

The Next Step in Development

Autminds 2017

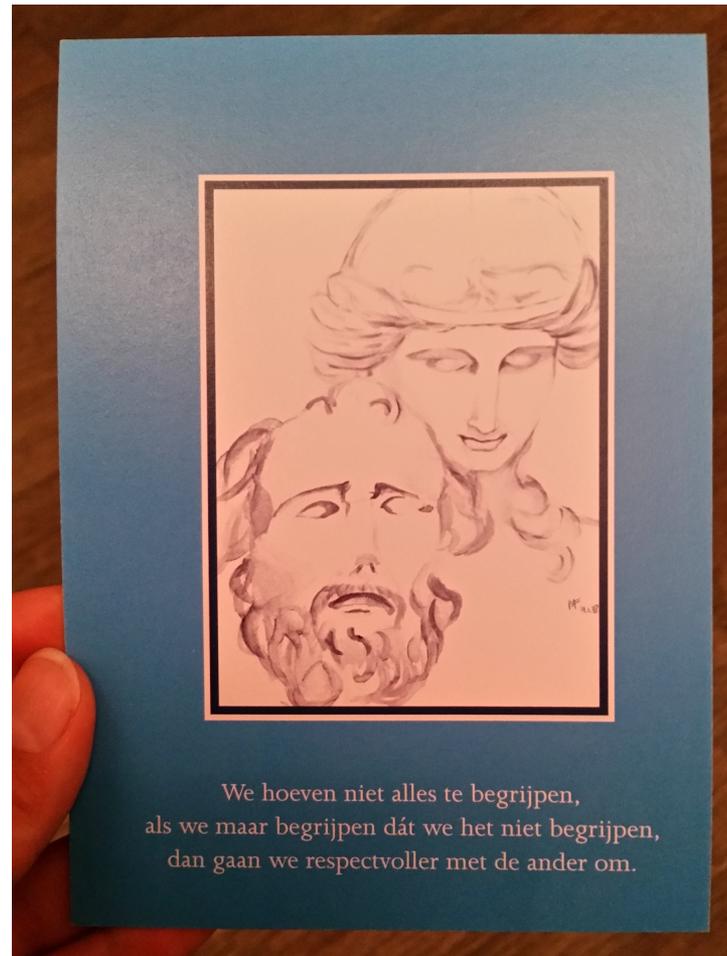
Monique Post

www.postpresentations.com

@MoniquePost1

BASIC

ATTITUDE



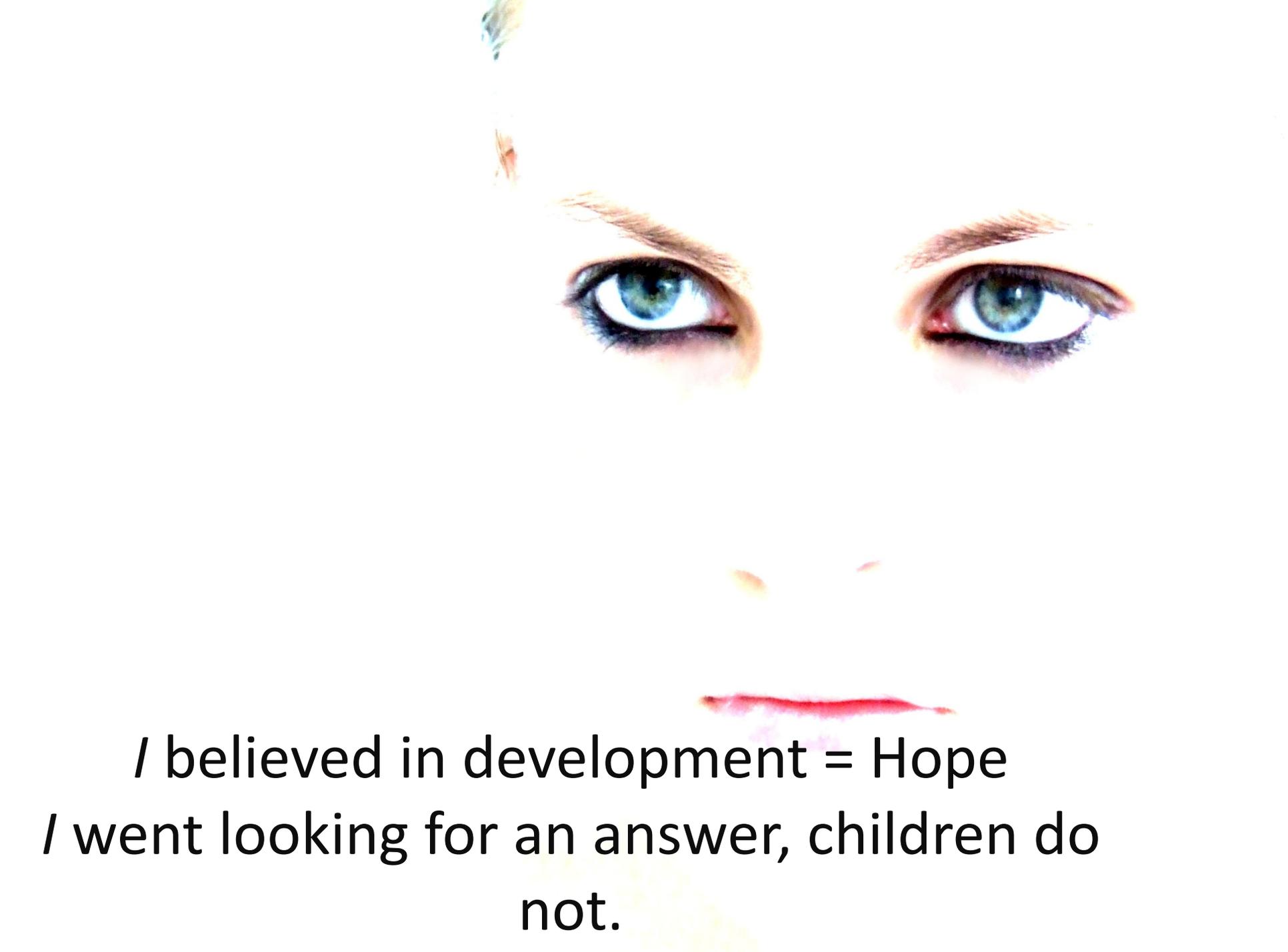
“We do not need to understand everything, as long as we understand that we do not understand, then we will be more respectful towards others.”

*The Beauty of the Difference-
Why men and women are different and the same' M.Delfos*





**I felt young and old at the same time,
still do but the difference is less pronounced.**



/ believed in development = Hope
/ went looking for an answer, children do
not.

"Surround yourself with the dreamers and the doers, the believers and the thinkers, but most of all, surround yourself with those who see the greatness within you, even when you don't see it yourself." - Edmund Lee

Adopting Martine Delfos as a mentor and teacher

- Delay *and* acceleration of development
- Not a disorder but atypical developmental
- Disharmonious profile – developmental fase possibly not recognised
- Information processing is not slow, but precise and precision takes time.

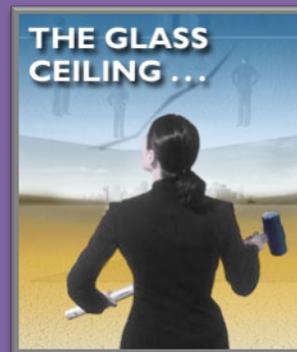
“We need precise people who are slower but make less mistakes. We also need people who are very quick but make more mistakes” M.Delfos



Defect = most behaviour considered as a characteristic of autism and therefore not changeable



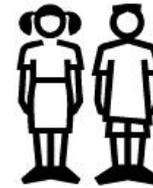
Perspective of delay/acceleration = possibility of progression in development in your own tempo and order





