



## UNDERSTANDING AUTISM PODCAST

### SHOW NOTES

### SEASON 1 EPISODE 16

### AUTISM & ANXIETY



*Pinned and Panicked*  
Artwork by Nicole Kubilus

[Asperger's Syndrome and Anxiety by Nick Dubin \(book\)](#)

["Anxiety Drives Amygdala Differences in Autistic Youth" by Peter Hess\(blog\)](#)

[Effects of Bullying by Dr. Tony Atwood \(video\)](#)

Anxiety is a common occurrence for all of us, but how does a person on the spectrum experience anxiety? In this episode, we will explore the link between autism and anxiety and focus on autistic experiences with anxiety.

## AUTISM AND ANXIETY

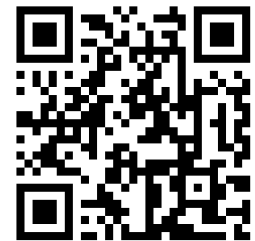
How common is anxiety among autistic people?	0:00-2:14
<ul style="list-style-type: none"> <li>• 75% of autistic children have at least one co-occurring mental health condition (such as: anxiety, depression, bipolar disorder, schizophrenia) (Drexel University)</li> <li>• 50% of people with autism have two or more co-occurring mental health conditions (Drexel University)</li> <li>• 40-50% of people with autism receive a clinical diagnosis of anxiety (National Autism Society)</li> </ul>	
Nick Dubin's General Common Triggers of Anxiety	2:14-9:00
Dubin's Five Maladaptive Schemas (Core Negative Beliefs) That Perpetuate Feelings of Anxiety	9:00-16:07
Bret Shares His Personal Experiences With His Son's Anxieties	16:07-17:07
Nicole's Personal Experiences With Autism and Anxiety	17:07-26:49
Nicole Reflects on Dubin's Common Triggers of Anxiety	26:49-41:44
Bret Considers Dubin's Common Triggers of Anxiety for His Son	41:44-52:38
Overview of Available Therapies and Treatment For Anxiety	52:38-57:35
Nicole Reflects on Therapies That Worked for Her	57:35-1:21:17



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The Healing Otherness  
Handbook by Stacey  
Reicherzer  
(book).



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## AUTISM AND ANXIETY

- **Bret Shares Treatments That Worked For His Son's Anxieties** 1:21:17-1:25:17
- Nicole and Bret Share Their Experiences With Dealing With Anxiety in the Workplace** 1:25:17- 1:42:34
- Some Advice For Helping People With Autism Deal With Anxiety in the Workplace** 1:42:34-2:01:03
- Some Advice For Helping Students With Autism Deal With Anxiety in the Classroom** 2:01:03-2:11:07
- Book Recommendations** 2:11:07-2:15:00
  - *The Guide To Good Mental Health on the Autism Spectrum* by Jeanette Pirkus, Dr. Emma Gooddall, and Dr. Jane Nugent
  - *Unmasking Autism* by Dr. Devon Price
  - *Trauma, Stigma, and Autism* by Gordon Gates
  - *The Anxiety and Worry Workbook* by David Clark and Aaron Beck
  - *The Highly Sensitive Person* book series by Dr. Elaine Aron
  - *Making Work Work for the Highly Sensitive Person* by Barrie Jager
  - Books by Nick Dubin
    - *Autism Spectrum Disorder and Depression*
    - *Asperger's Syndrome and Bullying*
    - *Autism Spectrum Disorder, Developmental Disabilities and the Criminal Justice System*
    - *The Autism Spectrum, Sexuality, and the Law*