



Counselling
People on the

AUTISM SPECTRUM

A PRACTICAL MANUAL

Katherine Paxton and Irene A. Estay

Katherine Paxton

Counselling People on the Autism Spectrum: A Practical Manual



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In addition to being indispensable for counsellors, this publication provides valuable details and advice for anyone working with people and family members affected by ASDs. This manual provides counselling techniques that work not merely for professionals, also for people either coping with getting on the spectrum themselves, or living with someone who has an ASD. Illustrated with useful case studies, it covers a range situations where counselling may be helpful for people with ASD, both children and adults, families where a member is on the spectrum, and couples where a partner offers ASD. This extensive book shows how exactly to develop the tools essential to help people on the spectrum cope with their emotions, anxieties, and confusion about the often overwhelming globe that surrounds them. No matter intellectual and linguistic ability, people in the autism spectrum often have significant impairments in psychological expression, regulation, and recognition, and they are known to have higher rates of depression and anxiety than the general population. It also addresses specific problems, including depression, anxiety, psychological regulation, social skills, and tension, with effective strategies for dealing with each concern. The characteristics of autism spectrum disorders (ASD) present unique challenges, not only to people themselves affected, but also to counselling professionals.



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It is well-written, well-researched, and filled with insights. I recommend this to anyone who works, could work, or is at all interested in dealing with ASD customers in a non-ABA/behavioral-only intervention method. This book was recommended by Michelle Garcia Winner at a workshop I attended, and I am therefore glad I bought it. Plus, she provides types of the worksheets and visuals that she uses in session, which are so useful. Very useful! I am a College Counselor and I use kids (and their parents) in the Autism Spectrum. This book gives useful information regarding how we have to frame our counseling classes to best meet up with the desires of ASD people. Perfectly done with reliable references. I likewise have an autistic two-year-old. Three Stars I read only part of it Exceptional Insight into Autistic Thinking I actually am a speech-vocabulary pathologist who works with autistic adolescents. There are always a insufficient good books and collections of research on helping clinicians translate their mental wellness knowledge into implies that work for clients on the spectrum.FANTASTIC As a mental health counselor who usually works with ASD clients, I bought this book as a reference information, and I have lent it out to other co-workers tons! I continue reading passages aloud to my colleague, who's actually enjoying hearing them.We highly recommend this book for parents, teachers, and other professionals who work with children or adults anywhere along the autism spectrum.



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