

# Finding Balance:

Navigating the Tension Between  
Intervention and Neurodiversity

with Katy Albert featuring Jane Vincent

May 7th 2024



**Autism**ONTARIO

# Disclaimers & Statements

## General Disclaimer

- Opinions are of the presenters
- Make informed decisions

## Language

- Identity-first (e.g., autistic person)
- Person-first (e.g., person with autism)

## Professional Disclaimer

- Specific questions
- Additional Resources



**Katy Albert, OCT, M.Ed., BCBA**

Mental Health Counsellor, The Redpath Centre, and  
Parent Coach, Anchored Families



**Jane Vincent**

Self-Advocate

# Agenda

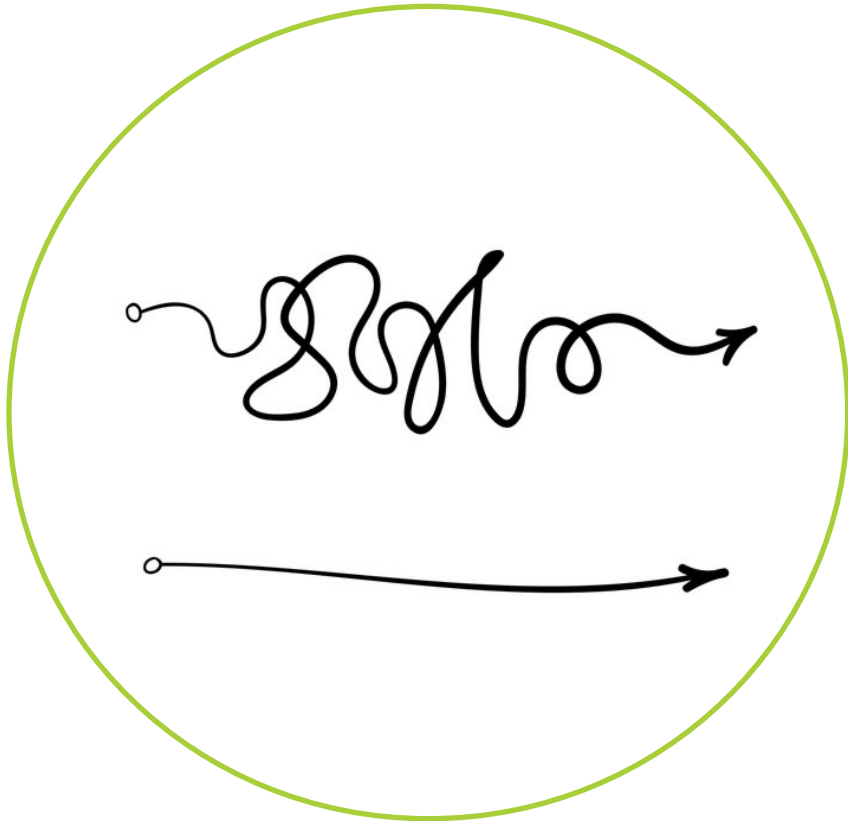
1. Common Tensions
2. Common Experiences
3. Tools to Navigate Tension and Stressors

# Learning Objectives

1. Empowerment Through Understanding
2. Supporting Neurodivergent Individuals
3. Fostering Collaboration



# Having Questions that Go Beyond Intervention



- Navigating neurodivergence as a family is very nuanced and requires a lot of:
  - thoughtfulness,
  - openness,
  - questioning,
  - flexibility, and
  - exploration
- We hope to spark conversation and discuss some common experiences and tensions experienced by autistic people and their families and give guidance on how to navigate them.

