ND Friendly Workbook of DBT skills - Sonny Jane Wise
- Goal setting guide: Guide and workbook for setting Wholistic, Affirming goals for your Child's Communication & Interaction Support - Adina Levy (Play.Learn.Chat)
- Unmasking Autism: Discovering the New Faces of Neurodiversity - Devon Price
- The Autistic Trans Guide to Life - Yenn Purkis and Wenn Lawson
- Start Here: a guide for parents of autistic kids - Autistic Self Advocacy Network
- Queerly Autistic - Erin Ekins
- The Brain Forest & The Rainbow Brain - Sandhya Menon (Onwards Upwards Psychology)
- Toward a Neuroqueer Future: An Interview with Nick Walker - Nick Walker and Dora M. Raymaker
- Declarative Language Handbook - Linda K. Murphy

Social Media and Websites

- At Peace Parents - Casey Ehrlich
- Lived Experience Educator - Sonny Jane Wise
- Neurodivergent Insights - Dr Megan Anna Neff
- NeuroWild - Em Hammond
- NeuroClastic - Non-Profit Managed by Autistic Volunteers
- Reframing Autism - Charity run by Autistic people, for Autistic people, for families and allies
- Onwards Upwards Psychology - Sandhya Menon

Other sources, conferences and resources are available.

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