

HOLLY BRIDGES

FOREWORD BY STEPHEN W. PORGES

# REFRAME your thinking around AUTISM

How the Polyvagal Theory and Brain Plasticity  
Help Us Make Sense of Autism



Holly Bridges

## Reframe Your Thinking Around Autism



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Outlining a fresh, optimistic way to comprehend autism, this concise and available book offers practical ideas to help children on the spectrum grow. This book explains the theory basically and incorporates recent developments in brain plasticity study (the capability of the human brain to improve throughout life) to provide parents and professionals the tools to fortify the child's brain-body connection and lessen the sociable and emotional effect of autism. The Polyvagal Theory suggests autism is a learnt response by your body - due to the kid being in an extended state of 'fight or flight' while their nervous system is still developing.



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Uninformed musings about a subject do not constitute research or a valid scientific claim. We are shocked to see these positive reviews, since it is rare that a book on a serious and scientific subject matter is so badly researched and substantiated and contains so many a priori assumptions. Autism is definitely a spectrum disorder and every individual on that spectrum has a unique set of abilities and difficulties. We are able to start with the declare that we believe that autism is in the mind because, as humans, we have a need to believe we are cleverer than any other animal. Predictably, not one focus on trauma can be referenced...." Many thanks, Holly Bridges. The publication appears to be essentially a rehashing of two content articles by Stephen Porges, who, inexplicably, has written an introduction to this book.! Recommended for parents. So if it's not the brain..." (Bridges, pg. 17). Unpacking that a bit, because autists believe (whatever that means - it isn't defined, as no term can be defined in the reserve), autism cannot be "in the mind. etc. However they haven't found any. Others like to look to genetics for the reasons why people possess it. This is the kind of damaging work that is exploiting the autistic community and the parents of autistic children. etc. Except this is not accurate. BUT, she says multiple occasions that autism can be triggered by vaccines. non-e of it is accounted for. non-e of it shows up in the "bibliography" - an embarrassingly modest affair for a publication that makes such sweeping statements. It includes several autobiographies from autistics, two content by Porges, some information on Rolfing. Really, there's almost nothing in the bibliography that is directly related to autism research, and certainly not the works you'll expect to see at least detailed when making grand promises about the fight or flight response (Bessel van der Kolk, for instance), or theory of mind (Baron-Cohen etc. If you are likely to make the claim to have found the one smoking gun that underpins All the myriad problems of autism, you possess an ethical obligation to becoming evidence, to define the conditions you use, to demonstrate you know the existing state of research, and to involve some authentic professional claim to the experience you assert. But ". Bridges does not even demonstrate that she actually is acquainted with these works, that is something that a writer must do if making these types of bold claims, regardless of how "conversational" the tone. Autism offers everyone stumped" (Bridges 14). "Bridges goes so far as to claim that "Some people like to look in the mind for answers. No mention of Peter Levine, Stephen Shore, Onno van der Hart, etc.. That is an allistic specific making claims about the experience of all autistics, and let us be clear here, even actually autistic individuals would be hesitant to produce a generalization with the claim that it pertains to all autistics. Aside from completely unsubstantiated claims as to the "research" of autism (references are inserted mainly because non sequitur rates at the start of chapters without reference to the task being cited), Bridges promises regarding the autistic encounter is angering and demeaning. I really hardly know where to start. Think about my surprise when We go through that, as an autistic, I am unable to regulate my visceral state in the presence of others! Or that I was raised separated from my own body and am a "bright person" but "imprisoned" in this ineffective autistic body. Explains the biology of Autism and provides you some helpful solutions to try. It really is unforgivable that someone would state to speak for the autistic knowledge who is not really autistic, and who cannot point to a direct testimony by an autistic person to that impact. A testimony that might be one person's knowledge. But they haven't found any. It contributes nothing to the body of study, it contributes nothing to the real treatment of autistics. At greatest, this is an ill-advised attempt to contribute to a field that Bridges cares about, and I certainly hope that is the case. At worst, functions of this caliber (and they are not uncommon in the, up to now, ill-formed field of research into autism), is normally a cynical exploitation of the vulnerable communities at stake in order to turn out a very badly researched thesis to sell a book. I hope

