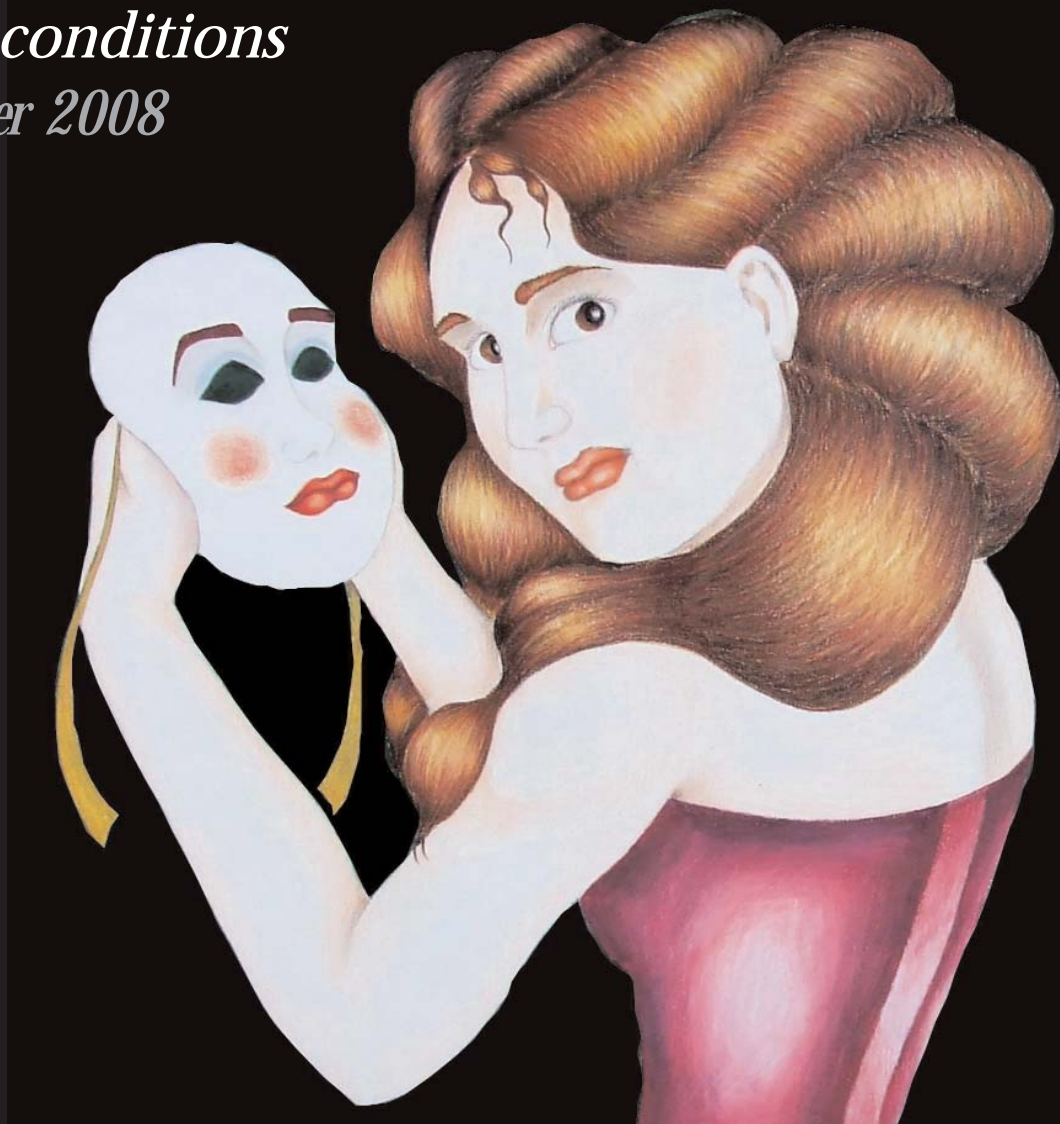


*New Titles on  
Autism, Asperger Syndrome  
and related conditions  
Spring - Summer 2008*



*JESSICA KINGSLEY PUBLISHERS*

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## *Book Proposal Guidelines*

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If you have a project you think we may be interested in, please get in touch with us. Rather than submitting a complete manuscript, please send a proposed outline and table of contents, information about the length and completion date of the manuscript and some information about your background and specialist knowledge in the area in which you are proposing to write.

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Jessica Kingsley *Publishers* is a wholly independent company, committed to publishing books that make a difference. The company was founded in 1987 by Jessica Kingsley and now publishes 150 books a year, which are available throughout the world. In 2004 we opened our US office, in Philadelphia. In 2007, Jessica Kingsley *Publishers* was named the van Tulleken Independent Publisher of the Year at the inaugural Independent Publishing Awards.

In 2008 we are celebrating 21 years of Independent Publishing and are pleased to announce the launch of a new list of books on Tai Chi and Qigong under the Singing Dragon imprint..



*Cover illustration taken from The Girl Who Spoke in Pictures  
by Eileen Miller and Illustrated by Kim Miller .*

## The Complete Guide to Asperger's Syndrome

Tony Attwood

May 2008 400pp ISBN 978 1 84310 669 2 pb £15.99

2006 400pp ISBN 978 184310 495 7 hb £19.99

'This is not just a fascinating and well-presented overview of Asperger syndrome, it is also encyclopaedic in its depth and detail. More than this, it has a tone of reassurance that is built upon up-to-date research, first-hand communications and Dr Attwood's extensive personal clinical experience... This book would be valuable for anyone touched by Asperger's syndrome. If there is one book that you should buy this year on Asperger's syndrome, this has to be a strong candidate.'

– *Good Autism Practice (GAP)*, 2007

'This is a comprehensive and very readable review of the field, with sufficient detail for any of the professional groups working with children with AS, whether in medicine, psychology, education or allied professions... The author has expertly captured the essence and distinctness of individuals with AS. This book should be considered as an essential resource for all therapists who come across children, adolescents and adults with AS.'

– *British Journal of Occupational Therapy*

'This book is essential reading for anyone working with children or young adults with Asperger's syndrome. It is written in a clear, concise, readable style with bullet point tables of key points at the end of each chapter. It assumes no previous knowledge of the subject... It is a brilliant book – and doesn't leave my side in my work with clients with Asperger Syndrome. Enjoy!'

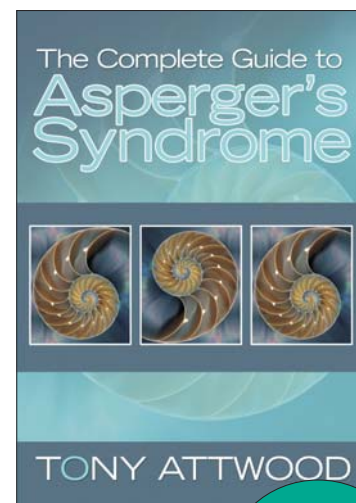
– *Speech and Language Therapy in Practice*

'Dr. Attwood, or Saint Tony as I call him, gave me the strength to come out to the world and admit I was only pretending to be normal. That strength saved my life, of that I am certain. And now Saint Tony has penned a new book and it is extraordinary... *The Complete Guide to Asperger's Syndrome* is flawless in its ability to ease the trepidations, answer the questions, buoy the spirits, and encourage the dreams of those who walk with AS.'

– *Liane Holliday Willey, EdD author of Pretending to be Normal: Living With Asperger's Syndrome*

*The Complete Guide to Asperger's Syndrome* is the definitive handbook for anyone affected by Asperger's syndrome (AS). It brings together a wealth of information on all aspects of the syndrome for children through to adults.

Drawing on case studies and personal accounts from Attwood's extensive clinical experience, and from his correspondence with individuals with AS, this book is both authoritative and extremely accessible. Chapters examine: • causes and indications of the syndrome • the diagnosis and its effect on the individual • theory of mind • the perception of emotions in self and others • social interaction, including friendships • long-term relationships • teasing, bullying and mental health issues • the effect of AS on language and cognitive abilities, sensory sensitivity, movement and co-ordination skills • career development.



Now in  
Paperback!

**Tony Attwood** is a practising clinical psychologist with more than 25 years' experience. He has worked with over 2000 individuals of all ages with Asperger's syndrome. He presents workshops and runs training courses for parents, professionals and individuals with AS all over the world and is a prolific author of articles and books on the subject.

**Contents:** 1. What is Asperger's Syndrome? 2. The Diagnosis. 3. Social Understanding and Friendship. 4. Teasing and Bullying. 5. Theory of Mind. 6. The Understanding and Expression of Emotions. 7. Special Interests. 8. Language. 9. Cognitive Abilities. 10. Movement and Coordination. 11. Sensory Sensitivity. 12. Life After School: college and career. 13. Long-term Relationships. 14. Psychotherapy. 15. Frequently Asked Questions. References. Subject index. Author index.

## Dietary Interventions in Autism Spectrum Disorders

Why They Work When They Do,  
Why They Don't When They Don't  
Kenneth J. Aitken

October 2008 144pp ISBN 978 1 84310 939 6 hb £16.99

Following the increasing amount of scientific research relating to autism, various dietary approaches are being advocated to help those with Autism Spectrum Disorders (ASDs). This book provides an introduction to the clinical conditions that can cause autistic behaviour and what can be done to significantly improve many of them.

The book explores the known genetic conditions linked to autism and describes various dietary interventions. For each approach, the author explores the potential benefits; evidence for and against the diet; and information, where available, on relevant publications, web resources and support groups. The author also looks at the Simple Restriction Diet (SRD) in detail, describing how to implement this approach and how to evaluate its effects.

This book will be a valuable resource for families, individuals and professionals wishing to understand and explore the possibilities of dietary interventions and the benefits they can have for those on the autism spectrum.

**Kenneth J. Aitken** is an experienced psychologist and author with a specialist interest in ASDs. He is Independent Consultant for the PathWay Trust, Edinburgh and Clinical Psychologist for the LD-CAMHS Service, Greater Glasgow, and was previously Principal Clinical Neuropsychologist at the Royal Hospital for Sick Children, Edinburgh. He is co-author of *Children with Autism*, also published by Jessica Kingsley Publishers.

**Contents:** Introduction. Prologue. 1. Dietary Interventions – things to leave out which may be causing a problem. 1.1 The Mackarness (low carbohydrate, high-protein) Diet. 1.2. The Feingold Diet. 1.3. The Specific Carbohydrate Diet. 1.4. The CF-GF Diet. 1.5. The Low Oxalate Diet. 1.6. The Low Glutamate Diet / GARD (Glutamate-Aspartate Restricted Diet). 1.7. The Low Phenylalanine Diet. 1.8. The Low Phenol Diet. 1.9. The Body Ecology Diet. 1.10. The Rotation Diet. 2. The Simple Restriction Diet. 2.1 Starting with the SRD. 2.2. Putting it All Together – Assessing the Effects of Dietary Restriction and Maintaining the Benefits. 2.3. Living on a Simple Restriction Diet. 2.4. Reintroduction of Foods. 2.5. How Long is Long Enough to Give Benefit? 3. Summing Up. 4. Assessment, Follow-up and Support. References. Index.

### Of related interest

#### Autism, Brain, and Environment

Richard Lathe

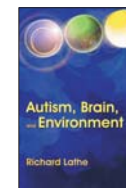
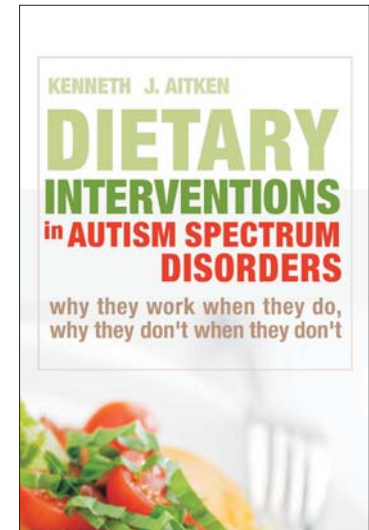
Commended in the 2007 BMA Medical Book Competition, Popular Medicine category

2006 288pp ISBN 978 1 84310 438 4 hb £15.99

'This is a well-written user-friendly book. The key points at the end of the chapters give a helpful summary. The book presents a comprehensive overview of the aetiological factors in autistic disorders with extensive bibliography... Richard Lathe makes an excellent case for the interplay of factors and gives an unbiased presentation of the available evidence for all the possible hypotheses in the causation of autistic syndromes. The section on the impact of heavy metal toxicity is particularly interesting... This is an important book that brings together all the current issues in the aetiology of autistic disorders. The chapter on biomedical therapy, subtyping and interventions gives possible ways forward in management which may seem well worth adapting in clinical practise. This is a must-read book for trainees in psychiatry and paediatrics and for practitioners in the field.'

—*Journal of Intellectual Disability Research*

This important and groundbreaking text provides a closely-argued scientific case for the involvement of both environmental and physiological factors in autism. Lathe's argument will also have a direct impact on treatment strategies and options. It will be of great interest to the scientific community, professionals, researchers, political and environmental lobbyists, teachers, psychologists, and parents and people with ASDs.



## The Autism Spectrum and Biomedical Interventions

A Mother and Son Journey of Insight and Hope

Sally Kirk

September 2008 320pp ISBN 978 1 84310 894 8 hb £17.99

'Ms. Kirk's book is clear, concise and informative. She takes rather complicated topics and translates them into easy-to-understand concepts. I highly recommended this book for parents and professionals who want to learn the basics about biomedical interventions.'

—Steve Edelson, PhD, Director of the Autism Research Institute

'Sally Kirk has written a heart-warming report of her journey into biomedical therapies for her ASD son. Readers will readily identify with the questions she faced about this new way to treat autism. I particularly liked her husband's conversion from skeptic to enthusiastic supporter about these strategies as he saw his son improve. The book is helpful and enjoyable reading, highly recommended for new families starting on the long path of healing for our deserving and wonderful children.'

—Jaquelyn McCandless, MD, Author of *Children with Starving Brains*

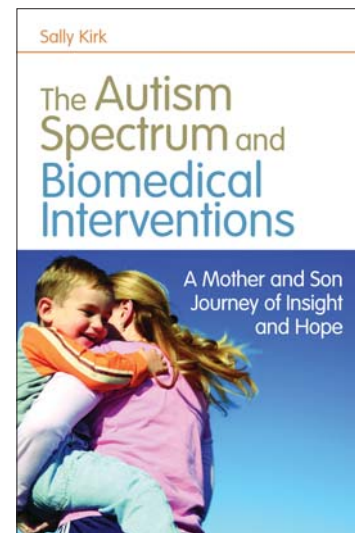
When Sally Kirk's son, Will, was diagnosed with an Autism Spectrum Disorder (ASD), she did everything she could to understand his condition and to find ways of improving his quality of life. In this book, Sally shares the story of her journey with Will and how her discovery of biomedical interventions significantly improved his behavior and changed their lives for the better.

Based on personal experience and extensive biomedical research, the book shows how important it is to understand both the child's mind and body, and explores how, when underlying physical problems are treated, brain function and troublesome behaviors often improve. It describes in depth the most common physical problems for those on the autism spectrum and the variety of treatments available such as minimizing exposure to heavy metals and toxins, alterations in diet, and use of vaccinations.

This positive, practical book tells a personal story of hope and provides a wealth of essential information on biomedical interventions for parents of children on the autism spectrum. It will also be a useful resource for therapists, medical professionals and adults with autism-spectrum diagnoses.

**Sally Kirk** lives with her husband and their three boys in Midlothian, Virginia. Over the years, the diagnosis of her son Will changed from motor delay to ADHD to Asperger's syndrome despite numerous therapies, special education and treatments. Biomedical interventions, starting three years ago at age eleven, continue to have a dramatic and beneficial impact on Will's life.

**Contents:** Acknowledgements. Introduction: Why This Book was Written and Who is Behind It. 1. What is this Book About Anyway? Part I. Our Years of Searching. 2. All is Well. 3. It Started with Motor Delay. 4. The Plot Thickens. 5. Living with the Wrong Diagnosis – ADHD. Part II. Our Years of Understanding. 6. Getting the Right Diagnosis – Asperger's Syndrome. 7. Asperger's and the Autism Spectrum. 8. A New Footing. 9. Food for Thought. 10. Friends, Family and Siblings. 11. Back to Our Story. Part III. A Pivotal Discovery – Biomedical Intervention. 12. Hello Biomedical Intervention. 13. We Started Biomedical Intervention. 14. The Wow! of Biomedical Intervention. 15. Life Goes On. Part IV. Biomedical Problems and Interventions of the Autism Spectrum. 16. A Foundation for Understanding Biomedical Issues and Treatments in Autism. 17. Common Problems of Body Chemistry in Autism. 18. Common Interventions for Ailing Body Chemistry. 19. Common Interventions for Heavy Metal Overload. 20. High Mercury on the Autism Spectrum: Its Sources & Symptoms. 21. Mercury in Vaccines. 22. Minimizing Exposures to Heavy Metals and Toxins. 23. Common Gut Problems in Autism. 24. Common Gut Interventions - Food Issues. 25. Common Gut Interventions – Diets. 26. Common Gut Interventions - Gut Flora. 27. Common Gut Interventions - Last But Not Least. 28. Common Immune System Problems & Interventions. 29. Practical Tips for Doing Biomedical Intervention. Part V. Farewell and Best Wishes. 30. Parting Thoughts. Appendix A: Will's Heroes Unveiled. Appendix B: ARI Parent Ratings - Behavioral Effects of Autism Interventions. Appendix C: Nutrient Supplementation. Appendix D: Interpreting Urinary Porphyrins Test. Index.