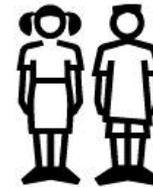
TD*

first social emotional, then cognitive



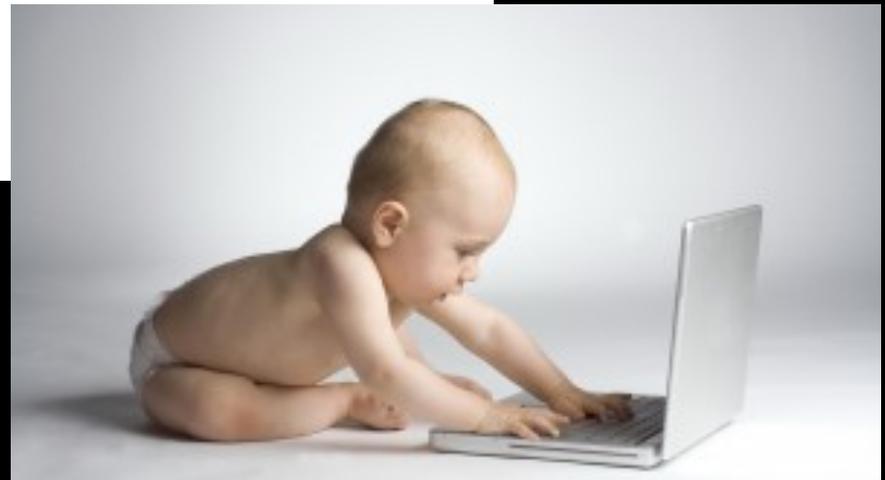
Autism

first cognitive, then social emotional

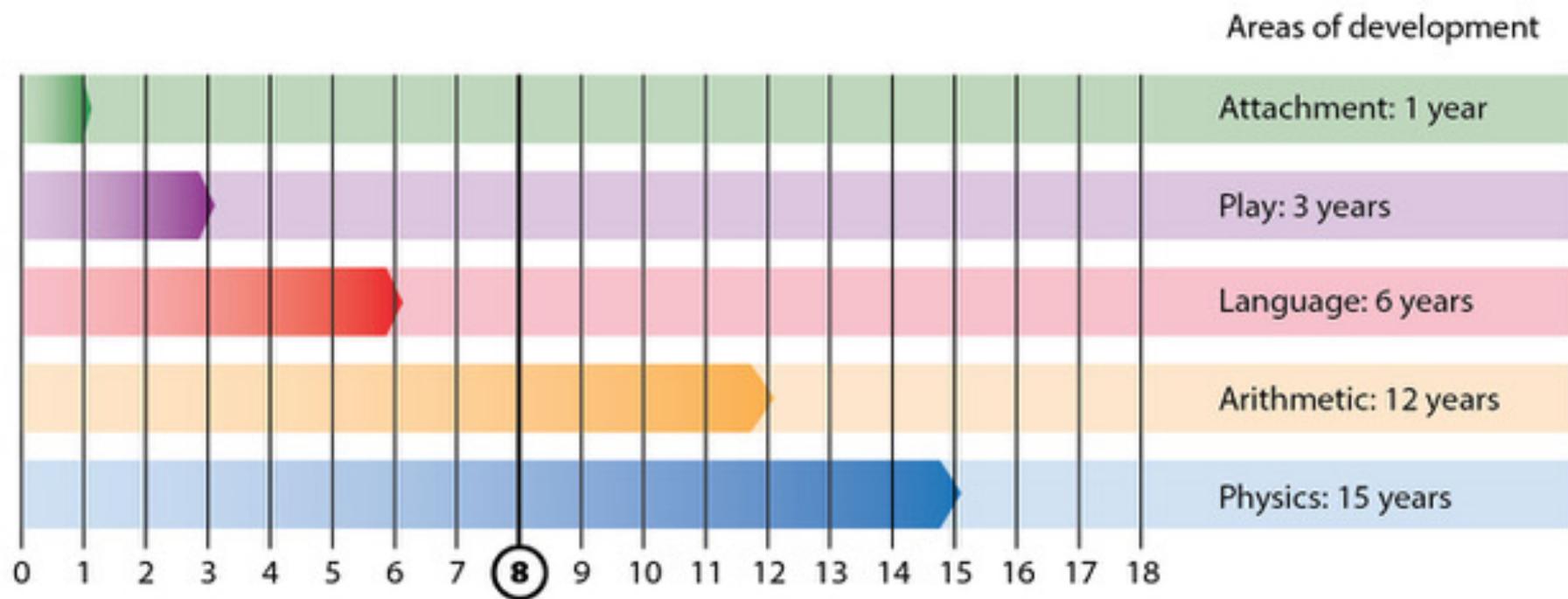


*Typical Development

Dr. M.F. Delfos



Some developmental ages for a girl with autism with a chronological age of 8 years



The developmental ages of someone with autism can vary enormously per developmental area and even within areas for each subject. It is a rainbow of ages throughout the day, every day.

Stress! Delfos

'Autistic' Behaviour does not exist

Intensity of the emotion is based on the **quantity** of hormones produced,
NOT on the level of danger

Explains seemingly out of proportion reactions to minimal amount of danger

Strategies to prevent anxiety	Non-aggressive strategies reducing anxiety
Aversion towards change	Hyperactivity
Extreme focus on mother	Flapping
Stiffen through touch	Rituals
Avoidance/pull back from social situations	Rocking
Doing your utmost	Repetitive questioning about what is going to happen
Isolation	Intellectual understanding
Adaptation	Cognitive reaction
Self hypnotic behaviour	Self hypnotic behaviour

Selective Perception?