that this does not apply in this case. The oft repeated praise of the book, that it is "easy", is about the only positive that I could ensure.) The complete thesis posits that autism is simply a traumatic response (without ever actually calling it this). Make it readable, by all means, if the quality of your argument and the paucity of your proof research is normally in this poor circumstances, it doesn't rise to these minimum requirements. Explains the biology of Autism and gives ... "Autism is like being given a scratchy . I've given it to teachers, parents, and recommended it to others thinking about this area. The Polyvagal Theory suggests autism is a learnt response by your body. Read steps to make changes. A very easy to understand concept that explains issues that persons with Autism can experience. I found the concept attractive, the range drawings instructive and useful. I really appreciated the language used. The idea that you Reframe Your Considering Around Autism: The way the Polyvagal Theory and Brain Plasticity Help Us SEEM SENSIBLE of Autism can retrain the insight to greatly help our autistic people is certainly phenomenal. Many thanks Holly Bridges. I actually highly recommended it. This is an excellent book, although scientific in concept applying the development . Vaccine denier BS, can't take any of the rest of it all seriously after reading that.. This book is actually helpful.. I've no idea where she is getting these generalizations, but if you are an allistic and you want to make promises about the autistic experience, you have to bring substantiation. and much more. Five Stars Best book in autism EVER!! Therefore I've never lost all hope.! Five Stars Easy browse with great info! Loved it. This is a wonderful book, although scientific in concept applying the development of the Polyvagal Theory to the Autism Spectrum, it is also not difficult to learn.. I wish this have been available 10 years ago. What a wonderful reserve! "Autism is like being given a scratchy jumper from your own Granny. While the rest of the kids in the playground are off working and jumping in the playground, the autist is stuck coping with Granny's itchy jumper. They might not have the ability to communicate this to you [. As I am looking to understand some family members dynamics which have been treated in numerous ways, yet no sense of alleviation has been found.] however they are still in there, thinking, creating and developing with their wonderful brains. and I know he can use everything for my good. As a result I have never lost all hope This book was exactly what I needed! I remaining off one superstar for the exact reason some of the other testimonials reference, but I for just one am not really bothered by the lack of science, and backup examples. I was seeking to understand spectrums of Aspergers which book was an eyesight opener for me personally. This reserve explaining polygaval theory and human brain plasticity as a means of understanding autism is no scratchy jumper - this is a warm, supportive hug. Years of counseling and struggle have been around in our family for decades. Without our understanding God I understand the picture would be very much uglier than it has been, and I know he can use all things for my good.! We have been diagnosed ADHD, Put, Depression, Chronic Fatigue, IBS, Lupus, (and discovered alleviation and healing from numerous treatments one being truly a yr on Plaquinel. I am getting it useful for my son. However the mental side of all of this is definately linked to a spectrum of Aspergers. I am so thankful for finding the avenue and look forward to where it will take our family with healing broken hearts because of our inability to communicate with each other and the world around us in a wholesome personal way. What a wonderful book! Very educational and eye opening Loved it. Very educational and eyesight opening. Very useful in understanding my child with aspergers.....autists are generally really smart. I strongly suggested it..it might have greatly helped to improved my our relationship. A must read for all those affected.. I wanted to such as this reserve. It denies the existence of a rich body of research that have found a great deal. NO. Simply, no. I can't take any other part of this book significantly if you're going to spew totally

unfounded pseudoscience and ableist crap such as this. I really wish I could like this book, but, simply, no. Easy Read, SUPER Brings a theory which makes so much feeling into an engaging readable structure. I want to purchase copies for all my close friends with children, grandchild, nieces or nephews on the spectrum!



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