

## Autism in the eye of the beholder. A Hedgehog or a Cactus?

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### Abstract

While there are many assessments, support systems and practices in place established over the years for autistic children they have been focused on the child exclusively. An admirable campaign on public education has been launched to help for some adjustments and exceptions to be made at schools and promote the settling of a culture of more acceptances. Still, it does not require people to take personal responsibility which still lies with the autistic person. I propose that society's mindset need to change and urgently. Parents need fresh eyes, and a new perspective that can add another piece of the impossible puzzle they are solving every day but solutions come naturally only when the questions are clear. An autism therapy is only possible if it's applied to the collective. We need to understand that autism is not cases of isolated, unfortunate incidents but a collective phenomenon. The change starts from parents who are open to learn how to manage their own personal space and emotional balance introducing some unconventional concepts such as:

Emotional Skin Deficiency (ESD) - challenges and benefits  
 Autistic differences in perceptions - physical, visual, sound, time, etc.  
 Emotional Hygiene for everyone  
 Multi-Level Communication  
 Energy differences and effective management  
 Nutritional adjustments in support of the internal autistic structure.  
 It's the immediate circle of family members and teachers that have to learn new ways of thinking, feeling and responding. We all have to share the responsibility and learn to control our minds and emotions first, before imposing it to others.



### Biography:

I was born as a high functioning autistic in a communist country within a family and society ignorant to the Spectrum. I use my special interest in people as a super-power to shift the

paradigm and integrate radically new concepts and insights about the Autistic world into the not-autistic frame of reference. At present, I am a certified SEN tutor, an author, consultant and inspirational speaker on parenting and Autism. All my years of experience, combined with being autistic myself, give me a point of view and a set of perceptions very different from the ordinary which makes my input a valuable insight, and I am often working with complex cases of adaptability.



### Speaker Publications:

1. "TALENTO AUTISMO: El talento de vivir el futuro en un cuerpo del presente (Spanish Edition) 23-Feb-
2. "AUTISM, a Sign of Natural Evolution 20-Jun-2017, Amazon Publishing.
3. Talent Autism, Extraordinary way to see autism and fall in love with it, 12th Autism-Europe International Congress Nice, France September 13, 2019

[2nd European Autism Congress](#); February 28-29, 2020- Budapest, Hungary.

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