Disease
Disturbance
Disorder
Limitation



Development
Diversity
Atypical
Precision

ATTITUDE not a method

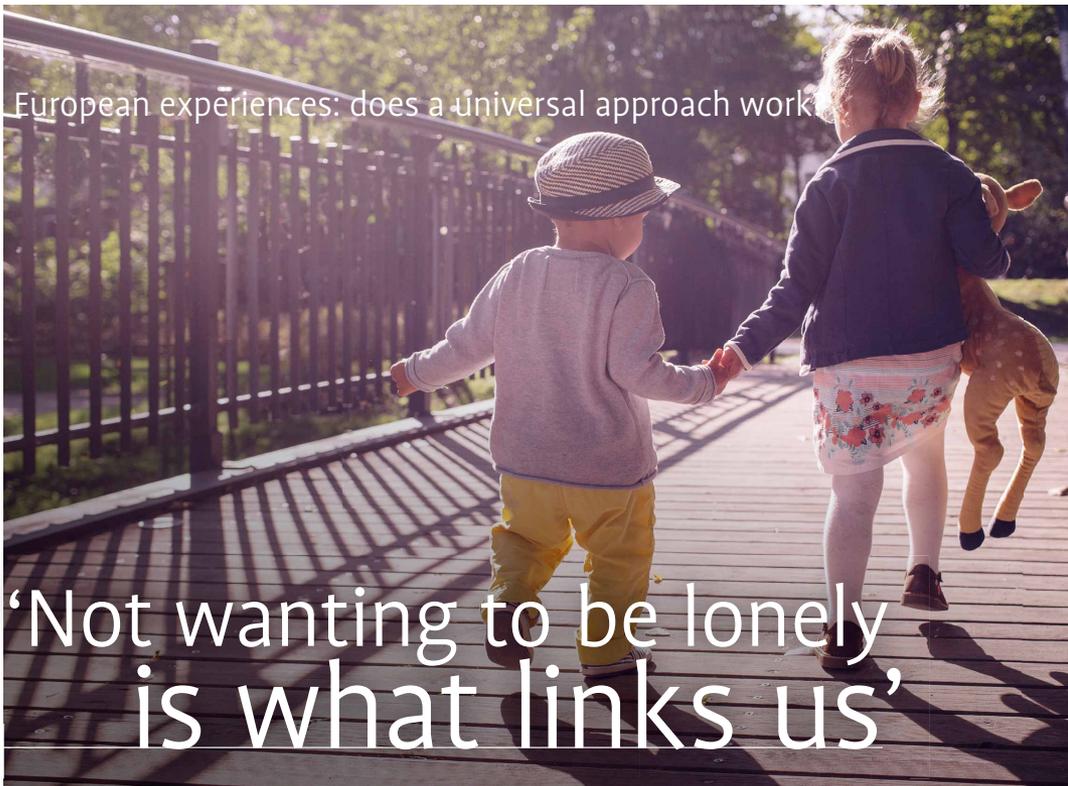


WHY?

If we see behaviour which baffles or surprises us, ask ourselves;
‘this is typical behaviour at the age of...?’
in order to look from the perspective of development which
happens in a different order/tempo.

MAS1P

'Not wanting to be lonely is what links us'



language and that in the meantime he himself could explore other methods of communication.

It was quite exceptional that a short while later he came looking for me with a card in his hand. It was part of a game about communication developed by Autism Latvia together with people with autism. From the 80 or so cards in the game he had selected the one which said: 'I will accept my situation with humour'. He then also spoke two words in English; 'bowling' and 'farm'. Proof that he could indeed understand some English. I took him to Martine and they sat and spoke together for a while.

Trauma

After the parent meeting, we went to Janis and his mother's house for a meal. Martine was given a photo of him as a 3 year old and understood that there had to have been trauma between that age and the man that he had become. Due to this trauma, initially caused by a care institution, his development had stagnated and the relationship with his mother had been damaged. The trauma became apparent and his mother shook with emotion when she was telling us.