## Freaks, Geeks and Asperger Syndrome

### A User Guide to Adolescence

Luke Jackson

Foreword by Tony Attwood

Winner of the NASEN & TES Special Educational Needs Children's Book Award 2003

2002 224pp ISBN 978 1 84310 098 0 pb £12.95

'I like Jackson's advice. Give clear instructions. Avoid metaphors you can't explain. Don't presume rights and wrongs are obvious. Spell things out clearly... I like Jackson's project: to remind himself, his peers and professionals that 'different is cool', and by-the-by that our normal world is pretty weird anyway. 'When is an obsession not an obsession?' 'When it's about football.'

-Educare News

Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Over the years Luke has learned to laugh at such names but there are other aspects of life which are more difficult. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive.

Luke has three sisters and one brother in various stages of their adolescent and teenage years but he is acutely aware of just how different he is and how little information is available for adolescents like himself.

Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating and relationships, and morality.

Luke writes briefly about his younger autistic and AD/HD brothers, providing amusing insights into the antics of his younger years and advice for parents, carers and teachers of younger AS children. However, his main reason for writing was because "so many books are written about us, but none are written directly to adolescents with Asperger Syndrome. I thought I would write one in the hope that we could all learn together".

## Asperger Meets Girl

### Happy Endings for Asperger Boys

Jonathan Griffiths

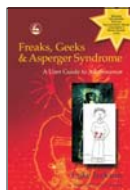
2008 112pp ISBN 978 1 84310 630 2 Illustr pb £11.99

Men with Asperger's Syndrome, young and old, experience difficulty with social interaction, which can be a stumbling block when it comes to getting a girlfriend. Here is a book that demystifies the enigma of 'relationships' by explaining everything in Asperger-friendly terms (some of them mathematical, naturally).

*Asperger Meets Girl* provides hope for all hopeless wooers by offering a choice of three interrelated abstract models for understanding boy-girl relationships. And, to make life easier, these models are presented in graph form where possible. The book also gives valuable practical tips for maximising one's chances of successfully developing a relationship, such as how to start a conversation without scaring the other person off, avoiding the inclination to stare and understanding the concept of 'personal space'.

Serious, and seriously funny, this book will help bring happy endings to Asperger boys and make them laugh in the process.

Jonathan Griffiths designs software for a living and had no girlfriend until the age of 22, but is now married to a beautiful Australian. His father used to be a train-spotter, so his very existence just goes to show that there's hope for us all. He lives in Western Australia with his wife and children.



## Personal Hygiene?

### What's that Got to Do with Me?

Pat Crissey

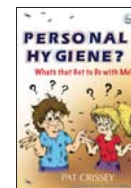
Illustrated by Noah Crissey

2004 80pp ISBN 978 1 84310 796 5 pb £12.95

'*Personal Hygiene? What's that Got to Do with Me?* can be used by educators, therapists and parents. This interactive curriculum involves the child and makes the concept of personal hygiene understandable and meaningful. The book teaches essential hygiene skills and creates habits and routines for a lifetime of good health.'

- Autism Awareness Centre Inc.

*Personal Hygiene? What's that Got to Do with Me?* is a curriculum developed for students with autism, Asperger's Syndrome, learning and developmental disabilities, designed to help them understand how others perceive their appearance and the social implications of neglecting personal hygiene. Simple factual information is accompanied by humorous cartoons that emphasize how others view someone with poor hygiene. Step-by-step cartoons explain exactly what the student needs to do to ensure good hygiene. Quizzes and activity pages provide numerous opportunities for repetition and reinforcement of the key points. There are also hands-on activities to demonstrate why and how to perform various hygiene tasks. Several social stories are also provided, along with a set of worksheets that help students set up a daily schedule to allow time for completing necessary hygiene tasks.



## Asperger's Syndrome and Sexuality

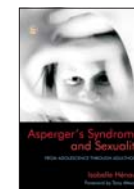
### From Adolescence through Adulthood

Isabelle Hénault

Foreword by Tony Attwood

2005 208pp ISBN 978 1 84310 189 5 pb £14.99

'In this comprehensive and unique guide, the author provides practical information and advice on issues ranging from puberty and sexual development, gender identity disorders couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will suit parents, teachers, counsellors and individuals with Asperger Syndrome.'



- The Spectrum Volume 1

Playing the dating game is often tricky: all the more so for individuals with Asperger's Syndrome. How do AS adolescents and their families cope with sexual feelings and behaviour? What help can be given if a man with AS oversteps the mark in expressing his sexuality? How do people with AS deal with intimacy and communication in sexual relationships? In this comprehensive and unique guide, Isabelle Hénault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counsellors and individuals with AS themselves.

Isabelle Hénault has a masters degree in sexology and a doctorate of psychology from the Quebec University in Montreal. She has a private practice that provides assessment and therapy for individuals, couples and families, and acts as a consultant to a variety of organizations and schools. Her expertise lies in Asperger's Syndrome, with a special emphasis on sexuality, and she is the author of a sociosexual education programme for people with AS. She is involved with several international research projects on sexual education and psychotherapy for people on the autism spectrum.

## Making Sense of Sex

A Forthright Guide to Puberty, Sex and Relationships  
for People with Asperger's Syndrome

Sarah Attwood

Illustrated by Jonathon Powell

May 2008 320pp ISBN 978 1 84310 374 5 Illustr pb £12.99

'Sarah's book is an essential resource for all families who have an adolescent with an Autism Spectrum Disorder, such as Asperger's syndrome. The information is detailed and accurate, and addresses just about all the issues relating to the important subject of sexuality, which is all too often distorted and presented in a biased way. Sarah's approach is to explain the facts neutrally and realistically, while acknowledging individual values and respecting personal choice. I will certainly be recommending this book to all my clients.'

– Isabelle Hénault PhD. *Author of Asperger Syndrome and Sexuality: from Adolescence through Adulthood*

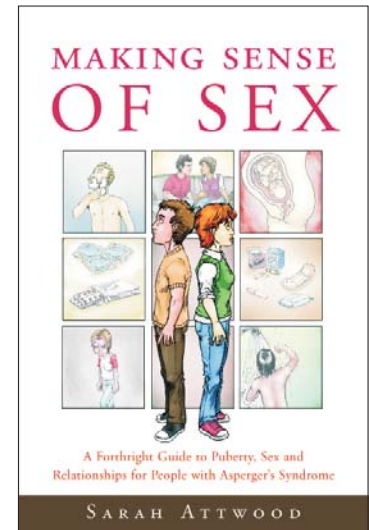
Puberty is a time of huge change in the physical body, in emotional experience and in social relationships. Having an understanding of these developments and learning how to deal with them is essential, and for people with Asperger's syndrome it can be a challenge to get to grips with the social and emotional aspects of puberty, sex and relationships.

This book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. Sarah Attwood describes developments in both the male and female body, and explains how to maintain hygiene and personal care, and to promote general good health. She examines emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. She looks at the nature of friendship, how it changes from childhood to adulthood and its importance as a basis for sexual encounter. She also offers coping strategies for different social experiences, from bullying to dating, and includes essential tips on the politics of mature behaviour, such as knowing the difference between public and personal topics of conversation.

*Making Sense of Sex* is a thorough guide written in unambiguous language with helpful diagrams, explanations and practical advice for young people approaching puberty and beyond.

**Sarah Attwood** worked for fifteen years as a sexuality educator in Australia, where she designed a wide range of sexual health programmes. Her particular areas of expertise include the education of parents and of school children aged 9 to 17 years. She grew up with a sister who has Asperger's syndrome and who has been an inspiration to her. **Jonathon Powell** completed a Diploma of Fine Arts and a Bachelor of Animation at Griffith University, Queensland. He has illustrated material for Family Planning Queensland, including several brochures, an education manual, *Talking About It*, and a CD-Rom package, *Puberty Plus*. Most recently, he has illustrated a number of independent publications.

**Contents:** Acknowledgements. Author's Note. Introduction. A Note to Parents and Carers. 1. Your Body. 2. Puberty. 3. Caring for your Body. 4. Making Healthy Choices. 5. Understanding Emotions. 6. Friendships. 7. Sex. 8. Sexual Relationships. 9. Looking after your Sexual Health. 10. Fertilization, Pregnancy and Birth. 11. Sexual Language. Recommended Reading. Websites. Index.



## Dasha's Journal

A Cat Reflects on Life, Catness and Autism

T.O. Daria

April 2008 176pp ISBN 978 1 84310 586 2 Illustr pb £12.99

'Dasha is a brilliant feline! She is flat-out funny, wise beyond her cat years and a true champion of autistics everywhere! Read her journal and let her teach you about autism!'

— Liane Holliday Willey, EdD, author of *Pretending to be Normal: Living with Asperger's Syndrome*

'*Dasha's Journal* is a charming and original way of explaining the mystery that is autism. Dasha is a cat who lives in an "autistic" family. Her observations on the behaviour of both the autistic and neurotypical members of the family put the "problems" of autism into perspective; we are often told that autistic people are "mindblind", but, as Dasha shows, neurotypicals are just as blind to the ways of those who are "differently abled", whether autistics or cats! The Journal is quirky and amusing, but beneath the humour lies a serious and profound examination of autism and the misconceptions that surround it.'

— Charlotte Moore, author of *George and Sam* and *Adults on the Autism Spectrum*

Just a few weeks old, Dasha the cat found herself in a family with an autistic child. The publication of Temple Grandin's book *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behaviour* turned the household into a research laboratory, with the humans observing Dasha's behaviours and the cat experimenting with the 'human guinea pigs'.

The feline perspective provides a new outlook on autism conditions, challenging long established stereotypes and analysing controversies in the field with an unbiased attitude and humour. The text is interspersed with Dasha's 'wisdoms', 'research notes' and definitions of concepts based on her own understanding, such as 'A pet shop is a place where humans come to be adopted by the animals who are brave enough to take a responsibility of looking after them.'

*Dasha's Journal* provides research-based information in an amusing and accessible form and makes serious and complicated issues such as sensory perception, memory, communication, savant skills and challenging behaviours in autism easily understandable for the general reader.

**Contents:** 1. My Story and the Four Reasons to Write this Book. 2. Disclaimer. 3. What Is Autism? That's the Question. 4. Animals and Humans, Cats and Dogs... What Are You Trying to Meow? 5. 'Senseless' and 'Senseful' Ways of Being. 6. Thinking about Thinking. 7. What is so Special about Special Abilities? 8. Language and Communication: Let's Talk about Talking. 9. Emotions: Love Me? Love Me Not? 10. Challenging Behaviours: Who Challenges Whom? Dasha's Glossary. Notes and References. Dasha's Library: Selected Bibliography.

### Of related interest

#### All Cats Have Asperger Syndrome

Kathy Hoopmann

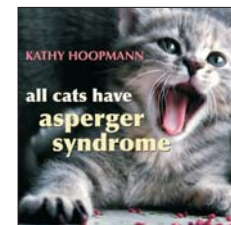
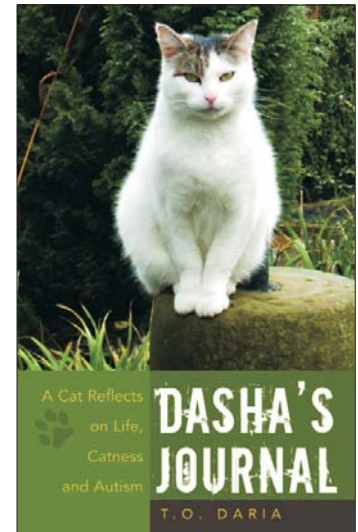
Winner of a Bronze Medal in the Moonbeam Children's Book awards Childhood Wellness category

Shortlisted for the 2007 Eve Pownall Award for Information Books by the Children's Book Council of Australia

2006 72pp ISBN 978 1 84310 481 0 Illustr hb £9.99

'There is a great deal of truth in humour. If you have only just begun to discover why someone with Asperger's syndrome is different, this book will inform and entertain you. The descriptions provide an accurate balance between the qualities and difficulties associated with Asperger's syndrome, while the photographs will make the journey of discovery enjoyable and remarkable.'

— Tony Attwood, author of *Asperger's Syndrome* and *The Complete Guide to Asperger's Syndrome*



## Concepts of Normality

### The Autistic and Typical Spectrum

Wendy Lawson

Foreword by Lucy Clark

July 2008 144pp ISBN 978 1 8 4310 604 3 pb £14.99

For those with autism, understanding 'normal' can be a difficult task. For those without autism, the perception of 'normal' can lead to unrealistic expectations of self and others. This book explores how individuals and society understand 'normal', in order to help demystify and make accessible a full range of human experience.

Wendy Lawson outlines the theory behind the current thinking and beliefs of Western society that have led to the building of a culture that fails to be inclusive. She describes what a wider concept of 'normal' means and how to access it, whether it's in social interaction, friendships, feelings, thoughts and desires or various other aspects of 'normality'. Practical advice is offered on a range of situations, including how to find your role within the family, how to integrate 'difference' into everyday society, and how to converse and connect with others.

#### From the same author

##### Friendships

The Aspie Way

Wendy Lawson

Foreword by Emma Wall

2006 176pp ISBN 978 1 84310 427 8 pb £12.99

Insightful and relevant to people both on and off the autism spectrum, *Friendships: The Aspie Way* is a fresh approach to a universal issue in human relationships.

##### Build Your Own Life

A Self-Help Guide For Individuals With Asperger Syndrome

Wendy Lawson

Foreword by Dr Dinah Murray

2003 176pp ISBN 978 1 84310 114 7 pb £13.99

In this book, she guides others on the autism spectrum through the confusing map of life, tackling the building bricks of social existence one by one with humour, insight and practical suggestions.

##### Sex, Sexuality and the Autism Spectrum

Wendy Lawson

Foreword by Glenys Jones

2004 176pp ISBN 978 1 84310 284 7 pb £13.95

Written by an 'insider', an openly gay autistic adult, Wendy Lawson writes frankly and honestly about autism, sex and sexuality.

##### Understanding and Working with the Spectrum of Autism

An Insider's View

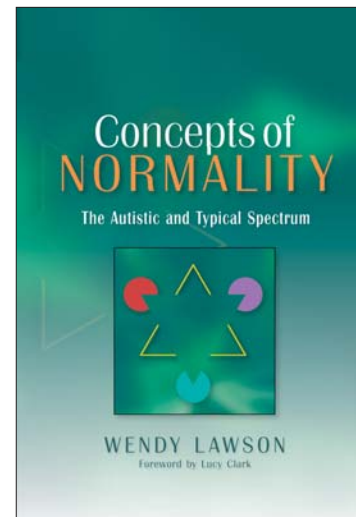
Wendy Lawson

Foreword by Margot Prior

2001 224pp ISBN 978 1 85302 971 4 pb £15.99

'I found it to be full of fascinating insights and observations which illuminate what it is like to have an autistic spectrum disorder...I think the personal insights offered in this book will make a significant contribution to our understanding of autistic spectrum disorders.'

— Communication



**Wendy Lawson** is a mother of four, who was originally diagnosed as being intellectually disabled, then in her teens as being schizophrenic, and finally in 1994, as having an autism spectrum disorder. She has been married, separated and divorced, has experienced the death of one of her teenage sons, gone through moving from one country to another, losing friends and status due to being openly gay, faced ill health and recently come to terms with the fact that she is aging! Her youngest son was diagnosed at the age of 12 as having Asperger's Syndrome. As a qualified counsellor, social worker and psychologist Wendy has operated her own private practice for many years.

**Contents:** Acknowledgements. Foreword. *Lucy Clark, Bristol University, UK.* Preface. *Petra Bjorn, Lund University, Sweden* and *Magnus Bjorn, Nimbus Resurscenter, Lund, Sweden.* Introduction. 1. Developing Images of Normal and Influence Upon Concepts of Normality. 2. Developing Concepts of the Autistic and Typical Spectrums. 3. The Individual, Family and Society: More on How Ideas of Normality have Changed. 4. A Typical Day and a Typical Conversation (Implications and Know-how for Conversing with Others). 5. Whose Mind Do We Have? Knowing One Another. 6. Autism, Sexuality and Normal. 7. Whose Normal is it Anyway? *Dr Dinah Murray, The University of Birmingham, UK.* 8. Inclusive and Accepting or Exclusive and Rejecting? Understanding Self and Other. 9. The Mismeasure of Autism: The Basis for Current Autism 'Advocacy'. *Estee Klar-Wolfon, The Autism Acceptance Project, Canada.* 10. Changing the Status Quo So That it Does Not Change Me but Allows Me to Develop My Fullest Potential. References. Resources. Index.

## Learning to Listen

Positive Approaches and People with Difficult Behaviour

Herbert Lovett, Ph.D.

1996 224pp ISBN 978 1 85302 374 3 pb £17.95

'An encouraging book with an impact! It provokes thought on the way in which services and individuals are involved in the lives of people with a learning disability.'

— *The National Association of Occupational Therapists working for people with Learning Disabilities.*

*Learning to Listen* offers alternatives to professionals dealing with people with intellectual disabilities. The aim of the book is to promote a more interactive approach to caring, taking the views of both the client and the carer into consideration, on a personal rather than a clinical level. Through the use of illustrative use of case studies Lovett suggests that many of the behaviour modification techniques in present use are overly controlling and ignore the client concerned. He shows that by building an atmosphere of mutual trust and respect many of the more unpleasant answers to behavioural problems can be avoided, with benefits to providers and users alike.

He urges carers to be more open and sympathetic to the past and present needs of the client, pointing out that a wider knowledge of the client can be of use in determining the cause of their behaviour, so as to come to a more informed conclusion about the best action to take. This straight-forward yet sensitive book leaves the carers providing a better service and the clients with their dignity in tact and with greater autonomy.

