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Autism & Anxiety

The Resilient Child



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2956753/>

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Autism & Anxiety

Family Factors That Promote Resilience

- Parent warmth
- Marital and extended family support
- Belief in child
- Accepting the child for who they are
- High Sensitivity to sensory integration needs
- Recognizing the validity of the child's feelings
- Non-blaming, non-punitive but clear rules with consequences (see Good, Bad, Ugly)
- Message of competence/philosophy of 'can'
 - High expectations/Not 'infantilizing'
- **Promote play, imagination, and pretend**

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Autism & Anxiety


Other Resilience Factors

- Positive school experience
 - Good teachers, friendly peers
- The 'cultural surround'
 - Religion/Spirituality
- Avoidance of trauma
 - Loss/death of a parent
 - School shootings
- Stressful life events
 - Divorce
 - Poverty
 - Illness
 - Immigrant status
 - Cultural/historical events—colonialism, racism,

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Autism & Anxiety
Relaxation, Breathing, and Imagination



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Autism & Anxiety
Interventions for OCD

- OCD definition*
 - Obsession: **a persistent disturbing preoccupation with an often unreasonable idea or feeling**
 - Compulsion: **repetitive behaviors or mental acts that a person feels driven to perform in response to an obsession**
- Autistic habits vs OCD: A common confusion
 - 'A Habit in Motion Stays in Motion' makes it hard to distinguish sometimes as repetitive interests are NOT OCD
 - But Billy definitely has OCD
- The child must want to get better from it


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Autism & Anxiety
Interventions for OCD




- A robust evidence-base supports the efficacy of CBT
- When Exposure and Response Prevention—ERP are not completely effective. . .
- Selective serotonin reuptake inhibitors (SSRIs) are indicated for the treatment of pediatric OCD*
 - Increasing evidence for children with ASD + OCD
- Desire to get better is very important
 - Include the child
- Brain over Mind

National Institute for Health and Care Excellence.
<https://www.nice.org.uk/guidance/og31/evidence/fullguideline-194883373>

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 Autism & Anxiety
Explore More Resources

Support your journey with PLAY-based strategies and expert insights!

-  **Autism: The Potential Within**
 - By Dr. Richard Solomon
 - Discover the science, stories, and success of the PLAY Project approach.
-  **The PLAY Project Parent Guide**
 - A practical guide full of tips, tools, and encouragement for families.
-  **Visit the PLAY Store**
 - Explore all resources, books, & materials in one place! Scan the QR Code now!

