

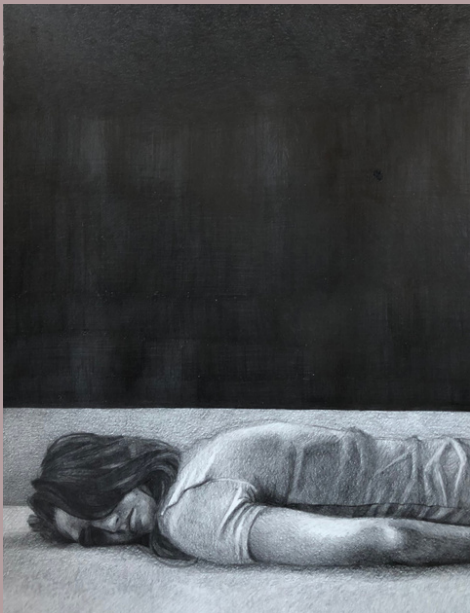


# UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 17

AUTISM AND DEPRESSION



*What's the Point?*  
artwork by Nicole Kubilus

*The Autism Spectrum and Depression*  
(book)  
by Nick Dubin

Autism Self Advocacy Network  
(website)

## UNDERSTANDING AUTISM PODCAST

Depression can be a real concern for many of us especially around the holidays, but how do people on the spectrum experience depression? In this episode we explore the causes, experiences, and treatments for autistic people and depression.

### SEASON 1 EPISODE 17: AUTISM AND DEPRESSION

- **INTRO: EXPERIENCE AND DEPRESSION**  
0:00-6:15
- **LINKS BETWEEN AUTISM AND DEPRESSION**  
6:15-31:19
- **DUBIN'S MALADAPTIVE SCHEMAS AND DEPRESSION** 31:19-40:26
  - Disconnection and Rejection --> "The world is not a safe place"
  - Impaired Autonomy and Performance --> "I cannot function adequately in this world"
  - Impaired Limits--> "Things are either good or bad"
  - Other-Directedness --> "I am worthless" or "I am worthless without the approval of others"
  - Over-vigilance and inhibition--> "The world is unpredictable"
- **NICOLE SHARES HER EXPERIENCES WITH DEPRESSION AND CHRONIC ANXIETY**  
40:26-1:12:03
- **BRET SHARES HIS SON'S EXPERIENCES WITH DEPRESSION** 1:12:03-1:19:40
- **ADVICE FOR PARENTS** 1:19:40-1:31:04
- **THERAPIES AVAILABLE AND SOME ADVICE**  
1:31:04-1:37:31
- **AUTISM, DEPRESSION, AND THE WORKPLACE**  
1:37:31-2:00:00
- **SUPPORTING AUTISTIC STUDENTS IN THE CLASSROOM** 2:00:00-2:29:27



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[De\(PRESS\)ion Poetry](#)  
[by Nicole Kubulis](#)  
[\(website\)](#)



[UnderstandingAutism.info](http://UnderstandingAutism.info)  
[\(website\)](#)

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#### ➤ RESOURCES 2:29:30-2:31:21

- *The Guide to Good Mental Health on the Autism Spectrum* by Jeanette Pirkus, Dr. Emma Gooddall, and Dr. Jane Nugent
- *The Healing Otherness Handbook* by Stacey Reicherzer
- *Unmasking Autism* by Dr. Devon Price
- *Trauma, Stigma, and Autism* by Gordon Gates
- *Overcoming Anxiety and Depression on the Autism Spectrum* by Lee Wilkinson
- *Autism and Depression: Empowering Yourself, Your Mind, and Your Life* by Ethan Harris
- *Autism and Depression: A Workbook for Adolescents and Adults* by Katie Saint
- *ADHD, Autism Spectrum Disorder and Depression* by Duong Tran
- *Supporting Transgender Autistic Youth and Adults* by Finn V. Gratton
- *Unmasking Autism* by Dr. Devon Price
- Books by Nick Dubin
  - *Asperger's Syndrome and Anxiety*
  - *Asperger's Syndrome and Bullying*
  - *Autism Spectrum Disorder, Developmental Disabilities and the Criminal Justice System*
  - *The Autism Spectrum and the Law*