## People with Autism Behaving Badly

Helping People with ASD Move On from Behavioral and Emotional Challenges

John Clements

2005 224pp ISBN 978 1 84310 765 1 pb £13.95

'This is a thorough and thoughtful book which is designed to be used as a workbook rather than as a shelf text. It even has two appendices filled with exercises and logs that parents and carers can fill out as they trial the various approaches they choose. As the author says when talking about his book "It offers no magic answers or quick fix solutions. It is about the little things that can be done in everyday life to make things better. It is about using the insights and skills that families have, and working away patiently in a spirit of optimism."'



—*Autism Awareness*

People with autism spectrum conditions may often behave in ways that cause difficulties for themselves and those who care for them. *People with Autism Behaving Badly* offers effective, long-term strategies to help resolve common problem behaviors such as physical aggression, self-injury, verbal abuse, rudeness and property damage.

This hands-on, practical manual is indispensable for families, carers and anyone involved with autistic people who need help with behavioral or emotional challenges.

**John Clements** is a clinical psychologist of over thirty years' standing, specializing in the field of developmental disabilities. He has previously worked for the NHS and university system in the UK and jointly established the UK's first independent psychology practice specializing in issues for people with developmental disabilities. He currently works as a behavior consultant in California, taking a particular interest in helping people with autism and their families. He has published several books, including *Assessing Behaviors Regarded as Problematic for People with Developmental Disabilities* and *Behavioral Concerns, and Autistic Spectrum Disorders: Explanations and Strategies for Change*, both also published by Jessica Kingsley Publishers.

## ISPEEK at Home

Over 1300 Visual Communication Images

Janet Dixon

2006 CD-ROM ISBN 978 1 84310 510 7 £23.00+VAT

'Imagine how frustrating life would be if you had significant difficulty not only understanding others' thoughts and feelings when conveyed by speech and gestures, but difficulty expressing your own thoughts and feelings. The excellent ISPEEK resources will enable a person with autism to use visual images to understand what someone wants to communicate, and to express his or her own thoughts and feelings. I know these resources will greatly improve the happiness and quality of life of individuals with autism, their carers and support staff.'

— *Tony Attwood*

'ISPEEK is a unique resource which can be used by parents and professionals alike. It is very easy to use and can be applied to any intervention which enhances the development of social and learning skills, a valuable tool for all special needs education.'

— *Jonathan Harris, Autism Consultant*

The collection of 1300 picture symbols in *ISPEEK at Home* provides an easy-to-use and enjoyable tool for overcoming communication difficulties in children with autistic spectrum disorders.

The CD-ROM contains symbols for a wide range of situations typically encountered in the home and beyond, from feelings and facial expressions – common problem areas for people with autism – to health and hygiene and holidays. It also provides useful word templates to inspire parents and carers in putting together daily schedules, as well as PDF samples to assist them in setting up visual aids for children with autism, helping them to interact better with their home environment.

These bright, contemporary and culturally various symbols will be a welcome communication aid for parents, carers and other professionals working with people on the autism spectrum at home.

## ISPEEK at School

Over 1300 Visual Communication Images

Janet Dixon

2006 CD-ROM ISBN 978 1 84310 511 4 £23.00+VAT

ISPEEK visual aids provide a simple and effective means of facilitating communication with children on the autistic spectrum. This CD-ROM is easy-to-use and contains 1300 picture symbols, designed especially for situations encountered at school.

The symbols can be applied to a wide range of situations typically encountered at school, from social skills – a common area of difficulty for people with autism – to school curricula, work and break times. *ISPEEK at School* also provides useful word templates to inspire teachers, therapists and classroom assistants in putting together daily schedules, as well as PDF samples to assist them in setting up visual aids for children with autism, helping them to cope better with their school environment. These are also suitable for parents and carers to use at home, covering the important themes of transitions and independence, and can be used effectively alongside the companion CD-ROM, *ISPEEK at Home*.

These bright, contemporary and culturally various symbols will be a welcome communication aid for teachers, therapists and other professionals working with people on the autism spectrum in schools.

**Janet Dixon** is a qualified nursery nurse and speech and language therapy assistant who has worked in a school specialising in autistic spectrum disorders. In her work with people who have autism she often used symbols to facilitate communication and often found a need for symbols that were not available; so, she created them herself.



## Using Intensive Interaction and Sensory Integration

A Handbook for Those who Support People with Severe Autistic Spectrum Disorder

Phoebe Caldwell

With Jane Horwood

June 2008 112pp ISBN 978 1 84310 626 5 pb £12.99

People with severe autism experience the sensory information they receive from the world completely differently to those not on the spectrum. They feel cut off, overwhelmed and retreat into a world of their own. Their behaviour can become very distressed. This handbook shows how we can engage with people who are non-verbal or semi-verbal and sometimes even those who have speech but lose the power to process this when they are in crisis. We can help them to make sense of the world.

With illustrations, case examples and a wide range of tried-and-tested techniques, this is a practical nuts-and-bolts guide to using Intensive Interaction – using a person’s own body language to make contact with them – and Sensory Integration – taking steps to reduce environmental factors that cause the person with autism distress. It provides indispensable tools for parents, carers and other professionals supporting people with severe autism and other learning disabilities.

From the same author

### Finding You Finding Me

Using Intensive Interaction to get in touch with people whose severe learning disabilities are combined with autistic spectrum disorder

Phoebe Caldwell

2005 176pp ISBN 978 1 84310 399 8 pb £13.99

‘Phoebe Caldwell clearly describes intensive interaction as a means by which a parent, support partner, therapist, community worker, advocate or simply someone who would like to be a friend can create two-way human communication, *Finding You Finding Me*. . . The book has been acclaimed as a landmark, speaking on behalf of a group who in the past have been denied a voice and who live in a non-verbal world and have serious learning disabilities or severe behavioural distress. . . This book is a must for anyone researching or seeking to support individuals who are non-verbal or on the borderlines of speech, with serious learning disabilities or severe behavioural distress.’

–*Good Autism Practice*

### From Isolation to Intimacy

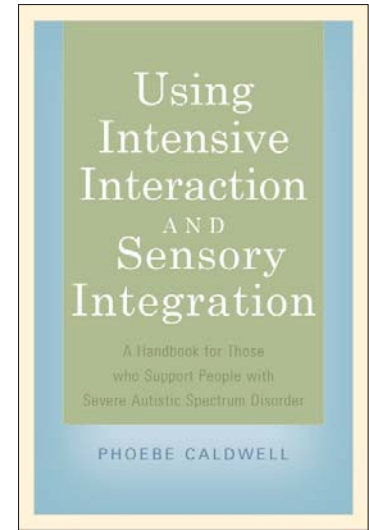
Making Friends without Words

Phoebe Caldwell with Jane Horwood

2007 192pp ISBN 978 1 84310 500 8 £12.99

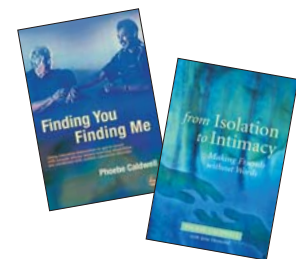
‘In short, this is a wonderful book – it challenges current thinking, it makes you want to go straight up to the next person you meet who has communication difficulties and try out the approaches she suggests. It is early days, but if evidence can be produced to support her theories this may just come to be regarded as a book that changed the world.’

–*The Frontline Of Learning Disability*



**Phoebe Caldwell** has worked for over 30 years as a practitioner with people whose severe learning disabilities are linked with behavioural distress. She was a Rowntree Research Fellow for four years, trains practitioners, parents and carers in her successful approach to Intensive Interaction and is employed by the NHS Social Services and Community and Education Services to work with difficult-to-provide-for individuals. She is the author of six books, including *Finding You Finding Me* and *From Isolation to Intimacy*, also published by Jessica Kingsley Publishers. **Jane Horwood** is a Paediatric Occupational therapist with a special interest in the use of Sensory Integration.

**Contents:** About the Authors. 1. Introduction. 2. A Different Sensory Experience. 3. Alternative Viewpoints. 4. Sensory Distress and its Causes. 5. Sensory Distortions - Hypersensitivities. 6. Emotional Overload Embarrassment. 7. Confusing Messages. 8. Case Study: A Day in the Life of Mike. 9. Intensive Interaction. 10. So what about Distressed Behaviour? Conclusion. Bibliography and Useful Resources. Index.



## The Girl Who Spoke with Pictures

Autism Through Art

Eileen Miller

Foreword by Robert Nickel, M.D.

Illustrated by Kim Miller

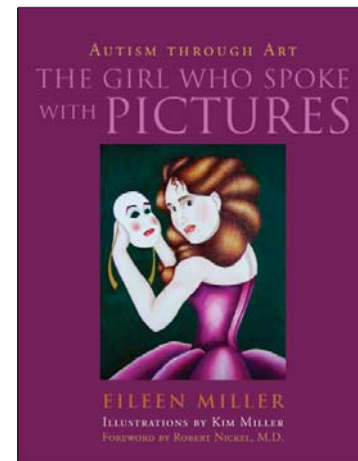
September 2008 208pp plus 16pp colour plate section ISBN978 1 84310 889 4 Illustr pb £16.99

For many years Eileen Miller's daughter, Kim, was unable to verbalize her experiences and emotions, but she was able to communicate using a less conventional language: her art. *The Girl who Spoke with Pictures* tells the story of a young woman with autism, and how her enlightening drawings enabled her to share her view of the world.

Illustrated with drawings created by Kim between the ages of 3 and 17 years old, the book gives an insight into how Kim expressed her thoughts and feelings through pictures, revealing her capacity to learn and be understood by those around her. Reflecting on her daughter's artwork, the author explores the concept of art as a universal language that can transcend barriers and enhance the personal and educational experiences of those with autism.

This book provides a window into one autistic girl's experience of life and will be essential reading for teachers, parents, and anyone with an interest in autism.

**Eileen Miller** is a parent advocate for her daughter, Kim. She has worked extensively with her local Early Intervention and public school district to increase awareness of children with autism, placing an emphasis on working with the families of those children. She lives in Oregon, USA, with her husband and daughter. **Kim Miller** is an accomplished artist. She illustrated the children's book *Apples for Cheyenne* by Elizabeth Gerlach and is now a sophomore attending community college in Oregon, USA.



### Of related interest

#### An Exact Mind

An Artist with Asperger Syndrome

Peter Myers, with Simon Baron-Cohen and Sally Wheelwright

2004 80pp ISBN 978 1 84310 032 4 Illustr pb 15.95

Peter Myers' intricate and ornately patterned drawings are brought together for the first time in this volume, which is the fascinating result of the collaboration of an artist and two scientists. The beautiful, complex images (included in full-page colour as well as black and white reproductions) serve as a rare window into the precision and exacting creativity of the Asperger mind at work.

Peter Myers was diagnosed with Asperger Syndrome in 1996 and his work reflects his stunning ability to plan and to organise visual information, and to embed illusions within his pictures. Peter's brief explanatory captions which accompany the images offer insight into the ways in which he composes his pictures.

In the main text of the book, psychologists Simon Baron-Cohen and Sally Wheelwright discuss the work's great psychological significance, demonstrating in accessible language their ground-breaking systemizing theory of how the autistic mind processes information.



## Promoting Social Interaction for Individuals with Communicative Impairments

### Making Contact

Edited by M. Suzanne Zeedyk

April 2008 192pp ISBN 978 1 84310 539 8 pb £16.99

All humans have an innate need and ability to communicate with others, and this book presents successful approaches to nurturing communicative abilities in people who have some type of communication impairment.

The contributors look at a wide range of approaches, including intensive interaction, co-creative communication, sensory integration and music therapy, for a variety of impairments, including autism, profound learning disabilities, deafblindness, severe early neglect and dementia. This wide perspective provides insight into what it feels like to struggle with a communicative impairment, and how those who work with and care about such individuals can and should think more creatively about how to make contact with them.

Covering both the theory and practical implementation of different interventions, this book will be invaluable for health and social work professionals, psychologists, psychotherapists, counsellors, speech and language therapists, as well as researchers, teachers and students in these fields.

**M. Suzanne Zeedyk**, PhD, MPhil, is Senior Lecturer in Developmental Psychology at the University of Dundee, UK. She has published a number of research articles on imitation and parent-child interaction, as well as other areas of psychology. The contributors to this volume comprise a range of researchers and practitioners experienced in working with individuals with communicative impairments. As well as being specialists in their individual domains, this set of authors have spent time working together as a group and thus are able to draw out often unrecognised connections between these domains.

**Contents:** 1. Introduction: Bridging a Spectrum of Communicative Impairments. *M. Suzanne Zeedyk, University of Dundee, UK.* Origins of Communication. 2. Intuition for Human Communication. *Colwyn Trevarthen, University of Edinburgh, UK.* 3. The Universality of Musical Communication. *Raymond A. R. MacDonald, Glasgow Caledonian University, UK.* Communicative Impairments. 4. The Use of Imitation with Children with an Autistic Spectrum Disorder: Foundations for Shared Communication. *Michelle B. O'Neill, Martyn C. Jones and M. Suzanne Zeedyk, University of Dundee, UK.* 5. Sharing: Communicative Landscapes with Congenitally Deafblind People: It's a walk in the park! *Paul Hart, Sense Scotland.* 6. Using Imitation to Establish Channels of Communication with Institutionalised Children in Romania: Bridging the Gap. *Clifford E. Davies, M. Suzanne Zeedyk, Sarah Walls, Naomi Betts and Sarah Parry.* 7. Developing Relationships with People with Profound Learning Disabilities through Intensive Interaction. *Dr Pete Coia, Wakefield Psychological Service, UK and Angela Jardine Handley.* 8. A New Approach to Communicating with People with Advanced Dementia: A Case Study of Adaptive Interaction. *Maggie P. Ellis and Arlene J. Astell, University of St Andrews, UK.* A Closer Look at Interventions. 9. Video Interaction Guidance: A Bridge to Better Interactions for Individuals with Communication Impairments. *Hilary Kennedy, University of Dundee, UK and Heather Sked.* 10. Sensory Integration: From Spinning to Sitting, from Sitting to Smiling. *Jane Horwood, Private Practitioner.* 11. Intensive Interaction: Getting in Touch with a Child with Severe Autism. *Phoebe Caldwell, Private Practitioner.*

### Of related interest

#### Getting IT

Using information technology to empower people with communication difficulties

Dinah Murray and Ann Aspinall

2006 192pp ISBN 978 1 84310 375 2 pb £12.99

'A study, by authors well-known in the field, of common problems encountered by people with learning disabilities in terms of communication, and a wide range of ideas and practical suggestions for how IT can be employed to resolve these.'

— Current Awareness Service (BLD)



## Autism and its Medical Management

A Guide for Parents and Professionals

Michael G. Chez, MD

April 2008 224pp ISBN 978 1 84310 834 4 hb £19.99

*Autism and its Medical Management* explains the medical aspects of autism and how both parents and professionals can use current medical knowledge to better understand how to address the medical aspects of autism.

The book begins with an overview of Autism Spectrum Disorders (ASDs) and how they are diagnosed, and goes on to identify the different types of autism and to describe relevant medical interventions. The author also provides an outline of recent research to enable parents and professionals to gain an understanding of the various factors that may contribute to the development of ASDs, as well as the latest available treatment options.

Bridging the communication gap between medical professionals and parents, this book offers accessible explanations of medical terminology and treatment relevant to ASDs and is an important tool for parents and professionals working with children with ASDs.

**Michael G. Chez MD** is a board certified pediatric neurologist and epileptologist who is now Director of Pediatric Neurology at Sutter Neuroscience Institute and Sutter Memorial Hospital in Sacramento, California and Clinical Associate Professor of Pediatric Neurology at the University of California Davis Medical Center. Dr. Chez has spent over 16 years practicing pediatric neurology with a special interest in clinical aspects of autism. He has published numerous articles on the subject and participated in many advisory panels on autism.

**Contents:** Preface. Introduction and Reader Guide. Part I: Autism Overview 1. What is Normal Development and Does My Child Have Autism? 2. Understanding the Diagnosis of Autism. Part II: Definitions 3. Defining the Clinical Aspects of Autism Spectrum Disorders. 4. What Type of Autistic Spectrum Disorder Does My Child Have? (Non-Regressive Autism, Regressive Autism Syndromes, Asperger's Subtype, Secondary ASD). 5. Current Recommendations For Medical Evaluation of ASDs. 6. The Role of Medical Laboratory Diagnostic Testing in Autism Diagnosis. 7. Neuroanatomy and Neuroimaging in ASDs. 8. Electroencephalography (EEG): The Relationship of Epilepsy or Epileptic Activity in ASDs. 9. Genetics. Part III: Theories On Autism Spectrum Disorders 10. Are Autism Spectrum Disorders Increasing And Why? 11. Vaccinations, Mercury, And Autism. 12. Immunology and Autoimmunity: Is There a Relationship to ASD? 13. Theories on a Prenatal Cause of Autism Chapter. 14. Alternative Medicine Theories on Autism. Part IV: Treating Autistic Spectrum Disorders 15. Overview of Treatment of Autism. 16. Picking A Physician. 17. Non-Medically Sanctioned Alternative Groups Promoting Therapy for Autistic Spectrum Disorders and Gluten Casein Sensitivity. 18. Overview of Medicines For Autism: No Cure But Symptomatic Treatments Can Help. Part V: Neurologically Managing Clinical Aspects of ASD With Medication 19. Medicines Prescribed for Behavioral Problems in ASD. 20. Treating EEG Abnormalities and Epilepsy in ASD. 21. Immunological Medical Therapy in Autism. 22. Gastrointestinal Issues and Autism Spectrum Disorders. 23. Medications for Core Symptoms of Language and Behavior. 24. Rational Approach to Medical Treatment of Autistic Patients: Case Studies. Appendix 1: Chapter Notes and References. Appendix 2: Glossary. Appendix 3: Resources. Index.

