

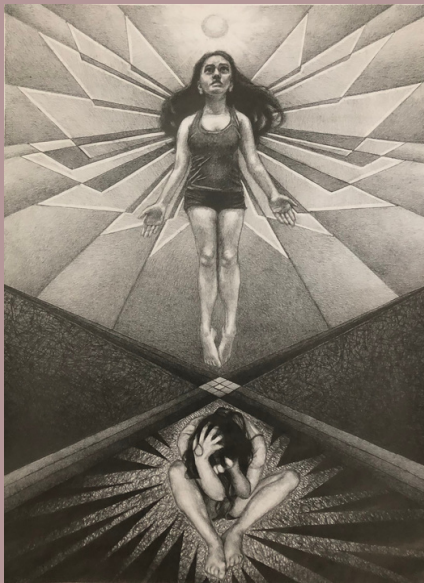


UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 19

AUTISM AND SHAMING



Liberation from Shame
artwork by Nicole Kubilus

*Shame-Informed Therapy: Treatment
Strategies to Overcome Core Shame
and Reconstruct the Authentic Self*
(book)

by Dr. Patti Ashley

*Trauma, Stigma, and Autism:
Developing Resilience and Loosening
the Grip of Shame*
(book)

by Gordon Gates

UNDERSTANDING AUTISM PODCAST

Neurodiverse people often know they are different and that they may stand out from neurotypical people. But how does society treat those that are different? This episode explores the sensitive issue around shame, stigma and the resulting trauma that can occur. We also review examples of shame informed therapy.

SEASON 1 EPISODE 19: AUTISM AND SHAMING

- **INTRO: DEFINING SHAME AND CORE SHAME (DR. PATTI ASHLEY) 0:00-5:43**
- **THE NEUROBIOLOGY OF SHAME 5:43-8:27**
- **STIGMA, SHAME, AND IDENTITY FATIGUE (GORDON GATES) 8:27-13:42**
- **THE STIGMA AROUND "NOT BEING NORMAL," AND A PARENT'S POINT OF VIEW 13:42-46:52**
- **THE IDEA OF PRIVILEGE AND WHAT IS TO BE "NORMAL" IN WESTERN CULTURE 46:52-1:04:32**
- **GORDON GATES' ADVICE FOR PARENTS 1:04:52-1:13:07**
- **HOW TEACHERS AND THERAPISTS CAN CREATE CORE SHAME 1:13:07-1:23:12**
- **HEALING CORE SHAME: RESOURCES 1:23:12-1:29:07**
- **WHAT PARENTS, TEACHERS AND THERAPISTS CAN DO TO REDUCE SHAME 1:29:07-1:36:53**
- **ADVICE FOR PARENTS 1:36:53-2:02:44**
- **ADVICE FOR AUTISTIC ADULTS WHO ARE HEALING THEIR CORE SHAME 2:02:44-2:07:23**
- **ADVICE FOR TEACHERS TO REDUCE CORE SHAME FOR AUTISTIC STUDENTS AND ADULTS 2:07:23-2:34:20**



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Making Peace with Imperfection
(book)

by Dr. Elliot Cohen

The CBT Workbook for Perfectionism
(workbook)

by Sharon Martin

The Perfectionism Workbook
(workbook)

by Taylor Newendorp

The Healing Otherness Handbook
(book)

by Stacey Reicherzer

Unmasking Autism
(book)

by Dr. Devon Price

Asperger's Syndrome and Anxiety
(book)

by Nick Dubin

Asperger's Syndrome and Bullying
(book)

by Nick Dubin

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➤ **ADVICE FOR STUDENTS DEALING WITH SHAMING 2:34:20-3:01:18**

