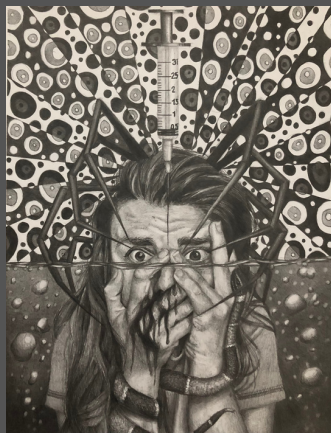




UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 13 AUTISM & PHOBIAS



Phobia Triggers

Artwork by Nicole Kubilus

[What is Emetophobia?](#)

emetophobia.co.uk

(website)

[What Causes Phobias?](#)

(blog) mind.org/uk

[The Emetophobia](#)

[Workbook](#)

[How to Heal Your Anxiety](#)

[When No One Else Can](#)

Many people can suffer from phobias but how exactly are autistic people impacted by phobias and what are some methods to cope with them? In this podcast we explore causes of phobias and some strategies on how to manage and overcome them.

AUTISM AND PHOBIAS

How do Phobias Relate to Autism? 0:00-2:00

- definition of phobias by John Hopkins Medicine
- 84% of autistic children experience phobias
- impacts sense of overwhelm and may limit life experiences

Root Causes of Phobias 2:00-4:33

Neurology of Phobias 4:33-8:27

Categories of Phobias 8:27-12:14

How Do People Cope With Phobias? 12:14-14:34

How to Overcome a Phobia if You Have Autism and An Overview of Different Therapies That Can Help 14:34-49:12

Nicole's Personal Experiences With Autism and Phobias 49:12-54:00

Bret Shares His Personal Experiences With His Son's Phobias 54:05-1:12:53

How Did Phobias Impact Us As Teachers: Advice for Teachers and Parents 1:13:00-1:31:25

Some Advice For Adults Dealing With Phobias 1:31:25-1:40:33