### Of related interest

#### Health Care and the Autism Spectrum

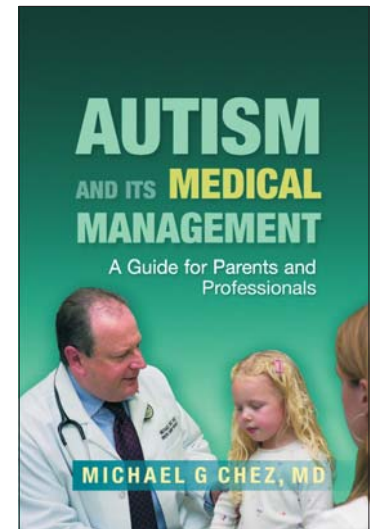
A Guide for Health Professionals, Parents and Carers

Alicia Morton-Cooper

2004 128pp ISBN 978 1 85302 963 9 pb £13.95

'Everyone who works in the health care services should read this book. It is written in a clear and easily readable style with an absence of jargon. It is packed with common sense suggestions which would be of value to anyone who works or lives with people with ASD. Reading this book made me wonder how on earth anyone with ASD manages to access health care at all, given the myriad of difficulties that they face.'

- *Good Autism Practice*



## Providing Practical Support for People with Autism Spectrum Disorder

Supported Living in the Community

Denise Edwards

Foreword by E. Veronica Bliss

April 2008 192pp ISBN 978 1 84310 577 0 pb £15.99

One element at the heart of effective service provision is an understanding of the service user's needs. This book unravels some of the common misunderstandings between people with autism spectrum disorders (ASD) and providers of support services, and offers practical advice on how to ensure that the needs of people with ASD are catered for effectively.

Denise Edwards writes directly from her own experiences of finding appropriate support for her adopted son, John Paul, who has Asperger's syndrome, but also draws on the experiences of a broad range of service users. She emphasises the importance of understanding and conveying the nature of ASD so that support services can meet a person's needs effectively. She discusses common areas in which difficulties arise, including communication, social situations and the organisation of information, examines the implications of support in wider society – education, employment, the legal system – and makes practical suggestions for changes that can improve access to benefits and services for people with ASD.

**Denise Edwards** is a qualified counsellor and teacher of students with special educational needs, both in mainstream and special schools. She is currently a tutor for degree students with disabilities and she has an adopted son, now 25 years old, who has Asperger's syndrome.

## Social Skills for Teenagers and Adults with Asperger Syndrome

A Practical Guide to Day-to-Day Life

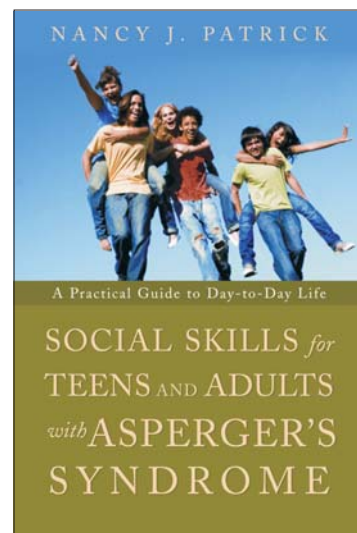
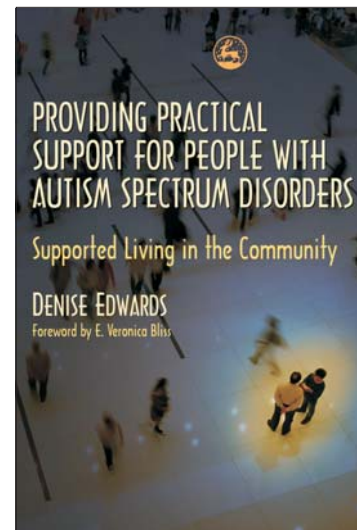
Nancy J. Patrick

September 2008 208pp ISBN 978 1 84310 876 4 pb £12.99

This resource provides practical strategies for helping teenagers and adults with Asperger Syndrome to navigate social skills, friendships and relationships at home and in the community.

The author offers advice and useful strategies for tackling day-to-day problems such as visits to the dentist or the doctor, searching for a job, sorting out personal finances, going on vacation, and dealing with public transport, as well as more intimate topics such as dating and acquiring and maintaining friendships. The chapters are structured around real-life scenarios and the challenges they present, followed by step-by-step solutions and suggestions. A final section provides a set of practical self-help tools, which encourage the reader to note down answers to the questions posed and record personal reflections.

This accessible guide will be essential reading for teenagers and adults with Asperger Syndrome and their families, teachers, therapists, counsellors, carers, social and health work professionals.



## Asperger Syndrome and Social Relationships

Adults Speak Out about Asperger Syndrome

Edited by Genevieve Edmonds and Luke Beardon

Adults Speak Out about Asperger Syndrome series

2008 176pp ISBN 978 1 84310 647 0 pb £12.99

'This book is essential reading to understand the social abilities of adults with Asperger's syndrome. The contributors each have different personalities and experiences, but together they provide a range of strategies to encourage people with Asperger's syndrome to achieve the social relationships they desire.'

— Professor Tony Attwood

Social interaction among neurotypical people is complex and in many ways illogical. To the person with Asperger Syndrome (AS) it is also woefully unintuitive. In this book, adults with AS discuss social relationships, offer advice and support for others with AS and provide necessary insights into AS perspectives for those working and interacting with them.

The contributors evaluate a range of social contexts and relationship aspects, including: • online relationships – a worldwide social network based on non-verbal communication, • the unwritten rules of neurotypical socialising, • the need for mutual understanding between those with AS and neurotypicals, • the effects of struggling socially on one's self-esteem and frame of mind, and • the opportunities provided by social skills workshops or interest groups.

## Asperger Syndrome and Employment

Adults Speak Out about Asperger Syndrome

Edited by Genevieve Edmonds and Luke Beardon

Adults Speak Out about Asperger Syndrome series

2008 176pp ISBN 978 1 84310 648 7 pb £12.99

'This is the book we need for guidance on employment for people with Asperger's syndrome. The contributors describe their employment experiences and offer sound advice. I thoroughly enjoyed reading the success stories and took note of the words of warning of what not to do.'

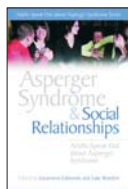
— Professor Tony Attwood

Employment is an important part of a healthy, balanced and fulfilling life but less than 20 per cent of people with Asperger Syndrome (AS) are in work at any one time. The adults with AS in this book explore the issues surrounding employment, providing advice and insights for others with AS, as well as their employers and colleagues.

Drawing on personal experience and lessons learned, Asperger Syndrome and Employment looks at: • the transition from education to employment, • the importance of matching skills to career choices, • practical coping strategies for employees with AS in the workplace, • advice for employers, including the need to make 'reasonable adjustments' to avoid discrimination, • ways in which employment services ought to work for people with AS.

This is essential reading for adults with AS, their family and friends, employment services and career advisers, and companies needing to know how, in practical terms, to accommodate employees with AS.

**Genevieve Edmonds** is an adult with Asperger Syndrome who is a consultant, trainer and writer in the field of autism. She is trained to postgraduate level in Autism. She consults and trains across the UK aiming to help society see Asperger Syndrome and Autism as differences not to be 'fixed' and changed but to be respected and supported. She has co-written three books on Asperger Syndrome: 'The Asperger Love Guide', 'The Asperger Social Guide' (Sage Publications), and 'A Self-Determined Future with Asperger Syndrome' (Jessica Kingsley Publishers). **Luke Beardon** is Senior Lecturer in Autism at The Autism Centre, Sheffield Hallam University, UK.



## A Self-Determined Future with Asperger Syndrome

Solution Focused Approaches

E. Veronica Bliss and Genevieve Edmonds

Foreword by Bill O'Connell, Director of Training, Focus on Solutions

2007 160pp ISBN 978 1 84310 513 8 pb £12.99

'Written with a light touch and plenty of humour, the authors use anecdotes and stories to show how people with AS cope in everyday situations and how effective understanding of a person's needs and goals is key to improving daily life for people with AS.'

— Human Givens

'A book which seeks to avoid treating AS as a problem, and aims to support people with the condition in succeeding in private life, education and employment.'

— BILD Newsletter

*A Self-Determined Future with Asperger Syndrome* presents an empowering, practical approach to helping people with Asperger Syndrome (AS) to succeed at college, at work, at home and in life.

The authors highlight how treating AS as a 'problem' is unproductive, and advocate a solution focused approach which recognizes and uses the strengths of people with AS to foster mutual respect and understanding.

Drawing on both their personal experience and knowledge of counselling, the authors use anecdotes and stories to show how people with AS cope in day-to-day situations. They also illustrate how effective communication and understanding of a person's needs and goals are key to improving daily life for people with AS. The final section of the book comprises practical worksheets and resources to help people with AS to recognize their achievements and work towards their goals.

This book will be of interest to people who are affected by AS, their families, and the people who work with them.

**E. Veronica Bliss** has over 20 years' experience working with individuals on the autistic spectrum, and has been working as a solution focused psychologist for the past six years. **Genevieve Edmonds** has a diagnosis of Asperger Syndrome and has received training in solution-focused brief therapy, having received a variety of therapeutic input including solution focused approaches. She is currently providing talks, training and support in the field of autism throughout the UK, and completing academic study in autism and Asperger Syndrome.

## How to Find Work that Works for People with Asperger Syndrome

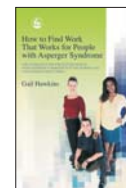
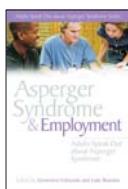
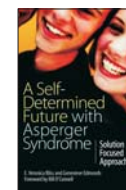
The Ultimate Guide for Getting People with Asperger Syndrome into the Workplace (and keeping them there!)

Gail Hawkins

2004 320pp ISBN 978 1 84310 151 2 pb £14.95

'How to Find Work that Works for People with Asperger Syndrome is a comprehensive and practical book packed with information about, and suggestions for, strategies to enable people with Asperger Syndrome (AS) to be successful in the world of work. The book takes a very welcome positive and upbeat approach and you can feel it willing people with AS to succeed...I certainly recommend How to Find Work that Works for People with Asperger Syndrome to those in the helping professions who are likely to work with individuals of varying ability with AS, as well as employers who have staff with AS and those with AS who are seeking employment and their families. For professionals, I feel that the book is worth its money for Chapter 4 alone. This gives a clear description of some of the characteristics of AS and a sensitive discussion of the issues that need to be thought about when considering employment.'

— Newscheck



## Asperger Syndrome and Alcohol

### Drinking to Cope?

Matthew Tinsley and Sarah Hendrickx

Foreword by Temple Grandin

June 2008 160pp ISBN 978 1 84310 609 8 pb £13.99

*Asperger Syndrome and Alcohol* exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems.

Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his diagnosis and his understanding of the condition played a huge part in his recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him.

This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

**Matthew Tinsley** has a degree in Modern Languages and spent his entire professional life working in the sphere of specialist bookshops. After many years struggling with alcoholism and two failed marriages, he overcame his addiction. Matthew believes this is largely due to his self-awareness of his autistic condition, together with Cognitive Behavioural Therapy. He is currently living in Brighton, where he aims to help spread awareness of the problems faced by those with Asperger's Syndrome. **Sarah Hendrickx** is Training Manager of an adult AS support project and a freelance consultant in AS in the UK. She is author of *Love, Sex and Long-Term Relationships* and together, she and her partner Keith, who is self-diagnosed with AS, are authors of *Asperger Syndrome – A Love Story*. Both books are published by Jessica Kingsley Publishers.

**Contents:** Foreword by Temple Grandin. Introduction. 1. Asperger Syndrome and Alcohol – Why Should There Be a Link? 2. Childhood and Adolescence – Where Does it Start? 3. The Adult Social World – Friendships, Relationships and Other People. 4. Employment – Drinking and the Workplace. 5. Beginning of the End – A Failing Strategy. 6. Drying Out – Support and Rehabilitation. 7. Life Beyond the Booze – Recovering Autistic Alcoholic. Conclusion. References. Resources. Appendix – Thoughts from Friends and Family.

### Of related interest

#### Counselling People on the Autism Spectrum

A Practical Manual

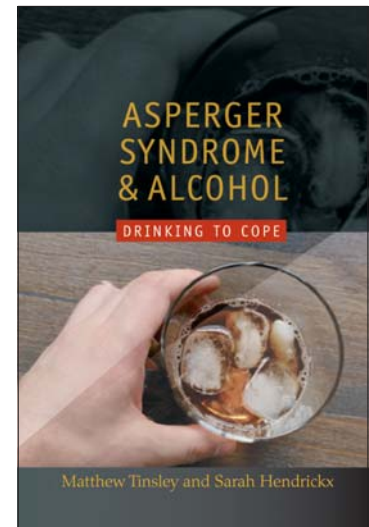
Katherine Paxton and Irene A. Estay

2007 208pp ISBN 978 1 84310 552 7 pb £15.99

'I highly recommend this text to any practitioner working with Autistic Spectrum Disorders especially in education; mental health teams offering support strategies; and other young people/adult settings.'

- *Counselling Children and Young People*

The characteristics of autism spectrum disorders (ASD) present unique challenges, not only to people themselves affected, but also to counselling professionals. This manual provides counselling techniques that work not only for professionals, but also for individuals either coping with being on the spectrum themselves, or living with someone who has an ASD.



## Counselling for Asperger Couples

Barrie Thompson

Foreword by Steve Bagnall

August 2008 144pp ISBN 978 1 84310 544 2 A4 pb £24.99

*Counselling for Asperger Couples* is the first book to provide a complete model for counselling couples where one partner has Asperger Syndrome (AS).

The book provides details of the seven different stages of the model and includes anecdotal evidence from clients who have used it. The author explains the importance of initial separate counselling and describes the co-counselling process using case studies to demonstrate useful strategies. The book offers valuable advice on improving communication and cooperation and includes photocopyable activity sheets.

Based on considerable experience, this book will be invaluable for counsellors treating couples where one partner has Asperger Syndrome. The book is also ideal for couples that want to improve their relationship but may not have access to counselling.

**Barrie Thompson** has been working as a Relate Couple Therapist since 1995. Since completing his Masters Degree in Couple Therapy in 2003 he has specialised in dealing with couples with either partner having AS or who experience difficulty due to a child or young person in the family having an ASD. He has regularly shared his expertise on Asperger counselling by giving presentations to, and running workshops for, many organisations including Relate, Autism West Midlands and the Central London Samaritans.

**Contents:** Foreword. Acknowledgements. Introduction. 1. Understanding Asperger Syndrome. 2. Individual Counselling. 3. Co-counselling Begins. 4. Acknowledging Different Perspectives. 5. Visual Aids for Understanding – What the Counsellor Does. 6. Developing Strategies – What the Clients Do. 7. Ongoing Support and Personal Space. 8. Conclusion – Where Are We Now? Appendix. References.

### Of related interest

#### Love, Sex and Long-Term Relationships

What People with Asperger Syndrome Really Really Want

Sarah Hendrickx

Foreword by Stephen Shore

2008 144pp ISBN 978 1 84310 605 0 pb £13.99

What are the motivations and desires behind relationship choices and sexual behaviour? Are they very different for those with Asperger Syndrome (AS) than for anyone else? Does having extreme sensitivity to physical touch or an above average need for solitude change one's expectation of relationships or sexual experience?

Many people on the autism spectrum have limited knowledge of how to establish or conduct sexual relationships: drawing on extensive research with people on the autism spectrum, the book openly explores such questions. For the first time people with AS discuss their desires, needs and preferences in their own words. AS attitudes to issues such as gender, sexual identity and infidelity are included, as well as positive advice for developing relationships and exploring options and choices for sexual pleasure.

#### Asperger Syndrome – A Love Story

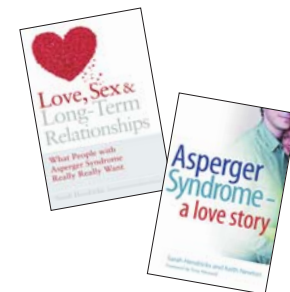
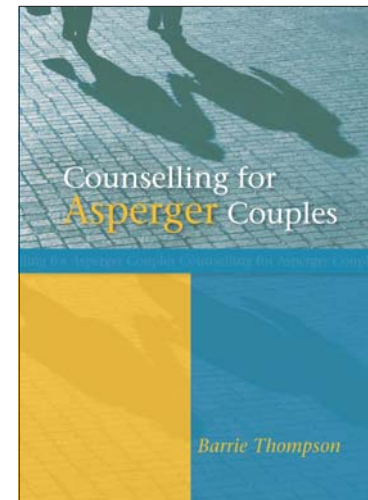
Sarah Hendrickx and Keith Newton

Foreword by Tony Attwood

2007 144pp ISBN 978 1 84310 540 4 pb £12.99

*Asperger Syndrome: A Love Story* was written to provide both insight into the thinking of each partner in an unconventional relationship, and constructive strategies to lead to a more satisfying relationship for both parties...The reader very quickly appreciates the difficulties faced by Sarah and Keith and their biography of their relationship is engaging, informative and encouraging.

– From the Foreword by Tony Attwood, author of *The Complete Guide to Asperger's Syndrome and Asperger's Syndrome: A Guide for Parents and Professionals*



## The Asperger Couple's Workbook

### Practical Advice and Activities for Couples and Counsellors

#### Maxine Aston

October 2008 144pp ISBN 978 1 84310 253 3 Illustr pb £14.99

Asperger Syndrome (AS) can affect some of the fundamental ingredients required to make relationships work, such as emotional empathy and communication. This workbook provides couples affected by AS with strategies that will benefit their relationship together, and their family as a whole.