He had chosen to sit next to me during the meal. Whilst listening to what his mother and Martine were saying he carefully took hold of my hand under the table. We sat there for ten minutes, together, whilst he was hearing things that would totally change his life. He was

not alone and it was his way of asking me, without words, if I would give him that support. This experience has made a deep impression within me and is something which I now carry with me wherever I go.

After our visit to Latvia a number of parents indicated they wanted to come to The Netherlands to continue working with Martine. She offered to return in February of this year to carry on working with them. Janis, who had never spoken to his mother and had only said a single word to others, reacted when his mother said Martine would be coming with a full sentence: 'That is the aunty who is going to cure my head'. His mother was amazed when her son seemed to be understanding most of what was being said. During the second visit a great deal more was discussed and for the first time the man was given answers to his questions about his deceased father.

Stress

In Wales I had already experienced what it meant for a man of 75 with autism to hear about maturation and development. How his world suddenly opened and his brain went into overdrive. He told us, 'up until now I have not been alive'.

In Latvia I met a 10 year old child with autism who was extremely hyperactive and only wanted to play and keep moving. His mother said he also had ADHD. In a conversation between the boy and Martine, she told him that the enormous amount of activity had two causes: his creative intelligence coupled with stress. The boy immediately became still and said 'heavy stress' and then told Martine

Everything in my life seems to be changing. I am experiencing a period of extreme development and self-awareness at the moment. There are countless reasons for this both in terms of my work and private life. A year ago I almost lost my dog Kaya to the most extreme form of meningitis of the brain that a dog can get, and I was told that the disease may return at any time and then is often fatal. So, I now live with a certain uncertainty.

A family member who has been diagnosed with early dementia makes you more aware of the fragility of life and how it can very quickly take a different course than what you had planned. You suddenly find you are living with an intense feeling of grief that never leaves you.

Working for the Coalition Looking From Within Autism (Vab) gave me the opportunity to work my way out of benefits and also to learn a great deal about politics and the dynamics of working together. And how difficult it can be to open people's eyes to new ideas and integrate these. I am referring to the approach of Martine Delfos where she looks at autism from a developmental perspective.

Janis

I was also given the chance to represent the Dutch Autism Association (NVA) as their European Ambassador within Autism Europe. I seriously underestimated the degree of positive impact this would have in my life.

In addition to this I was given the chance to accompany my mentor and teacher Martine Delfos to Latvia for a second time and attend and experience treatment sessions. This was an experience that I will never forget.

The sessions with parents and children showed me what an undiagnosed trauma- and not approaching it from a development perspective- can do to a person. By being there with Martine I was given a glimpse into the most extreme case I have experienced to date. I will call the man (39) Janis. Janis has autism and according to the people around him we were told he also had a severe intellectual handicap. During his first meeting with Martine in November 2016 - a lecture about autism in Riga which his mother had taken him to - there was a moment where he made a sound.

We were all seated in a large circle and Martine walked up to him and indicated that he was going to speak. She also noticed that he had a good understanding of the English

'Stress is an underestimated problem which deserves to be given far more attention'



**Do we need to stop trying
to 'understand' autism from a
social perspective?**

**Rather try to understand that
we do not understand the
unique individual in front of
us and so communicate with
them?**

