

Social Skills Training & The Research

**Therapist
Neurodiversity
Collective** International

• Therapy • Advocacy • Education •
Established January 2018

These three fields of contemporary Autism research form the basis of our **'NO SOCIAL SKILLS TRAINING'** position. Therapy approaches we recommend: perspective taking (validation of self-perspectives), self-advocacy and increasing autonomy with supports.

Autistic Masking & Camouflage

Mandy W. Social camouflaging in autism: Is it time to lose the mask? *Autism*. 2019;23(8):1879-1881. doi:10.1177/1362361319878559

"Social camouflaging is associated with mental health challenges. In qualitative research, autistic people consistently link their camouflaging to experiences of anxiety and depression (e.g. Bargiela et al., 2016). Several quantitative studies show associations between camouflaging and internalising problems: autistic people who camouflage also tend to report higher rates of anxiety and depression (e.g. Cage & Troxell-Whitman, 2019; Livingston, Colvert, et al., 2019). One study found that self-reported camouflaging is associated with higher rates of suicidality (Cassidy, Bradley, Shaw, & Baron-Cohen, 2018)."

The Double Empathy Problem

Milton, Damian & Heasman, Brett & Sheppard, Elizabeth. (2018). Double Empathy. 10.1007/978-1-4614-6435-8.

"The double empathy problem (DEP) refers to a "disjuncture in reciprocity between two differently disposed social actors" who hold different norms and expectations of each other, such as is common in autistic to non-autistic social interactions (Milton 2012: 884). With different dispositional outlooks and personal conceptual understandings, interactions involving autistic and non-autistic people are susceptible to frequent misunderstandings. It is a "double problem" as both people experience it, and so it is not a singular problem located in any one person."

Diversity in Social Intelligence

Crompton CJ, Ropar D, Evans-Williams CV, Flynn EG, Fletcher-Watson S. Autistic peer-to-peer information transfer is highly effective. *Autism*. 2020; 24(7):1704-1712. doi:10.1177/1362361320919286

"These results, however, are the first empirical evidence that suggest the difficulties in autistic communication are apparent only when interacting with non-autistic people, and are alleviated when interacting with autistic people. This is evidenced by our finding that autistic and non-autistic people do not significantly differ in how accurately they recall information from peers of the same neurotype but that selective difficulties occur when autistic and non-autistic people are sharing information."