With candid advice, activities and worksheets, the book explores a variety of approaches that couples can use to improve their relationship. Whilst acknowledging that all relationships are different and each needs to be viewed as a unique case, the author identifies specific issues that can be problematic in an Asperger relationship. The book provides a range of ideas based on years of research and counselling experience and covers crucial areas such as verbal and non-verbal communication, sexual issues, parenting and home life.

This practical book is designed for use by couples and families affected by AS, either on their own or in conjunction with a counsellor.

**Maxine Aston** is a qualified counsellor and supervisor and presents Asperger Syndrome awareness workshops to counsellors and professionals who may encounter clients affected by AS. She also runs workshops and support groups for partners and parents that live with a person with AS. Maxine has an MSc in Health Psychology and is the author of *The Other Half of Asperger Syndrome* (NAS) and *Aspergers in Love* (Jessica Kingsley Publishers). She is a regular speaker at National and International ASD conferences.

**Contents:** Introduction. 1. Understanding the difference. 2. Communication. 3. Non-Verbal Communication. 4. Social Interaction. 5. Sexual Issues. 6. Parenting. 7. Home Life. 8. Who to tell about Aspergers? 9. What is Cassandra? 10. Difference can work. References. Books and Resources. Index.

### From the same author

#### Aspergers in Love

##### Couple Relationships and Family Affairs

Maxine Aston

Foreword by Gisela and Chris Slater-Walker

2003 224pp ISBN 978 1 84310 115 4 pb £14.95

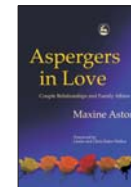
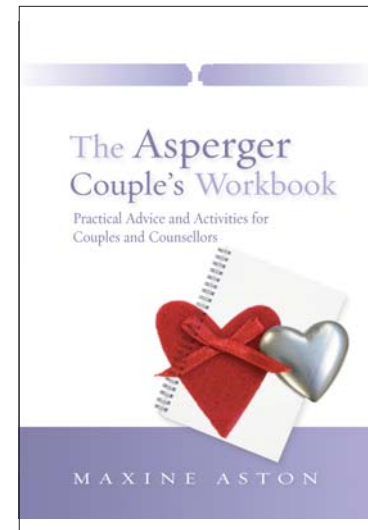
*'Aspergers in Love* focuses the reader's attention on an important set of issues relating to intimate relationships and disability, and offers promise for therapeutic approaches that target the needs of these individuals throughout the life-span.'

— *Journal of Couple and Relationship Therapy*

'Maxine Aston is the only professional currently working as counsellor and researcher in the field of relationships in which one partner has Asperger syndrome, and so she is uniquely placed to write this book... not only does she make clear the difficulties that both partners in such a relationship experience, she also suggests strategies for dealing with them... read this book and breathe a sigh of relief that there really is someone who does understand the impact of Asperger syndrome on both partners in a "mixed marriage".'

— *from the Foreword by Gisela and Chris Slater-Walker*

Asperger syndrome (AS) has often been considered to be incompatible with love and relationships, but as the number of people who are diagnosed with the disorder increases, it is becoming apparent that people with AS can and do have full and intimate relationships. Comparing and contrasting both AS and non-AS partners' viewpoints, this book frankly examines the fundamental aspects of relationships that are often complicated by the disorder. With all findings illustrated with case examples taken from interviews conducted with couples, the author tackles issues such as attraction, trust, communication, sex and intimacy, and parenting. Drawing on her extensive research and established career as a Relate counsellor, Maxine Aston has produced a much-needed analysis of intimate relationships where one adult has AS and this book is a must for all those with AS and their partners, as well as for friends, family and counsellors.



## Yoga for Children with Autism Spectrum Disorders

A Step-by-Step Guide for Parents and Caregivers

Dion E. Betts and Stacey W. Betts

Forewords by Louise Goldberg, Registered Yoga Teacher and Joshua S. Betts

2006 112pp ISBN 978 1 84310 817 7 Illustr pb £12.99

'This fully illustrated book draws on the authors' understanding of autism spectrum disorders and also their enthusiasm for yoga and the ways it can be used. It offers step-by-step descriptions of gentle and fun yoga positions and breathing techniques that are effective in dealing with the levels of anxiety, disorientation and tactile sensitivity often found in children with ASDs. The book is easy to follow and aimed at parents and caregivers...This book gives hope that children with ASD can lead lives feeling less stressed and happier by experiencing daily yoga. It gives you the confidence to have a go.'



—Good Autism Practice.

Having successfully used yoga to combat the stress of their own busy lives, Dion and Stacey Betts discovered its potential for their son Joshua, who has Asperger Syndrome.

This fully-illustrated book combines the authors' professional expertise with their experience of parenting, offering a range of gentle and fun yoga positions and breathing techniques that are effective in dealing with the increased levels of anxiety, disorientation and tactile sensitivity often found in children with autism spectrum disorders (ASDs).

The authors give step-by-step descriptions of warming-up, strengthening, calming, and tension-releasing exercises that are suitable for reducing coping mechanisms, such as hand-flapping, and increasing muscle tone, muscle strength and body awareness. They also offer a range of short and long sequences that can be tailored to fit the needs of the individual child.

## Understanding Controversial Therapies for Children with Autism, Attention Deficit Disorder, and Other Learning Disabilities

A Guide to Complementary and Alternative Medicine

Lisa A. Kurtz

2008 208pp ISBN 978 1 84310 864 1 pb £12.99

Offering a balanced overview of complementary and alternative therapies, this book will be useful for parents of children with autism, ADD or other learning disabilities.

The book covers a wide variety of mind-body interventions and manipulative techniques, as well as energy therapies, biologically based methods, and alternative medical systems. For each approach, the author provides a detailed description of what the treatment involves, which professionals will be working with the child, and an explanation of the rationale behind the therapy. She also offers advice on who to approach for treatment, and includes a list of recommended resources and useful contacts for further information.

**Lisa A. Kurtz** is a pediatric occupational therapist and reading specialist, and has worked with children with special needs for over 33 years. She currently works at the Jameson Elementary School in Old Orchard Beach, Maine, and was formerly Director of Occupational Therapy for the Children's Hospital of Philadelphia and the Children's Seashore House. For her contributions to training others about children with disabilities, Lisa has been placed on the Roster of Fellows and was awarded the Recognition of Achievement Award by the American Occupational Therapy Association. She is the author of *Visual Perception Problems in Children with AD/HD, Autism, and Other Learning Disabilities*, and *Understanding Motor Skills in Children with Dyspraxia, ADHD, Autism, and Other Learning Disabilities*, both published by Jessica Kingsley Publishers.



## Animal-assisted Interventions for Individuals with Autism

Merope Pavlides

Foreword by Temple Grandin

April 2008 208pp ISBN 978 1 84310 867 2 pb £13.99

"...[E]ssential reading for families, teachers, and anyone who is interested in using service animals to help individuals on the autism spectrum"

—from the foreword by Temple Grandin



This book looks at how therapies involving animals can be used to help individuals with autism to develop skills, including sensory and social skills, to manage challenging behaviors, and improve quality of life.

Whether participating in therapeutic horseback riding, utilizing a trained service dog, visiting a dolphin therapy center, or simply experiencing companion animal therapy, people with autism can reap a multitude of benefits from interaction with furry, feathered, and finned friends. Merope Pavlides relates the success stories of different animal-assisted interventions, as well as noting the challenges of working with particular animal species. She also emphasizes the importance of tailoring interventions to the specific needs of the individual and of monitoring progress.

With recommendations for resources and further reading, this book will be of great interest to people with autism, their parents, and the professionals who work with them.

**Merope Pavlides** is a certified pet dog trainer specializing in work with special needs families, and has taught therapeutic horseback riding. One of her own sons has autism, the other has dyslexia and a central auditory processing disorder. Merope has an MS in special education from Johns Hopkins University with a graduate certificate in teaching children with autism and pervasive developmental disorders. She lives in Maryland, USA

**Contents:** Foreword by Temple Grandin. Acknowledgements. 1. Introduction. 2. Service Dogs. 3. Animal-assisted Therapy and Activities. 4. Companion Animals. 5. Therapeutic Riding. 6. Dolphin Therapy. 7. Conclusion. Appendix 1: Online Resources. References. Index.

## Understanding Regulation Disorders of Sensory Processing in Children

Management Strategies for Parents and Professionals

Pratibha Reebye and Aileen Stalker

2007 160pp ISBN 978 1 84310 521 3 Illustr pb £12.99

Children with Regulation Disorders of Sensory Processing struggle to regulate their emotions and behaviors in response to sensory stimulation. This book explains how to recognize these disorders, which are often misdiagnosed, and offers practical ways of helping children with regulation disorders.

The authors describe the everyday experiences of those who interact with infants and children with Regulation Disorders of Sensory Processing. They explain the distinguishing characteristics, symptoms, diagnosis, assessment and treatment approaches for the disorder. Focusing on early intervention, they present a range of management strategies for sensory sensitivities, motor problems, over- or under-reaction, and extremes of behavior. These practical strategies for parents and professionals will help children with regulation disorders integrate and succeed in the family, at school and in the community.

**Aileen Stalker** is an Occupational Therapist with over 30 years' experience working with parents and children in infant and child mental health. **Pratibha Reebye** is a Child and Infant Psychiatrist she has a total of 30 years' clinical experience treating adults, children and families in Mauritius, England and Canada.



## Mind/Body Techniques for Asperger's Syndrome

### The Way of the Pathfinder

Ron Rubio

Forewords by Irene Brody and Anthony Castrogiovanni

May 2008 152pp ISBN 978 1 84310 875 7 Illustr pb £13.99

"After a few sessions with you, Nathan became aware of how he was carrying himself. We noticed a change in his gait. He was straighter, taller and more assertive in his walking. His gait was that of a confident man... He beamed with pride as I went on and on about how differently he presented himself. It shook me up!"

—*letter to Ron Rubio from the mother of a 22-year-old client with Asperger's Syndrome*

People with Asperger's Syndrome (AS) typically experience difficulty with balance, coordination and sensory awareness. The mind/body exercises in this book help young people with AS improve these skills, leading to greater self-confidence, and independence.

Easy to use, with photographs to show how exercises are done correctly, these techniques can have an immediate effect on how an individual stands, sits, moves, thinks of him- or herself, and relates to others. The author's approach integrates ideas and practices from disciplines including martial arts, Eastern principles of mindfulness, techniques of visualization, breathing, posture, and movement, and the practice of mentoring.

**Ron Rubio** is Director of the Pathfinder Mentoring Services and the High Point Mountain Aikikai and BodyKi Centre in New York state, and works with males aged 8 to 33 years who have Asperger's syndrome. He has a Yondan (4th degree) black belt in aikido and has practiced the martial arts for over 20 years and has been a professional martial artist and instructor in aikido (Japanese), capoeira (Brazilian) and close combat. He also had a long career as a professional dancer, choreographer and teacher.

### of related interest

#### Integrated Yoga

Yoga with a Sensory Integrative Approach

Nicole Cuomo

2007 104pp ISBN 978 1 84310 862 7 Illustr pb £12.99

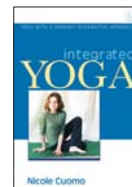
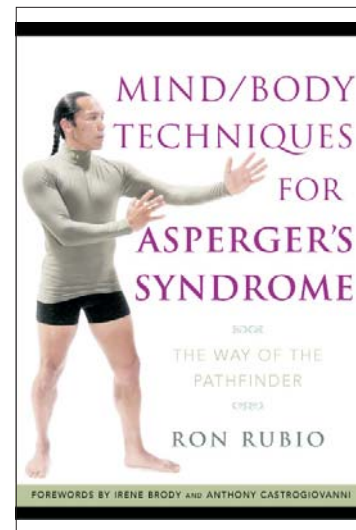
'If you've tried all sorts of weights and brushes and games and exercises and equipment to calm or stimulate your child with sensory integration dysfunction, here's something new to add to the list: yoga.. In clear how-to-text and helpful photos, occupational therapist Cuomo shows you how to do some basic yoga poses, tailor them to your child's age and sensory needs, and expand them into related enrichment projects. Give it a try, and you may find that the calming and centering rubs off on you, too.'

— *Your Guide to Parenting Special Needs*

Practising yoga creates a sense of calm and focus and heightens awareness of the body's functions and movements. For children with sensory processing difficulties – because they either have low sensory thresholds and are overwhelmed by sensory stimulation, or because they have high thresholds and do not register stimulation – yoga can be hugely beneficial.

This book presents easy-to-follow basic postures and sequences for children and young people which can be easily adapted for adults. Nicole Cuomo gives practical advice for how to choose appropriate sequences according to the child's particular needs and mood, knowing that yoga will be most beneficial when it is fun! Photographs of each posture supplement the descriptions.

This practical book provides a wide range of ideas for therapists, educators and parents to help their children with sensory processing needs.



## Small Steps Forward

Using Games and Activities to Help  
Your Pre-School Child with Special Needs

Sarah Newman

Illustrated by Jeanie Mellersh

Aug 2008 272pp ISBN 978 1 84310 693 7 Illustr pb £13.99

Praise for the First Edition:

'... A warm feeling of positive reassurance and guidance runs throughout the book. [It] offers practical and emotional help, not only to a child's family, but equally to health and educational workers starting out within this field. This book should have a prominent place in every toy and leisure library as well as within childcare agencies.'

– *Play Matters*

When young children are diagnosed with conditions such as Down Syndrome, autism or other forms of developmental delay, there is much that parents can do to help. This new edition of the award-winning *Small Steps Forward* includes up-to-date research and practice, providing parents and carers with the information they need and a host of ideas to encourage their child's development. The games and activities use toys and materials which most children will already have, and involve no special preparation. They are also fun to play.

Sarah Newman divides skills into six areas – cognitive, linguistic, physical, sensory, social and emotional – for convenient reference. She deals with general issues, such as behaviour management, toilet-training and sleep management, which may be encountered by parents of children with any form of disability – physical, learning or sensory. She also provides an outline of child development so that parents can place their child's progress in context, and gives practical advice on coping with stress of having a child with special needs.

This book is an essential guide for parents of young children with developmental disabilities and will also be invaluable to anyone who works with children with special needs.

**Sarah Newman** worked for ten years as an administrator in higher education after gaining a degree in history at Oxford. Her first child was diagnosed as developmentally delayed at the age of one and as autistic at three. She has two other children and lives in the New Forest. She has also chaired a local charity for families of children with special needs.

**Contents:** Acknowledgement. Preface. 1. How to Survive. 2. What Everyone Needs to Know. 3. Cognitive Development. 4. Language Development. 5. Physical Development. 6. Sensory Development. 7. Social development. 8. Emotional Development. 9. Everyday Living: Behaviour, Sleep and Toileting. 10. The Support Your Child Should Expect. 11. Resources. Index.

### Of related interest

#### My Social Stories Book

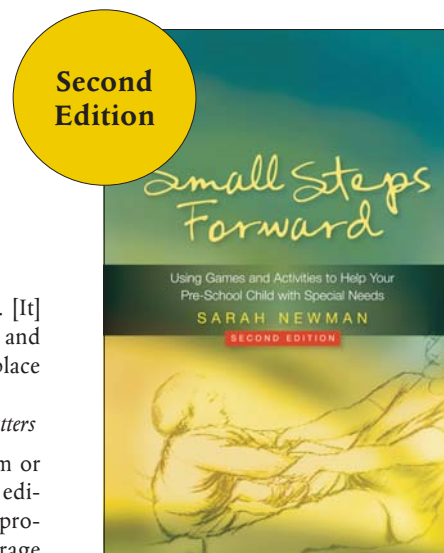
Carol Gray and Abbie Leigh White

Illustrated by Sean McAndrew

2002 160pp ISBN 978 1 85302 950 9 pb £12.95

'*My Social Stories Book* is a practical guide to the use of social stories with young children. Social stories are well established as a great way to teach children with autism new skills using pictures and step-by-step explanations. The book is filled with examples of social stories covering almost every situation you could think of... aimed at 2-6 Year olds, includes many day to day situations that children with autism often find confusing or frustrating... This book is value for money for those families or workers wishing to try social stories and needing ideas to get started. Families could dip into it to prepare children for new experiences and/or to help teach new skills.'

– *Communication*



### From the same author

#### Stepping Out

Using Games and Activities to Help  
Your Child with Special Needs

Sarah Newman

2003 368pp ISBN 978 1 85302 643 0 pb £14.95

'The author's honesty and sensitivity in writing this excellent book will help to reassure parents and carers of children with SEN as well as offering them information and practical advice.'

– *Support for Learning*

Parents and carers of children with conditions such as autism, Down's Syndrome or other forms of developmental delay can do much to help encourage their child's development. *Stepping Out* provides parents and carers with practical advice, and fun games and activities to improve a child's skills in the six areas of development: cognitive; physical; sensory; language; social and emotional. The book also outlines the stages of child development so parents can place their child's progress in context. This book is particularly suitable for primary school children, exploring the standard stages of development in children aged 3 to 11.

## Playing, Laughing and Learning with Children on the Autism Spectrum

A Practical Resource of Play Ideas for Parents and Carers

Second Edition

Julia Moor

July 2008 304pp ISBN 978 1 84310 608 1 Illustr pb £13.99

Praise for the first edition:

'An approachable and practical edition that will be welcomed by parents and carers alike. I know how hard it can be to find "How to" resources for parents. Well here is a gem.'