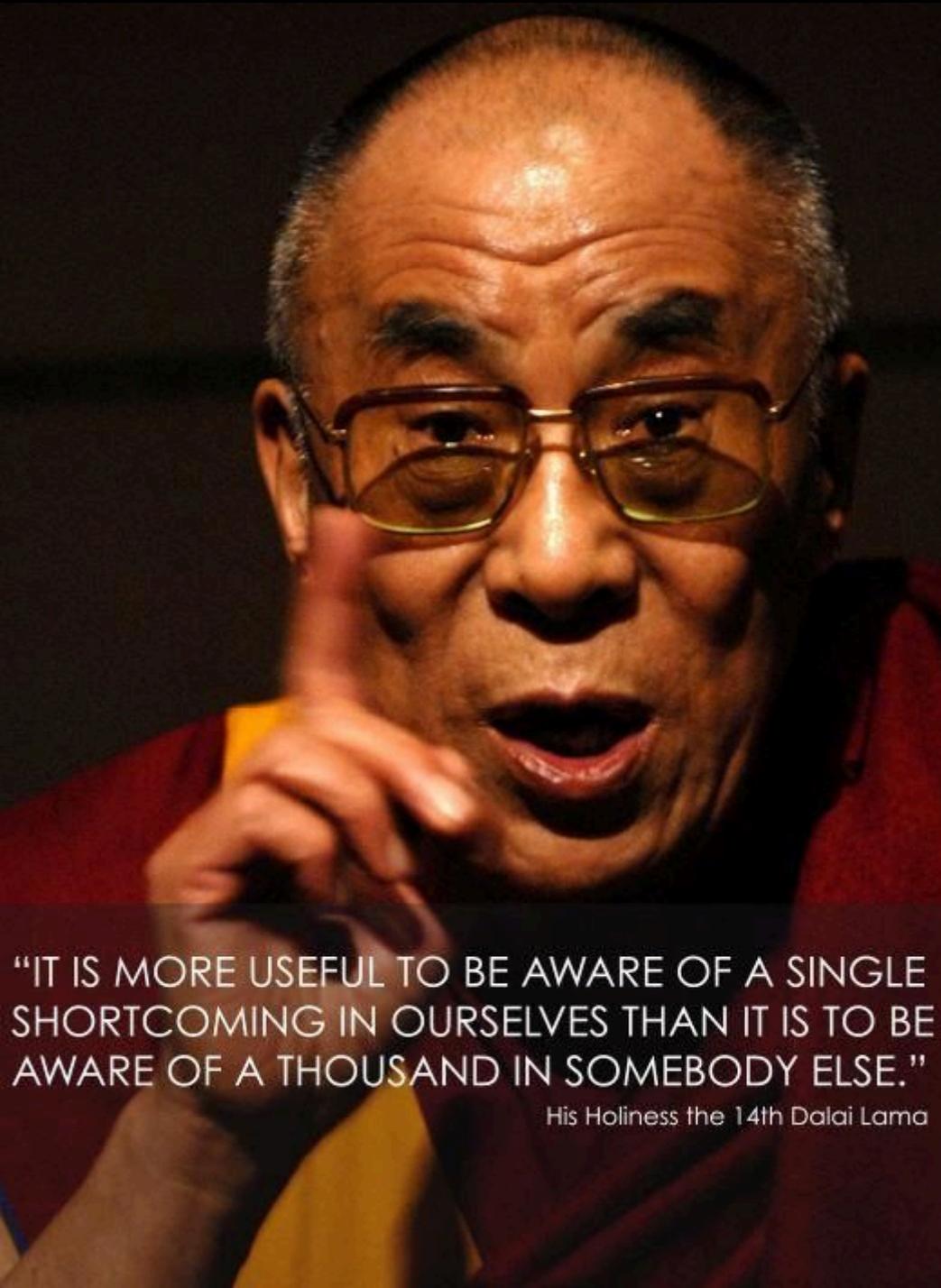
What did working from a developmental perspective do for me?

COALITIE
vanuit
AUTISME
bekeken



Nederlandse
Vereniging voor
Autisme

WIJ VERBINDEN AUTISME.NL

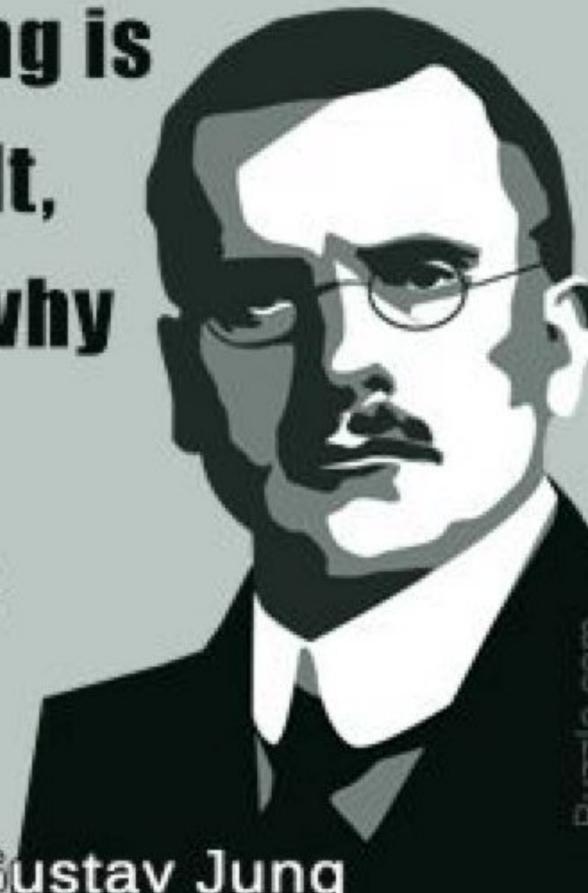


"IT IS MORE USEFUL TO BE AWARE OF A SINGLE SHORTCOMING IN OURSELVES THAN IT IS TO BE AWARE OF A THOUSAND IN SOMEBODY ELSE."

