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Understanding and Working with the Spectrum of Autism: An Insider's View

Wendy Lawson

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To many people who live and work with an individual with an autism spectrum disorder (ASD), the processes by which those with autism make sense of the world around them may seem mysterious. The author, Wendy Lawson, demonstrates these processes using comparisons from the non-ASD world to help professionals, families and carers to relate and communicate with people with ASD better. Using examples from her own life (she lived with the misdiagnosis of schizophrenia for 25 years) and from the lives of those she has met or worked with to clarify points, Wendy analyzes ASD characteristics and examines interventions for dealing with social skills, anger management and self-esteem. Stress, its effects on the families of children with autism, and how it can be alleviated, is also explored. Exercises at the end of the book encourage the reader to reflect on the contents discussed. This book can be used as an introduction to ASD for social workers, nurses, health professionals and those working in related fields.

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