– *Children, Young People and Families*

Parents of young children newly diagnosed as on the autism spectrum are often at a loss for ideas about how best to help their child. *Playing, Laughing and Learning with Children on the Autism Spectrum* is not just a collection of play ideas; it shows how to break down activities into manageable stages, and looks at ways to gain a child's attention and motivation and to build on small achievements.

Each chapter covers a collection of ideas around a theme, including music, art, physical activities, playing outdoors, puzzles, turn-taking and using existing toys to create play sequences. There are also chapters on introducing reading and making the most of television. This updated second edition contains an extensive chapter on how to use the computer, the internet and the digital camera to find and make resources and activities, and suggests many suitable websites to help parents through the internet maze. The ideas are useful both for toddlers and primary age children who are still struggling with play.

**Julia Moor** is a sensory art and communication tutor at a day service for adult learners and has worked for fourteen years with adults with multiple learning disabilities (including autism). She has a degree in psychology and is a qualified F.E. teacher. Her son Robin was diagnosed with autism at two; he is now a 'high functioning' bright and sociable eleven year old.

**Contents:** Introduction. 1. Why is Playing So Important? 2. Early Playing Skills: Gaining Attention and Sharing Space. 3. Structured Play. 4. Your Computer as a Valuable Resource. 5. Toys, Toys, Toys. 6. Table-top Games and Puzzles. 7. Music. 8. Turn-taking in Play. 9. Physical games and activities. 10. Outdoor play. 11. Water play. 12. Television potential. 13. Being Creative – Art and Craft. 14. Creating Imaginative Play Sequences. 15. Introducing Books and Reading. 16. Problems, Frustrations, Tantrums – Making Play Enjoyable. Bibliography. Therapeutic Options/Organisations. Recommended Reading. Websites for Articles Written by Adults With Autism. Toys and Suppliers. Picture Prompts to Copy and Use. Index.

### Of related interest

#### Replays

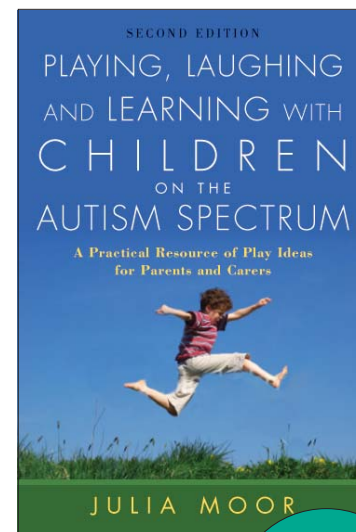
Using Play to Enhance Emotional and Behavioral Development for Children with Autism Spectrum Disorders

Karen Levine and Naomi Chedd

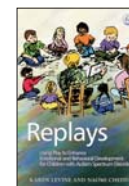
2006 144pp ISBN 978 1 84310 832 0 Illustr pb £12.99

"Whether you are a parent, carer or professional, at home, in clinic or in mainstream or special school, this book is well worth reading. It is for anyone who is flexible and game enough to engage in role play with the child in their care. I found *Replays* inspiring: it offers a fresh approach to one of the most challenging aspects of autism. What is more, Levine and Chedd's practical strategies seem so logical and straight forward that I found myself wondering why I had not thought of them."

– *GAP Good Autism Practice*



Second  
Edition



### How to Make School Make Sense

A Parents' Guide to Helping the Child with Asperger Syndrome

Clare Lawrence

August 2008 128pp ISBN 978 1 84310 664 7 pb £12.99

Every child's education relies on a partnership between parents, professionals and, of course, the child. This book gives parents of children with Asperger syndrome (AS) practical advice on how to make the most of this important partnership and work with schools to ensure their child's needs are being met.

The book explores how parents can prepare their child for school life and how they can work with teachers to improve the classroom environment, as well as the school environment as a whole, for their child and consequently for the benefit of all pupils. Strategies include peer education, the use of visual cues and rules and effective communication between parents, teachers and teaching assistants.

This clear, accessible book will be an invaluable guide for parents of children with AS and will also be of interest to the teachers and educational professionals who work with them.

**Clare Lawrence** is a teacher and mother of two children, one of whom has Asperger syndrome. Clare is a graduate of Oxford, York, Northumbria, Sheffield Hallam and Birmingham universities, and she has a University Certificate in autism spectrum disorders and a post-graduate certificate in Asperger syndrome. For the last four years, she has been working closely with schools and exploring practical solutions on how to make school make sense for children with Asperger syndrome.

**Contents:** 1. Where Do We Start? What You Can Do as a Parent by Yourself. 2. Help to Look for Within the Classroom. 3. Whole School Solutions. 4. Quick Reference -What to Do When Things Go Wrong. References. Index.

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#### Of related interest

### Surviving the Special Educational Needs System

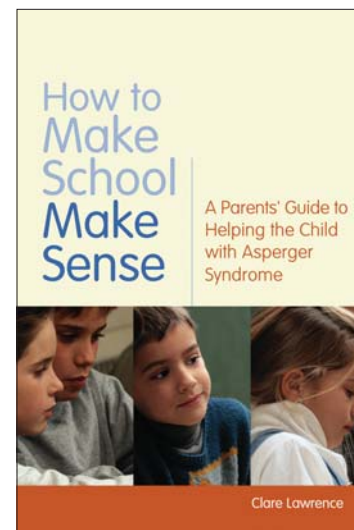
How to be a 'Velvet Bulldozer'

Sandy Row

2004 256pp ISBN 978 1 84310 262 5 pb £12.95

'...an honest and unique book offering an effective, accessible and empowering tool for parents. Any parent facing the prospect of a tribunal needs to read this book from a practical and emotional point of view. For those parents just entering the world of SEN and the bureaucracy that goes with it, there's a couple really useful chapters, a jargon busting section and a step by step guide to what a statement actually looks like. This includes advice on what should be on the statement and points to be remembered when checking its content. This book is great too for parents of teenagers and those with worries over adult and further education provision. It has an excellent 'Useful Contacts' list at the back. It has to be the best book I've read this year on anything to do with autism.'

— *Autism Matters*



## Reaching and Teaching the Child with Autism Spectrum Disorder Using Learning Preferences and Strengths

Heather MacKenzie

April 2008 272pp ISBN 978 1 84310 623 4 Illustr pb £15.99

'This is an entertaining, informative and very practical book that will assist readers to 'walk the talk' through a more positive paradigm for enabling children with autism. It is based on careful and systematic thinking by the author and incorporates methodology based on research and best practice experience.'

- Carmen Hengeveld, M.Sc., Registered Speech-Language Pathologist

'Dr. Heather MacKenzie has used a unique blend of theories of personality type, multiple intelligences and mediated learning to create an elegant and practical method. I have seen how well the application of the Learning Preferences and Strengths model works for children with autism. It is my firm belief that this method has broad applicability for any learner.'

- Teeya Scholten, Ph.D., Registered Psychologist

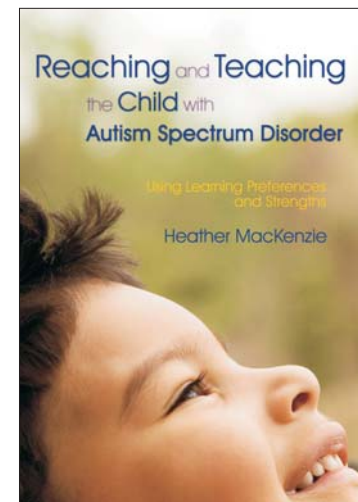
*Reaching and Teaching Children with Autism* provides a positive approach to understanding and educating children on the autism spectrum. The book gives greater insight into the perspective and behavior of a child with autism and explores how the child's learning preferences, strengths and interests can be used to facilitate learning and enhance motivation.

Based on well-researched theory and extensive clinical experience, the author provides a comprehensive model for developing lifelong independent learning skills in children with autism between the ages of 3 and 12 years old. The book describes the underlying principles, learning preferences and strengths typical of children with autism and offers a detailed but flexible program structure based on these concepts. Easy to follow activities and approaches are described in each chapter, along with clear examples and illustrations.

This accessible and practical book is an essential resource for parents, teachers, support workers, therapists and others concerned with learning and development in children with autism.

**Dr. Heather MacKenzie**, a speech-language pathologist and educator by profession, has spent the past fifteen years of her 30-year career understanding the enigma of autism spectrum disorders (ASD). She has developed a Learning Preferences and Strengths model designed to determine each child's learning preferences and strengths and then 'harness' them to improve the child's learning and development. Heather established a preschool program for children with ASD based on this model.

**Contents:** Preface. 1. Reframing the Traditional Definition of Autism. 2. Learning Preferences and Strengths Model. 3. Learning Preferences and Strengths in Children with Autism Spectrum Disorder. 4. Program Planning with Learning Preferences and Strengths. 5. Program Structure. 6. Program Content. 7. Program Process. 8. Behavior in Children with Autism. 9. Putting the Pieces Together: An Overview of the Learning Preferences and Strengths Model. Appendix.



## Why do I have to?

A Book for Children Who Find Themselves Frustrated

by Everyday Rules

Laurie Leventhal-Belfer

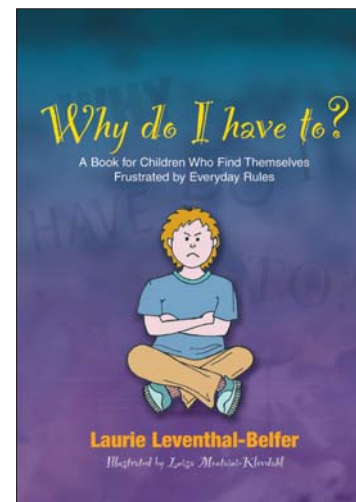
Illustrated by Luisa Montaini-Klov Dahl

July 2008 80pp ISBN 978 1 84310 891 7 Illustr pb £6.99

Why do I have to go to school before the show that I am watching is over? Why do I have to wear shoes and a jacket when I go outside? Rules like these can be really frustrating – but they don't have to be!

*Why do I have to?* looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. Laurie Leventhal-Belfer empathizes with children's wish to do things their way, explains clearly why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them.

**Laurie Leventhal Belfer** is a practicing clinical psychologist. She is the founder and director of The Friends Program, a therapeutic group program for young children with Asperger's Disorder and their families. She is also a member of the Adjunct Clinical Faculty in the Department of Psychiatry and Behavioral Sciences, The Division of Child Psychiatry, Stanford University. She co-authored *Asperger's Syndrome in Young Children, A Developmental Guide for Parents and Professionals*, also published by Jessica Kingsley Publishers. Luisa Montaini-Klov Dahl is a licensed clinical psychologist in private practice who is privileged to work with children and their families. She has worked with Laurie in The Friends Program for nearly a decade.



## Social Skills Games for Children

Deborah M. Plummer

Foreword by Professor Jannet Wright, De Montfort University

Illustrations by Jane Serrurier

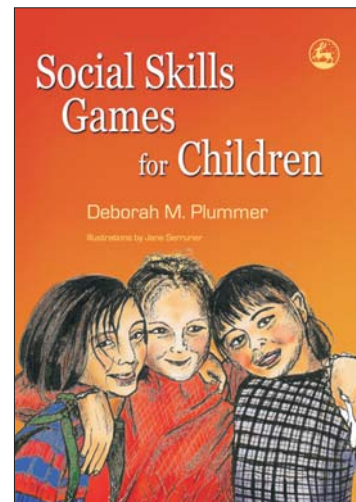
August 2008 144pp ISBN 978 1 84310 617 3 Illustr pb £15.99

Featuring a wealth of familiar and easy-to-learn games, this practical handbook is designed to foster successful social strategies for children aged 5–12, and will help adults to understand and reflect constructively on children's social skills.

The book covers the theory behind the games in accessible language, and includes a broad range of enjoyable activities: active and passive, verbal and non-verbal, and for different sized groups. Deborah Plummer addresses issues that might arise when supporting children with a range of communication differences, including children with learning differences, and offers a variety of cognitive and behavioural strategies to help children to reinforce the skills explored in the games.

This is an ideal resource for teachers, parents, carers and all those working to improve the social skills of children.

**Deborah M. Plummer** is the best-selling author of *Helping Children to Build Self-Esteem, Second Edition*; *Helping Adolescents and Adults to Build Self-Esteem*; *Self-Esteem Games for Children*; *Anger Management Games for Children*; *The Adventures of the Little Tin Tortoise: A Self-Esteem Story with Activities for Teachers, Parents and Carers* and *Using Interactive Imagework with Children*, all published by Jessica Kingsley Publishers. She is a registered speech and language therapist and imagework practitioner with over 20 years' experience of facilitating groups and working individually with both children and adults. Formerly a clinical lead therapist working within the NHS, she now lectures at De Montfort University, Leicester, UK and runs workshops and short courses on the uses of imagery and issues of self-esteem in the UK and internationally.



## Making Sense of Children's Thinking and Behavior

A Step by Step Tool for Understanding Children with NLD, Asperger's, HFA, PDD-NOS, and other Neurological Differences

Leslie Holzhauser-Peters and Leslie True

June 2008 192pp ISBN 978 1 84310 888 7 pb £13.99

*Making Sense of Children's Thinking and Behavior* offers parents and professionals a tool for understanding children with neurological differences. These children have an atypical view of the world, unique to their particular disability, which can make their behavior confusing and, at times, challenging. Often, the child's actions are misunderstood and, consequently, they are unfairly punished.

An individualized approach to understanding a child's thought processes can help to resolve these problems. The authors' Systematic Tool for Analyzing Thinking (STAT) offers such an approach. It provides a step-by-step method for understanding a child's behavior by revealing the thought processes behind it. By viewing a situation from the child's perspective, the root of the problem can be identified and one can then effectively address the difficult behavior. Case studies are used to describe the twelve common deficit areas, demonstrating to the reader how to apply the STAT in everyday situations.

This practical book is an invaluable resource for parents and professionals working with children with NLD, Asperger's, HFA, PDD-NOS, and other neurological differences.

**Leslie Holzhauser-Peters** has thirty years of experience working in the public school setting in the fields of Special Education and General Education. She has worked as a Speech-Language Pathologist, Supervisor and Curriculum Consultant and has authored several publications. Over the past few years she has acted both as an advocate and speech language pathologist to her co-author's son Joshua. **Leslie True** is the mother of three sons. The oldest, Joshua, has been diagnosed with a NLD. She has devoted years to actively campaigning on Joshua's behalf and, for the past year, has worked as an instructional aide for a child diagnosed with a NLD.

**Contents:** Dedication. About the Authors. How the Authors Met. Authors' Notes on Stories. Introduction. 1. Overview of the STAT: Systematic Tool to Analyze Thinking. 2. Abstract Language. 3. Motor. 4. Sensory. 5. Spatial Orientation. 6. Control/Consistency. 7. Theory of Mind. 8. Social. 9. Emotions. 10. Mental Flexibility. 11. Impulsivity. 12. Executive Functions. 13. Anxiety. 14. Believe. Appendix I Summary Reproducible STAT. Appendix II Complete Reproducible STAT. Appendix III Deficit Area Descriptors. Appendix IV Story Locator. Index.

### Of related interest

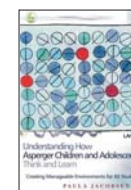
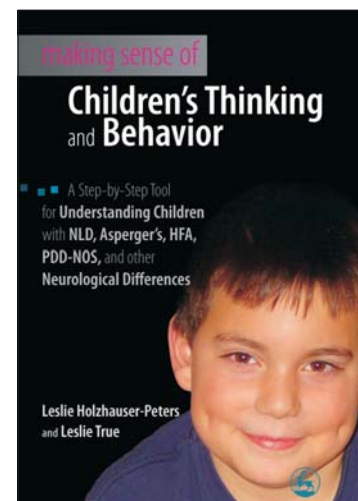
#### Understanding How Asperger Children and Adolescents Think and Learn Creating Manageable Environments for AS Students

Paula Jacobsen

2005 120pp ISBN 978 1 84310 804 7 pb £13.95

*Understanding How Asperger Children and Adolescents Think and Learn* helps educators appreciate the learning process and improve its effectiveness for students with Asperger Syndrome.

The author provides a compelling inside view of how AS pupils perceive and understand what goes on in the classroom, and how they, in turn, are perceived by fellow pupils and teachers. She adopts a pragmatic approach to improving communications in the classroom and offers practical intervention strategies to increase mutual understanding and create a rewarding and supportive learning environment. The book also includes many examples of behavior commonly observed in AS children, and illuminating accounts of specific children's experiences, which help to understand the learning process and avoid misunderstandings.



## Breaking Free from OCD

A CBT Guide for Young People and Their Families

Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner

Illustrated by Lisa Jo Robinson

May 2008 224pp ISBN 978 1 84310 574 9 Illustr pb £12.99

'*Breaking Free from OCD* should be a staple book for OCD sufferers and their families. It ditches confusing medical jargon in order to give constructive and helpful information and advice. It is the kind of book which I wish I had owned when my OCD was at its worst, one which shows that there is light at the end of the tunnel, and shows you how to get there.'

— Joe Wells, author of *Touch and Go Joe: An Adolescent's Experience of OCD*

Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book. Using the principles of cognitive behavioural therapy (CBT), which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker. The guide provides useful advice and worksheets throughout.

This self-help book for young people aged 10-16 is an invaluable resource for adolescents who have suffered from, or know someone who has suffered from, OCD, their families, teachers, carers, and mental health professionals.