His Holiness the 14th Dalai Lama

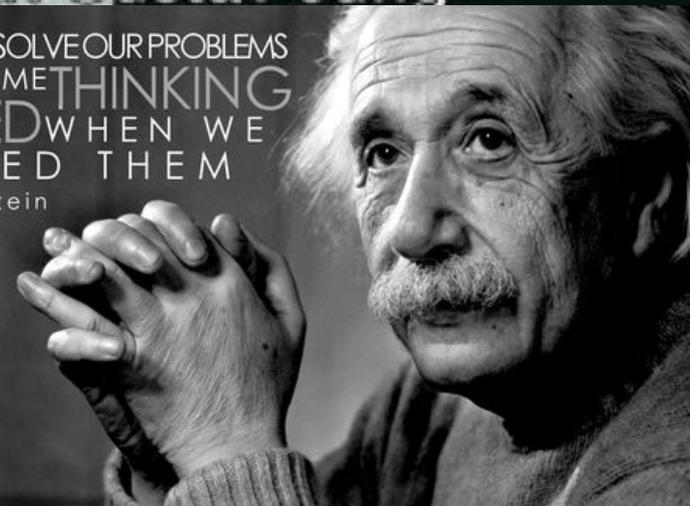
**Thinking is
difficult,
that's why
most
people
judge.**

— Carl Gustav Jung



WE CANNOT SOLVE OUR PROBLEMS
WITH THE SAME THINKING
WE USED WHEN WE
CREATED THEM

-Albert Einstein



Agents of Change

“Empowerment happens when a person who is seen as the problem begins to see him or herself as part of the solution”

(Saul Alinsky quoted in Campbell and Leaver, 2003)



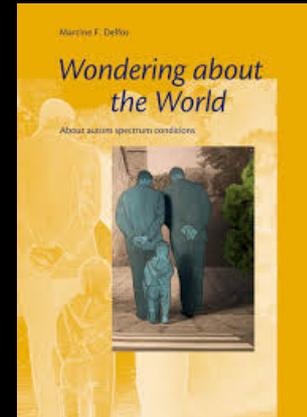
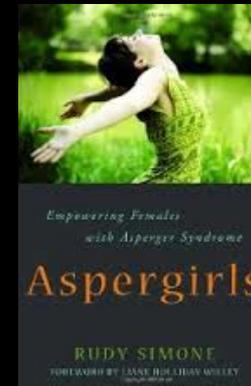
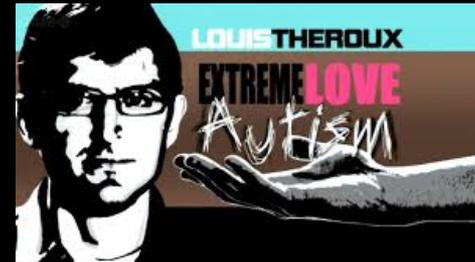
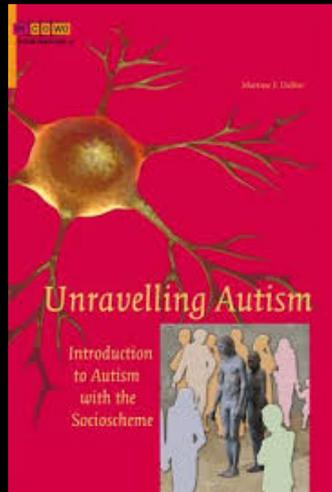
A NEW PERSPECTIVE ON AUTISM

YouTube tips

- ❖ Make me Normal
- ❖ Extreme Love Autism, Louis Theroux
- ❖ The Autistic Me, BBC
- ❖ Regels van Matthijs
- ❖ Life Animated

Lees Tips

- ❖ Een Vreemde Wereld, M.Delfos
- ❖ Trauma van een ontwikkelings perspectief
- ❖ Autisme Ontraffelen, M.Delfos



@MoniquePost1

www.postpresentations.com

Voor lezingen/trainingen/workshops/
(digitale) coaching aanvragen;
postpresentations1@gmail.com