# Common Tensions

**1. Avoidance vs. Accommodation**

**2. Skill Building vs. Masking, Overcorrection, and Shaming**

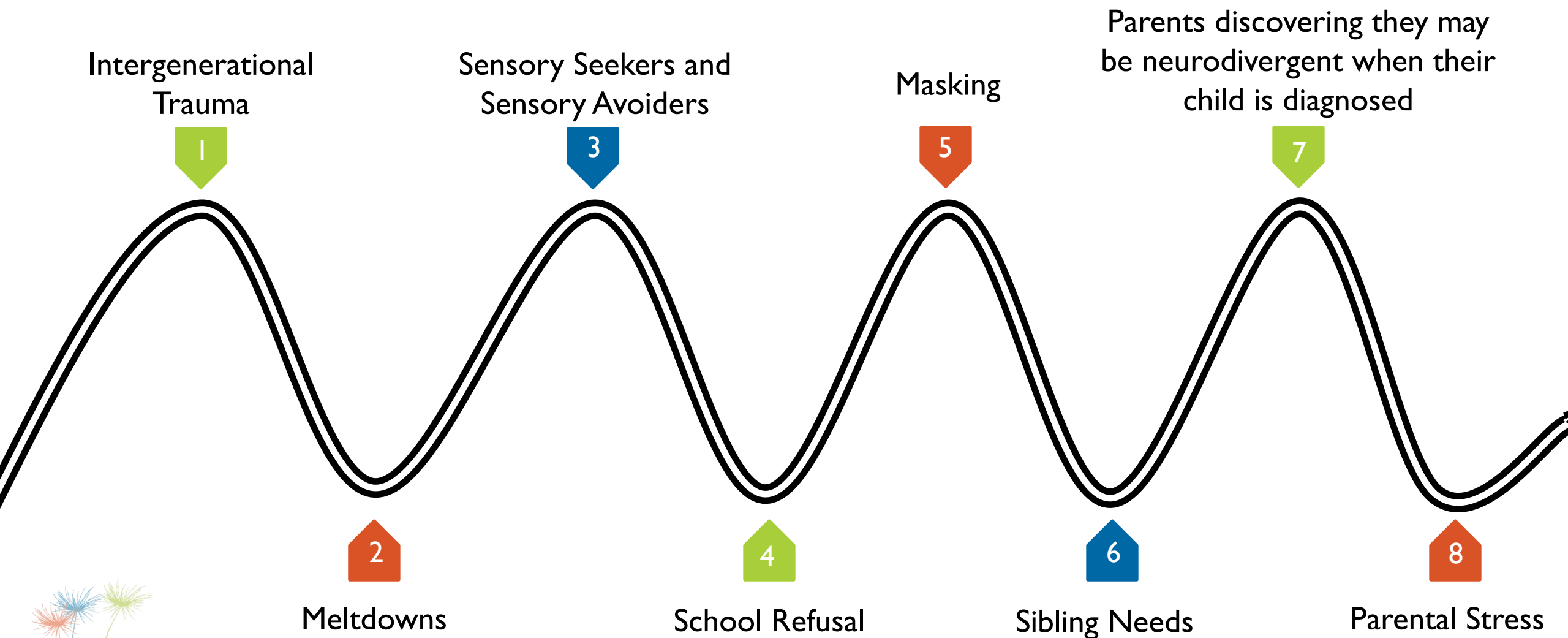
**3. Validation vs. Enabling**

**4. Needs vs. Preferences**

**5. Consistency vs. Flexibility**

**6. My Needs vs. Your Needs**

# Common Experiences





# Tools to Navigate Tension and Stressors

<b>Flexibility</b> Willing to take a different route to achieve the same goal	<b>Validation</b> All feelings are welcome, even if all behaviour is not	<b>The Accommodations vs. Avoidance Test</b>
<b>Everyone's needs matter - Communicating as a family about needs</b> ❖ Needs vs. Preferences ❖ Making a concrete plan	<b>Values</b> ❖ What are your values and where do they come from? ❖ What if your values are different?	<b>The Skill Building vs. Overcorrection Test</b>

# Contact Us

Phone: 416-246-9592

Toll Free: 1-800-472-7789

[www.autismontario.com](http://www.autismontario.com)



@autismontarioprovincial



@autismONT



@autismeontarioprovincial



linkedin.com/company/autism-ontario



@autismontario



youtube.com/user/autismontario

# Resources & References

Anchored Families <https://anchoredfamilies.ca/parent-coaching>

The Redpath Centre <https://redpathcentre.ca/>

## Online Resources:

- [ABA Inside Track: Episode 236 – Assent and Self-Determination with Dr. Hayley Steinhauser & Alex Kishbaugh](#)
- [Behind the Mask: Autism for Women and Girls, Kate Kahle, TEDxAustinCollege](#)
- [Mom on the Spectrum Life Resources](#)
- The Neurodivergent Woman, Podcast:
  - [Executive Functioning](#)
  - [Neurodivergent Parents Parenting Neurodivergent Kids](#) with Dr. Celia Falchi
  - [What does an Autistic, ADHD'er Brain Look Like?](#)
- [Peggy Heinkel-Wolfe](#)

## Book List:

- [Between Now and Dreams by Shahla Ala'i-Rosales, Ph.D., BCBA-D and Peggy Heinkel-Wolfe](#)
- [Unmasking Autism by Devon Price](#)

For a full list of resources on this topic please see the [Resource List](#) attached.

[Watch this webinar on demand.](#)