**Jo Derisley**, ClinPsyD, AFBPsS, DipCogTher, is Honorary Senior Lecturer at the University of East Anglia, and Consultant Clinical Psychologist at the Norfolk & Waveney Mental Health Care Trust, UK. She has written several articles on the subject. **Isobel Heyman**, MBBS, PhD, MRCPsych, is Honorary Senior Lecturer at the King's College Institute of Psychiatry, London, and Consultant Child and Adolescent Psychiatrist at the Maudsley Hospital, UK. **Sarah Robinson**, BSc, is Assistant Psychologist at the national and specialist OCD and related disorders clinic for children and young people at the Maudsley Hospital, UK. **Cynthia Turner**, PhD, MClmPsych, is Honorary Lecturer at the King's College Institute of Psychiatry, London and Senior Clinical Psychologist at the national and specialist OCD clinic for children and young people, Maudsley Hospital, UK.

## Who's Who of the Brain

A Guide to Its Inhabitants, Where They Live and What They do

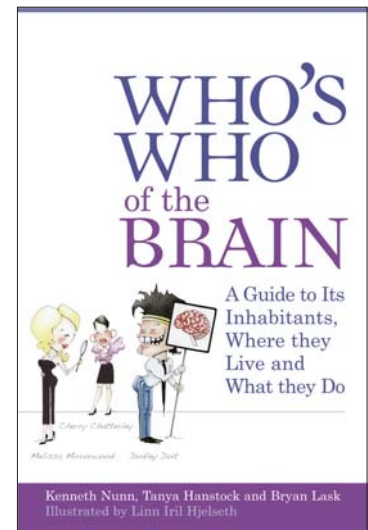
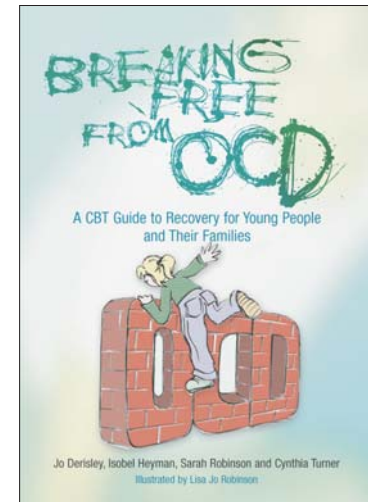
Kenneth Nunn, Tanya Hanstock and Bryan Lask

Illustrated by Linn Iril Hjelseth

May 2008 272pp ISBN 978 1 84310 470 4 Illustr pb £13.99

Meet the inhabitants of the brain in this reader-friendly introduction to what it is and how it works.

Residents include Frederick Foresight (the frontal cortex), Mayor of Cephalton-upon-Ridge, who is the 'big picture' person responsible for planning and decision-making; Sage Seahorse (the hippocampus), who has an astonishing memory for times, names and places; Annie Almond (the amygdala), the community's alarm system who is always on the alert; and many other fellow citizens. Each character is introduced and their appearance, role and key functions in the brain explained. The authors also show what happens when things go wrong in the brain, and illustrate the work using examples of classic clinical cases.



## All Dogs Have ADD

Kathy Hoopmann

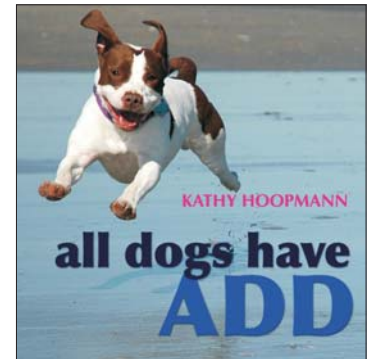
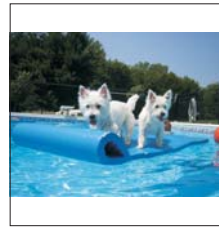
September 2008 72pp ISBN 978 1 84310 651 7 Illustr hb £9.99

*All Dogs Have ADD* takes an inspiring and affectionate look at Attention Deficit Disorder (ADD), using images and ideas from the canine world to explore a variety of traits that will be instantly recognisable to those who are familiar with ADD.

Following the style of the award-winning *All Cats Have Asperger Syndrome*, charming colour photographs of dogs bring to life familiar ADD characteristics such as being restless and excitable, getting easily distracted, and acting on impulse.

This delightful book combines humour with understanding to reflect the difficulties and joys of raising a child with ADD and celebrates what it means to be considered 'different'. This absorbing and enjoyable book takes a refreshing approach to understanding ADD.

**Kathy Hoopmann** is the author of the award-winning book, *All Cats Have Asperger Syndrome*, published by Jessica Kingsley Publishers. She has also written the Asperger Adventure series for younger children; *Blue Bottle Mystery*, *Of Mice and Aliens*, and *Lisa and the Lacemaker* as well as an Asperger teen fiction book, *Haze*, also published by Jessica Kingsley Publishers. Currently she lives in Dubai with her husband and three children.



From the same author

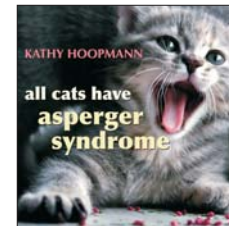
### All Cats Have Asperger Syndrome

Kathy Hoopmann

Winner of a Bronze Medal in the Moonbeam Children's Book awards Childhood Wellness category  
Shortlisted for the 2007 Eve Pownall Award for Information Books by the Children's Book Council of Australia  
2006 72pp ISBN 978 1 84310 481 0 Illustr hb £9.99

'There is a great deal of truth in humour. If you have only just begun to discover why someone with Asperger's syndrome is different, this book will inform and entertain you. The descriptions provide an accurate balance between the qualities and difficulties associated with Asperger's syndrome, while the photographs will make the journey of discovery enjoyable and remarkable.'

— Tony Attwood, author of *Asperger's Syndrome* and *The Complete Guide to Asperger's Syndrome*



Of related interest

### ADHD – Living without Brakes

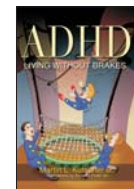
Martin L. Kutscher MD

Illustrations by Douglas Puder MD

2008 192pp ISBN 978 1 84310 873 3 Illustr hb £14.99

'Martin Kutscher is a paediatric neurologist and understands the nature of ADHD as well as the perspectives and experiences of parents, teachers and children. He explains ADHD in a clear and engaging style that will ensure that his book will be read, appreciated and the practical strategies implemented at home and at school. I strongly recommend Living Without Brakes as the book of first choice for parents of a child with ADHD.'

— Tony Attwood, author of *The Complete Guide to Asperger's Syndrome* and *Asperger's Syndrome: A Guide for Parents and Professionals*



### Asperger's Syndrome

A Guide for Parents and Professionals

Tony Attwood

Foreword by Lorna Wing

1998 240 pp ISBN 978 1 84310 577 8 pb £12.95

'Tony Attwood's empathy, knowledge and common-sense approach to describing individuals with Asperger's syndrome, highlighting the problems that they and their families, teachers and carers often face, and outlining the practical and achievable strategies for intervention and education is spot-on. Attwood has achieved the rare feat of describing the current state of scientific knowledge in accessible and understandable language. The book is thus a rich source of information...I'm almost embarrassed to find myself writing such an overwhelmingly positive review, but this book was a delight to read from start to finish. Everyone who works in the field, every parent, and I suspect many individuals with Asperger's syndrome will want to read this book.'

—*Clinical Child Psychology and Psychiatry*

### Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More!

The one stop guide for parents, teachers, and other professionals

Martin L. Kutscher MD,

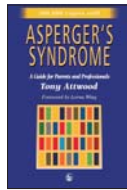
with contributions from Tony Attwood PhD and Robert R. Wolff MD

2005 244pp ISBN 9781843108108 hb £14.99

2007 244pp ISBN 9781843108115 pb £12.99

'Children often come with complex problems that interact and complicate one another. Kutscher begins by explaining what is known about the causes of the disorders, symptoms, interactions with other conditions, and treatments. He then provides concrete behavioural strategies, additional resources and other recommendations for dealing with these disorders – whether at home, at school, or in other settings- along with case vignettes and practical tips that will be helpful to both parents and professionals...a good general reference book to dip in and out of for anyone new to the area of learning difficulties.'

—*Children, Young People + Families*



### The Jumbled Jigsaw

An Insider's Approach to the Treatment of Autistic Spectrum 'Fruit Salads'

Donna Williams

2005 392pp ISBN 978 1 84310 281 6 pb £14.99

*The Jumbled Jigsaw* exposes autism spectrum disorders (ASDs) not as single entities but as a combination of a whole range of often untreated, sometimes easily treatable, underlying conditions. Exploring everything from mood, anxiety, obsessive-compulsive and tic disorders to information processing and sensory perceptual difficulties, including dependency issues, identity problems and much more, Donna demonstrates how a number of such conditions can combine to form a 'cluster condition' and underpin the label 'autism spectrum disorder'.

*The Jumbled Jigsaw* is a call to modern society to take responsibility and accept diversity. It is written in a very human and user-friendly way for parents and for Auties and Aspies themselves, but it is also aimed at carers, professionals, policy-makers and service providers.



### Dyslogic Syndrome

Why Millions of Kids are "Hyper," Attention-Disordered, Learning Disabled, Depressed, Aggressive, Defiant, or Violent – and What We Can Do About It

Bernard Rimland

2007 192pp ISBN 978 1 84310 877 1 hb £16.99

Dyslogical children are commonly labelled as having one or more of a mix of conditions that include Attention Deficit/Hyperactivity Disorder, Conduct Disorder, Bipolar Disorder and Oppositional Defiant Disorder. The number of children who could be described as dyslogical continues to rise sharply, and society has a tendency to lay the blame for this trend on poor parenting or bad schooling. Drawing on the latest research, Rimland outlines the impact of biological factors on today's children and exposes the influences of toxins and dietary deficiencies.

Dyslogic Syndrome is full of valuable advice on the safe, effective treatments that are available to children, and offers positive strategies for helping parents and professionals to do the best for their dyslogical child.

### Theory of Mind and the Triad of Perspectives on Autism and Asperger Syndrome

A View from the Bridge

Olga Bogdashina

2005 336pp ISBN 978 1 84310 361 5 pb £19.99

Divided into four parts, the book first defines autism, then the views of the three main groups working with it – autistic individuals, parents and professionals – under the headings of classifications, diagnosis, causes, development, theories and treatment. By comparing and reconciling the different perspectives in this way, the book helps each group to understand and predict each other's responses and behaviours.

### Sensory Perceptual Issues in Autism and Asperger Syndrome

Different Sensory Experiences

– Different Perceptual Worlds

Olga Bogdashina

Forewords by Wendy Lawson and Theo Peeters

2003 224pp ISBN 978 1 84310 166 6 pb £14.95

'This is a great book. There are so many books on the market where experts presume to know better than autistic people themselves and disregard autistic peoples own accounts of what it feels like to be autistic, but this one breaks that mould... This book has a great potential to be useful, not just to parents and autistic people themselves who are looking for information and understanding, but to educators and service providers, whom it could inspire and advise. Interesting and accessible, I sat down today and read it the whole way through. Highly recommended'.

— *Asperger Information.net*

### Communication Issues in Autism and Asperger Syndrome

Do we speak the same language?

Olga Bogdashina

2004 256pp ISBN 978 1 84310 267 0 pb £16.95

Providing a theoretical foundation for understanding communication and language impairments specific to autism, Olga Bogdashina explores the effects of different perceptual and cognitive styles on the communication and language development of autistic children. She stresses the importance of identifying each autistic individual's nonverbal language – which can be visual, tactile, kinaesthetic, auditory, olfactory or gustatory – with a view to establish a shared means of verbal communication. She offers an explanation of why certain approaches, for example PECS, might work with some autistic children but not others. Offering real insights, the 'What They Say' sections enable the reader to see through the eyes of autistic individuals and to understand their language differences first hand.

## Autism and Me

Rory Hoy

Runner up in the Nasen and TES Special Educational Needs Book Awards 2007

2007 DVD 20 minutes and booklet 30pp ISBN 978 1 84310 546 6  
£15.99+VAT=£18.79

'This is an excellent resource with a number of practical applications which help us, as Rory says, 'to understand what our world is like and how hard everyday functions can be for us.'

- GAP *Good Autism Practice*

Only people with autism truly know what it's like to be autistic – and even then, every autistic individual is unique! This award-winning short film by Rory Hoy, an 18-year-old filmmaker with autism, provides a privileged glimpse into his autistic world, letting us take a journey through his everyday experience and see it through his eyes.

In easy, accessible terms, Rory explains what having autism means for everyday functioning: what it's like, for instance, not to have the natural inclination to respond to someone who calls you by your name, or someone who waves at you; what it's like to take someone literally when actually they have used a figure of speech. He describes the confusion caused by high noise levels, crowded environments and even by his own emotions and physical sensations, as well as the security and comfort found in routines, forward planning and having thoughtful, calm and loving people around him.

This engaging, insightful and light-hearted film will be invaluable to people with autism, their friends and family, and to professionals working with them. A booklet explaining the film, also compiled by the author, accompanies the DVD.

## Survival Strategies for People on the Autism Spectrum

Marc Fleisher

2005 200pp ISBN 978 1 84310 261 8 pb £12.99

Marc Fleisher's new self-help guide for autistic teenagers and adults will help readers improve their quality of life and overcome many everyday challenges, be it through the development of independent living skills, building a more varied and fulfilling social life, or mastering a course in higher education and broadening one's opportunities for the future.

Marc Fleisher speaks from first hand experience about the coping strategies he himself has had to learn – often the hard way. Written particularly for young people who are just beginning to become independent from their parents, perhaps living in their own home for the first time, this book shows how to approach apparent problems with hope and the expectation of an improved quality of life.



## Mind Reading

### The Interactive Guide to Emotions Version 1.3

Based on research by Cambridge University,  
led by Simon Baron-Cohen

2007 DVD-ROM ISBN 978 1 84310 559 6 £69.99+VAT

2007 CD-ROM ISBN 978 1 84310 560 2 £69.99+VAT

Mind Reading Site Licence £229.99 + VAT

Emotions Library ISBN 1 84310 216 1 £29.99 + VAT

Emotions Library Site License £149.99 + VAT

*Mind Reading* is a unique reference work covering the entire spectrum of human emotions. It is available as a DVD-ROM and also as a set of CD-ROMs running on either a Windows or an Apple Macintosh computer. Using the software you can explore over 400 emotions, seeing and hearing each one performed by six different people. There are three main sections: Emotions Library, Learning Centre and Games Zone.

It has been designed with awareness of the needs of children and adults who may want to improve their ability to recognize emotions in others. It is also an invaluable resource for parents, teachers, those involved in social skills training and people working in the dramatic arts.

**Emotions Library** Here you can study 412 different emotions organized into 24 groups. Six video clips are provided for each emotion showing close-up performances by a wide range of people (old, young, male, female). Six audio clips express the intonation of each emotion. There are definitions and stories for each emotion, a search facility, and a scrapbook where you can create and organize your own collections.

**Learning Center** Learn to improve your emotion recognition skills in this section. Valuable to a wide set of users of all ages, including people on the autistic spectrum. A variety of lessons and quizzes are provided to present emotions in a systematic way and then to test recognition. The difficulty of some lessons can be adjusted to suit a wide range of ability levels. A rich set of collectible rewards is provided to help motivate users.

**Games Zone** If you want to have fun with emotions then play one of the games in this section. See how world famous actor Daniel Radcliffe reacts to being

offered some raw squid! Visit a school, an office or a market to play with emotions in the real world. Play a fast moving card game where you have to match the faces to win or guess the emotion in the hidden face. The Games Zone encourages informal learning about emotions in a less structured setting.

**System Requirements** DVD-ROM drive to play from optical disc (300 MB free space needed on hard drive) CD-ROM drive to install from optical disc (2.5 GB free space needed on hard drive) Minimum Pentium 2 running Windows 98 or later with 32 MB RAM or Apple Power Mac running OS 9.2 or later with 16 MB available RAM for application. Pentium 3 or faster recommended. Minimum screen size 800 x 600, with 16 bit display. Sound card and speakers required.

## Asperger Syndrome A Different Mind

Simon Baron-Cohen, Cambridge University

2006 DVD (PAL and NTSC) 29 minutes ISBN 978 1 84310 471 1  
£19.99+VAT

Narrated by Simon Baron-Cohen, this DVD presents viewers with the opportunity to both see and hear about the nature of Asperger Syndrome from children and adults themselves who have AS, as well as from their family members and school teachers.

With video footage from a range of contexts, including leisure time at home, lessons and playtime at school and individual accounts of experiences of AS, it provides immediate insight into the lives of six individuals, from Joe, aged 5, to twins Peter and Matthew, 22. *Asperger Syndrome: A Different Mind* introduces the viewer to the special interests, speech and language characteristics, social interaction difficulties and cognitive challenges of people with AS. It also highlights the positive developments that have taken place in recent years, within schools particularly, towards a better understanding of, and more effective provision for, children with AS.

This is an excellent introduction to Asperger Syndrome for parents, teachers and other professionals.

**Simon Baron-Cohen** is Professor of Developmental Psychopathology at Cambridge University and a Fellow of Trinity College. He is also Director of the Autism Research Centre in Cambridge, and runs a clinic for adults with Asperger Syndrome. His other projects include *Mind Reading DVD* and *CD Rom*, also available from Jessica Kingsley Publishers.

### Understanding Applied Behavior Analysis:

#### An Introduction to ABA for Parents, Teachers and other Professionals

Albert J. Kearney

2007 120pp ISBN 978 1 84310 860 3 pb £12.99

Applied Behavior Analysis (ABA) is based on the premise that behavior can be influenced by changes in environment and by the reinforcing consequences of that behavior. This introductory guide to ABA demystifies the basic terminology, the underlying principles, and commonly-used procedures of ABA using accessible, everyday language.

