EYE CONTACT GOALS

STOP WRITING THESE ABLEIST THERAPY GOALS

Just a Few of the Countries Where Eye-Contact is not always considered part of Cultural Norms:

China, Japan, Iran (gender interactional related), Vietnam (gender interactional related), Cambodia, Indonesia (disrespectful to elders), Kenya (disrespectful to elders or higher status), Hong Kong, South Korea, Thailand, Australia (sometimes), Canada (sometimes), Saudi Arabia (gender interactional related).


Many (Autistic people) say that looking others in the eye is uncomfortable or stressful for them - some will even say that “it burns” -- all of which points to a neurological cause.


In addition, variation in eye fixation within autistic individuals was strongly and positively associated with amygdala activation across both studies, suggesting a heightened emotional response associated with gaze fixation in autism.


Therapists – Eye contact goals are for the benefit of neurotypical communication partners, not Autistic people. Neurodivergent listening skills are different. #DiversityInSocialIntelligence

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