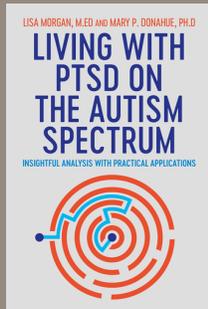




RESOURCES



[Living With PTSD on the Autism Spectrum](#)

by [Lisa Morgan and Mary Donahue](#)

[The Healing Otherness Handbook](#) by

[Stacey Reicherzer](#)

[Trauma Stigma and Autism: Developing](#)

[Resilience and Loosening the Grip of](#)

[Shame](#) by [Gordon Gates](#)

[The Moral Injury Project, Syracuse](#)

[University](#)

[The AuDHD Manual: Finding Resilience](#)
[and Strength in Neurodivergence](#) by

[Pamela Olsson](#)

UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODES 40 & 41: LIVING WITH PTSD
ON THE AUTISM SPECTRUM

SHOW SUMMARY

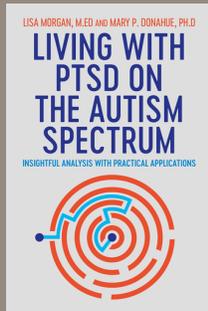
In part three of our four part series on autism and mental health, we review the book *Living With PTSD on the Autism Spectrum* by Lisa Morgan and Mary Donahue. Lisa is an autistic adult and Mary is a licensed therapist; together they describe how prolonged exposure to social pressures and environments can actually lead to PTSD. We explore this connection and other situations that might lead to PTSD for those on the spectrum.

EPISODE 40 LIVING WITH PTSD & AUTISM (PART 1)

Introduction	0:00-1:32
What is PTSD?	1:32-4:18
<ul style="list-style-type: none">• PTSD Definition• Complex PTSD or C-PTSD• Brain Chemistry of PTSD	
Symptoms of Autism and PTSD	4:18-10:48
Other Conditions That May Lead to PTSD	10:48-43:08
<ul style="list-style-type: none">• Betrayal Trauma• Neglect• Ambiguity About the Source of Harm• Impacts of PTSD• Coping Strategies	
Moral Injury	43:08-55:07
Pathological Demand Avoidance	55:07-56:38
Rejection Sensitive Dysphoria	56:38-1:11:19
The Connection Between PTSD and Adult Independence	1:11:19-1:45:48
Our Reflections on:	
<ul style="list-style-type: none">• Betrayal Trauma• Moral Injury• Pathological Demand Avoidance• Rejection Sensitivity Dysphoria	
Closing	1:45:48-1:46:40



RESOURCES



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[Trauma Stigma and Autism: Developing Resilience and Loosening the Grip of Shame](#) by [Gordon Gates](#)

[The Moral Injury Project, Syracuse University](#)

[The AuDHD Manual: Finding Resilience and Strength in Neurodivergence](#) by [Pamela Olsson](#)

[Complex Trauma Glossary](#)

[Dr. Arielle Schwartz: Brain and Body Integration for Trauma Recovery](#)
(website)

UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODES 40 & 41: LIVING WITH PTSD
ON THE AUTISM SPECTRUM

SHOW SUMMARY

In part three of our four part series on autism and mental health, we review the book *Living With PTSD on the Autism Spectrum* by Lisa Morgan and Mary Donahue. Lisa is an autistic adult and Mary is a licensed therapist; together they describe how prolonged exposure to social pressures and environments can actually lead to PTSD. We explore this connection and other situations that might lead to PTSD for those on the spectrum.

EPISODE 41 LIVING WITH PTSD AND AUTISM (PART 2)

The Pressure To Reach Socially Appropriate Milestones	0:00-26:26
<ul style="list-style-type: none"> The trauma behind keeping up with the “neurotypical normal” using socially appropriate milestones Our thoughts on using neurotypical social milestones for autistic children 	
Masking and Social Camouflaging	26:26-28:56
Our Thoughts on Masking, Burnout, and the Pressures of Living Independently	28:56-1:31:26
Treating Shock Trauma & Adaptive Survival Strategies: The Defense Cascade	1:31:26-1:37:16
<ul style="list-style-type: none"> Freeze Flight Fight Fawn Submit Faint 	
The Challenge with Caregivers and Helpers	1:37:16-1:52:29
Basic Human Rights for Self-Development and List of Autistic Client Rights as a Mantra For Mental Health and Self Advocacy	1:52:29-1:57:36
Mary Donahue’s Idea of Cultural Competency	1:57:36-1:59:19
The Six Rs of Neuropsychology	1:59:19-2:00:12
Our Reflections on Cultural Competency and the Six Rs of Neuropsychology	2:00:12-2:35:59
<ul style="list-style-type: none"> Safety Developing and Maintaining Trust Shared Control Hope for Learning and Change Open Communication 	
Summary and Closing	2:35:59-2:38:35