## **NEURODIVERGENCE AND TRAUMA**

**TRAUMA** 

\* NEGATIVE CORE BELIEFS \* INTRUSTIVE MEMORIES/NIGHTMARES \* AVOIDANCE OF REMINDERS OF TRAUMA \* CHRONIC HYPERAROUSAL: IRRITABILITY, ALERT FOR DANGER, SENSATIONS OF PANIC \* CHRONIC HYPOAROUSAL; DISSOCIATION \*FRAGMENTATION OF IDENTITY/SENSE OF SELF \* FEELINGS OF HOPELESSNESS, VULNERABILITY, GUILT, SHAME. DESPAIR

\* THRILL SEEKING \* IMPULSE CONTROL DIFFICULTIES \* RESTLESSNESS \*DISTRACTEDNESS

\* DIFFICULTIES PRIORITISING, PLANNING AND ORGANISING TASKS \*ATTEND TO MULTIPLE STIMULI AT ONCE \* DIFFICULTIES WITH TIME MANAGAMENT \* LOSING THINGS/ CARELESSNESS \* DIFFICULTIES PAYING ATTENTION/SITTING STILL

ADHD

**\*** INTEROCEPTIVE CHALLENGES **OVERLAP** \*EMOTIONS ARE **\* HIGH BURN OUT \* OVERWHELM** \*HIGH ANXIETY/PANIC **\*EXECUTIVE DYSFUNCTION \* EMOTION DYSREGULATION** \*SENSORY SENSITIVITIES **\* SELF MEDICATION \*SLEEP DISTURBANCE \*ISOLATION** 

\*DEMAND AVOIDANCE **\*INTENSE INTERESTS** \*CREATIVITY/INNOVATION \*STRUGGLE TO 'FIT IN' \*HYPERFOCUS \*STIMMING

70% OF AUTISTIC PEOPLE HAVE A CO-OCCURRING MENTAL HEALTH CONDITION, INCLUDING ANXIETY, DEPRESSION OR PTSD.

## AUTISM

\*PREFER ROUTINE **\*FOCUS ON DETAIL** \*DIFFERENT SOCIAL COMMUNICATION STYLE DIFFERENCES IN LANGUAGE **GESTURE AND SPEECH \*ANXIETY IN RELATION TO** UNEXPECTED CHANGE \*ADHERENCE TO RULES/ COMMON INTEREST IN JUSTICE

\* BEHAVIOURAL RIGIDITY

CONFUSING



\*Non-exhaustive list

By: Anna Clarke, Psychologist & Play Therapist

DIFFICULTIES WITH MANAGING

IMPULSIVE BEHAVIOUR CAN LEAD TO

A HIGHER LIKELOOD OF ADHDers

EXPERIENCING TRAUMA

HIGH CO-OCCURING DIAGNOSIS OF AUTISM AND ADHD

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