Albert J. Kearney explains the kinds of learning and reinforcement processes that form the basis of ABA programs. Having covered these essential principles, he describes how the science of behavior analysis can be effectively applied to real life behavior problems. He looks at how behavior is assessed and various intervention techniques that are often employed with children who have autism and other special needs. Having laid these essential foundations, Kearney touches on more advanced topics: the applications of ABA in behavioral education, such as precision teaching and programmed instruction.

### Visual Perception Problems in Children with AD/HD, Autism, and Other Learning Disabilities

#### A Guide for Parents and Professionals

Lisa A. Kurtz

2006 108pp ISBN 978 1 84310 826 9 pb £12.99

'an excellent resource for any parent, teacher or professional whose child is presenting with subtle vision difficulties as it contains quite a few gems (eg explanations, screening tests, addresses and activities) which adds to the knowledge of the reader.'

*-Good Autism Practice*

This book provides a comprehensive overview of vision problems in children with developmental disabilities such as AD/HD, autism spectrum disorders, and specific learning disabilities.

Written in a very accessible style, it is appropriate for parents and professionals alike and offers non-technical explanations of how vision difficulties are screened for and advice on where to seek appropriate professional care. Lisa Kurtz outlines a range of activities for strengthening children's functional vision and perceptual skills using simple, homemade materials that are readily available in the home or classroom.



### Understanding Nonverbal Learning Disabilities:

#### A Common-Sense Guide for Parents and Professionals

Maggie Mamen

2007 176pp ISBN 978 1 84310 593 0 pb £12.99

This easy-to-read guide offers a complete overview of Nonverbal Learning Disabilities (NLDs) and the wide variety of symptoms that different types of NLD present.

Maggie Mamen enables readers to select the most relevant strategies for coping with and managing their particular symptoms. She provides a wealth of practical advice on key skills such as developing written and verbal communication, understanding social clues, managing behaviour, self-regulation and improving organization. She also covers relevant teaching methods for the classroom.

This practical and accessible introduction is an essential guide for those families and professionals working with children and adults with NLDs.

### Children with Seizures

#### A Guide for Parents, Teachers, and Other Professionals

Martin L. Kutscher, MD

Foreword by Gregory L. Holmes, MD

2006 152pp ISBN 978 1 84310 823 8 pb £11.99

'When they occur, seizures can be worrying and even frightening both for the parents and the therapist. Dr. Martin L Kutscher demystifies the common jargon about the types, causes, different medications, other treatments available and prognosis. He also offers practical advice to parents, teens and children. As therapists, it can be useful to know the most common types of seizures in childhood, what to expect and what to do during a seizure. It can be very reassuring to know that what's happening is normal and is not harmful for the child.'

*-Occupational Therapy Journal*

### Understanding Motor Skills in Children with Dyspraxia, ADHD, Autism, and Other Learning Disabilities

#### A Guide to Improving Coordination

Lisa A. Kurtz

2007 160pp ISBN 978 1 84310 865 8 Illustr pb £12.99

'The book is user-friendly and includes clear diagrams in each section, along with tables to outline key points. I found these very useful and they are an easy reference/reminder, for example, they include a normal development chart, what assessments are available and their main aims.'

*-National Association of Paediatric Occupational Therapists*

Coordination problems often make everyday activities a challenge for children with learning disabilities. This accessible manual offers practical strategies and advice for helping children with coordination difficulties.

The author explains how to recognize normal and abnormal motor development, when and how to seek help, and includes specific teaching strategies to help children with coordination difficulties succeed in the classroom, playground, and home. She describes a wide range of therapeutic methods and provides a comprehensive list of resources.

Full of practical help, this is essential reading for anyone caring for, or working with, children with developmental motor concerns.

### An Introduction to Dyslexia for Parents and Professionals

Alan M. Hultquist

2006 112pp ISBN 978 1 84310 833 7 pb £12.99

'This book does exactly what it says on the tin! Hultquist deals with the causes, types and sub types of dyslexia. He explains how dyslexia is diagnosed and remediated and gives appendices on agencies, resources and practical classroom strategies. I would highly recommend this book to parents who have just received a dyslexia diagnosis in the family, to professionals working with those with dyslexia and to specialist teachers to have as a handy reference/refresher tool. For all these audiences, Hultquist writes in such measured, clear and uncluttered prose that no one can take the journey from diagnosis to remediation without feeling that one is in the hands of someone who really understands the issues surrounding a dyslexia diagnosis, not only for the one diagnosed but also for the whole family and the professionals working with them.'

*-Dyslexia Contact*

## The Myriad Gifts of Asperger's Syndrome

John M. Ortiz, Ph.D.

2008 176pp ISBN978 1 84310 883 2 pb £12.99

"*The Myriad Gifts of Asperger's Syndrome* is a fabulous read. John Ortiz is a wonderful storyteller and this reads like a series of captivating and unique short stories of remarkable everyday individuals with the most unusual of gifts. Read it and be intrigued, inspired, uplifted and awestruck. This book is to Asperger's what Sacks' *The Man Who Mistook His Wife for a Hat* is to neurology. Its relevance extends well beyond the ASD world as it addresses 'outside the box' individuals everywhere and those who wish they were."

— Donna Williams, Dip. Ed., B.A. Hons., author of 9 books, including the international bestsellers *Nobody Nowhere* and *Somebody Somewhere*

A fascinating collection of real-life personal profiles, *The Myriad Gifts of Asperger's Syndrome* focuses on the talents, abilities, and achievements of individuals with Asperger's Syndrome (AS).

Vaschel has a remarkable connection with animals; Richard can tell the weight of any item he lifts to the nearest tenth of a pound; two-year-old Hannah detected a dangerously faulty electrical circuit in her family home; and eight-year-old Clark became conversant in French after only an evening's study. What connects these individuals? They all have AS. John M. Ortiz celebrates the qualities of individuals with AS he has met through his clinical experience, including their characteristic tenacity, honesty, and attention to detail, and looks also at the wide range of careers they have chosen and in which they flourish.

## The Genesis of Artistic Creativity Asperger's Syndrome and the Arts

Michael Fitzgerald

2005 256pp ISBN 978 1 84310 334 9 pb £13.95

The nature of artistic creativity and its relationship with 'difference' has intrigued people for centuries. *The Genesis of Artistic Creativity* is a revealing exploration of the lives of 21 famous writers, philosophers, musicians and painters including George Orwell, Wolfgang Amadeus Mozart, Andy Warhol and many others, in light of the recognized criteria for diagnosis of high-functioning autism and Asperger's Syndrome (AS).

This celebration of artistic genius and AS will prove a fascinating read not only for professionals in the field of autism and AS, but for anyone interested in the sources of creativity and the arts.



## Encouraging Appropriate Behavior for Children on the Autism Spectrum Frequently Asked Questions

Shira Richman

2006 224pp ISBN 978 1 84310 825 2 pb £13.99

'Richman's behavioural approach to skill development in children on the autism spectrum is excellent... this easy to read book is certain to be an invaluable resource to both parents and professionals. The way the text is written is simple enough to be understood by the lay reader, yet detailed enough to provide a thorough understanding of behavioural theory and practical suggestions for encouraging specific behaviours. It would be a worthwhile addition to the personal or professional library of anyone hoping to provide children on the autism spectrum with the tools to function happily and successfully in their daily lives.'

— Autism: *The International Journal of Research and Practice*

## The Miller Method Developing the Capacities of Children on the Autism Spectrum

Arnold Miller with Kristina Chrétien

Forewords by Diane Twachtman-Cullen and Stuart G. Shanker

2007 320pp ISBN 978 1 84310 722 4 pb £19.99

'If you work with children with autism then read this book. It presents an enlightening perspective into their world that will help the reader to better understand and engage more meaningfully with them. The emphasis is very much on the practical, with step-by-step examples of intervention procedures and case studies, providing you with lots of ideas that can be incorporated into your own practice. The writing is simple, largely avoiding unwieldy jargon, and each chapter is broken down into bite-size sub-sections, with a useful summary at the end. Definitely a worthwhile resource.'

— Speech & Language Therapy in Practice

## How to Live with Autism and Asperger Syndrome Practical Strategies for Parents and Professionals

Chris Williams and Barry Wright

Illustrated by Olive Young

2004 336pp ISBN 9781843101840 pb £13.95

'This useful book is aimed at parents of children with autistic spectrum disorders as well as professionals. It is very readable and sets out to address in clear logical fashion three important questions: 1. Does my child have autistic spectrum disorder? 2. How do children with ASD view the world? 3. How can we help? ...The authors suggest a wide range of strategies for parents and professionals to select from to help the child with an ASD. A particular strength of the book is the emphasis on analysing problems in an effort to understand why they are happening so that the optimal response can be employed – a wise and effective philosophy in the care and management of any child with ASD!'

— Brenda Boyd author of *Parenting a Child with Asperger Syndrome*, *Communication Magazine*

## Create a Reward Plan for Your Child with Asperger Syndrome

John Smith, Jane Donlan and Bob Smith

2008 112pp ISBN 978 1 84310 622 7 pb £12.99

Reward plans encourage positive behaviour using the incentive of earning rewards. This book provides a thorough nuts-and-bolts guide to creating a reward plan for your child with Asperger Syndrome (AS) to help him or her develop positive behaviours, such as social and communication skills.

John Smith, Jane Donlan and their son Bob, who was diagnosed with AS at age eight, explain the importance of keeping a reward plan positive, specific and challenging enough to be stimulating. Helping your child to learn about positive behaviour while gaining a sense of achievement, a reward plan increases self-esteem, confidence and independence.

*Create a Reward Plan for Your Child with Asperger Syndrome* is full of advice and practical suggestions for how to tailor a reward plan to meet your child's specific needs.

**John Smith** is a mental health social worker and father of Bob. **Jane Donlan** is Bob's mum and is responsible for Bob's home-education. Bob Smith is twelve years old and was diagnosed with Asperger Syndrome at age eight. He, his parents and his dogs live in the north of England

### Parenting Across the Autism Spectrum

Unexpected Lessons We Have Learned

Maureen F. Morrell and Ann Palmer

2006 220pp ISBN 978 1 84310 807 8 pb £12.99

'I would recommend this wonderful book to parents and practitioners alike. The book walks the reader gently through the stories of two different families and their experiences of parenting children on the autistic spectrum. Maureen and Ann share with their audience differing perspectives of the impact of autism both on the individual concerned and on their families... There are many excellent books written by parents of individuals with autism available. What makes this book stand out for me is how the authors share their highs and detail their lows without holding back and without giving the impression that they are superhuman, achieving the impossible where the more superhuman, achieving the impossible where the mortal among us cannot. Family disasters, innermost fears and mistakes are laid bare. While it is important to note that the book provides positive recommendations and imparts sound advice leading the reader to turn the last pages with a sense of optimism about the future, I found it invaluable to know that others have made the same mistakes as me and experienced the same concerns and despairs... a positive and beneficial book for parents of children with autism as they learn to balance family life with the demands that the condition places on them.'

-Good Autism Practice

### Multicoloured Mayhem

Parenting the many shades of adolescents and children with autism,

Asperger Syndrome and AD/HD

Jacqui Jackson

2003 256pp ISBN 978 1 84310 171 0 pb £12.95

'Jacqui has much to share with her readers, and there is plenty that is familiar, and lots of good, common sense advice... It is a book that parents of children with ASD will feel comfortable with, as it is not written by a "professional", but someone who lives the life, with its up and downs.'

-Speech

Jacqui Jackson has seven children. Luke (author of *Freaks, Geeks and Asperger Syndrome*) has Asperger Syndrome, Joe has ADHD, and Ben has autism. Life is anything but straightforward, but the chaos of the Jacksons' lives is threaded through with humor and common sense. Full of anecdotes and lively thinking, the book explains vividly what it is like to parent young people with such a range of conditions, and provides a wealth of helpful and creative advice for other parents and carers.



### Families of Adults with Autism

Stories and Advice for the Next Generation

Edited by Jane Johnson and Anne Van

Rensselaer

Foreword by Stephen M. Edelson, Ph.D., Director of the Autism Research Institute, USA

2008 192pp ISBN 978 1 84310 885 6 pb £13.99

*Families of Adults with Autism* is a collection of real-life stories of people on the autism spectrum growing up, as told by their parents and siblings.

The individual accounts explore the challenges that families of people with autism have faced, and the techniques they have used to improve the quality of their children's lives, from mega-doses of vitamins and dietary changes to intensive interaction. The contributors also relate how they have worked with their children or siblings to help them to function at their highest possible level, be it showing an awareness of their environment, holding down a full-time job in a local store, competing in the Special Olympics, or achieving international recognition as an artist.

### Parenting a Child with Asperger Syndrome

200 Tips and Strategies

Brenda Boyd

2003 160 pp ISBN 13: 9781843101376 pb £12.95

'Brenda Boyd's book is a well presented and easy-to read guide for any parent or carer of a child with Asperger syndrome. It could be equally useful for a teacher with an AS child in their class. The beauty of this book is that it focuses not just on the needs of the child but on those of the parent too. The tips and strategies are not confined just to dealing with challenging behaviour, but also to helping you cope with it'.

-Communication

This book helps parents to respond positively to the challenge of AS and find the 'treasure' in their child's way of being.

### Autism, Discrimination and the Law

A Quick Guide for Parents, Educators and Employers

James Graham

2008 144pp ISBN 978 1 84310 627 2 pb £14.99

*Autism, Discrimination and the Law* outlines how the legal requirements of the Disability Discrimination Act 1995 might be met for students and employees with autism spectrum disorders (ASDs). • What might discrimination against people with autism look like? • What can you do to prevent discrimination against people with autism? • What should you do if you have been discriminated against?

The main part of the book is devoted to case studies from further education and employment demonstrating how reasonable adjustments can be made successfully.

This accessible book will be an essential reference for employers, policy makers, Local Education Authorities, Learning and Skills Councils, Training providers, schools and colleges, personnel officers, careers officers, charities, residential homes, parents, indeed anyone working with people with autistic spectrum disorders.

**James Graham** worked for many years at a senior level for the UK's National Autistic Society. He then became Principal of The INTERACT Centre, a grade one further education college in London for people with Asperger's syndrome. He is now an independent consultant and has worked and provided training and consultation for careers services, regional Learning and Skills Councils, national charities, private care homes, Local Education Authorities, social services and further education colleges. He is also a regular speaker at national conferences.

### Surviving the Special Educational Needs System

How to be a 'Velvet Bulldozer'

Sandy Row

2004 256pp ISBN 978 1 84310 262 5 pb £12.95

'...an honest and unique book offering an effective, accessible and empowering tool for parents. Any parent facing the prospect of a tribunal needs to read this book from a practical and emotional point of view. For those parents just entering the world of SEN and the bureaucracy that goes with it, there's a couple really useful chapters, a jargon busting section and a step by step guide to what a statement actually looks like. This includes advice on what should be on the statement and points to be remembered when checking its content. This book is great too for parents of teenagers and those with worries over adult and further education provision. It has an excellent 'Useful Contacts' list at the back. It has to be the best book I've read this year on anything to do with autism.'

-Autism Matters



## Asperger Syndrome in the Inclusive Classroom

Advice and Strategies for Teachers

Stacey W. Betts, Dion E. Betts,

and Lisa N. Gerber-Eckard

Foreword by Peter Riffle

2007 160pp ISBN 978 1 84310 840 5 pb £11.99

"A goldmine of practical strategies that will be of benefit to teachers with or without experience. This is an extremely readable book which is packed full of practical advice, strategies and opportunities for reflection on managing young people's lives at school, with down to earth text covering such areas as curriculum, transport, discipline, unstructured time and much more. The book enables an individual and whole school approach to facilitate inclusion with an emphasis on learning."

— Elaine Colquhoun, President, NASEN

*Asperger Syndrome in the Inclusive Classroom* offers support and practical techniques for teachers who work with children with Asperger Syndrome (AS).

Based on the successful experiences of classroom teachers, and written from a teacher's perspective, this book provides creative and easy-to-apply strategies that support and encourage AS students in the mainstream classroom, from organization and time management techniques to framing classroom instructions to make lessons more accessible for children with AS. The authors' straightforward, practical advice relates to every part of the school day and includes advice for teaching specific subject areas. They give tips on helping students navigate the school environment, how to handle social situations like lunch and breaks, and what to do during unstructured periods.

**Contents:** A Note on the Book. Foreword by Peter Riffle. Introduction. 1. "Doing" School. 2. Academic Subjects. 3. Special Subjects. 4. Other Periods in the School Day. 5. Social and Emotional Concerns. Conclusion. Appendix A: Daily Homework Checklist. Appendix B: How to Help Your Classmate – Peer Helper Handout. Appendix C: Student Information Form. References. Index.

## Asperger Syndrome – What Teachers Need to Know

Matt Winter

Written for Cloud 9 Children's Foundation

2003 96pp ISBN 978 1 84310 143 7 pb £10.95

'Wonderful! This book is clear, well-written and has some good suggestions...I found all of this book useful in various ways. Matt Winter seems to have an excellent understanding of children with AS and the challenges life can throw at them; he also presents sensible solutions to some of those challenges. If any child with AS goes into the school system I'd recommend this book for the teacher!'

*Education Otherwise*

As awareness of Asperger Syndrome (AS) grows, it becomes increasingly important that all professionals have a familiarity with and understanding of the condition. However, for teachers, who have minimal spare time, it is difficult to access the details they need for working with AS children without wading through extensive books aimed at parents and professionals. *Asperger Syndrome – What Teachers Need to Know* bridges this gap and is the ideal starting point for teachers wishing to learn about Asperger Syndrome and how best to work with and get the most from a child with an ASD. Providing a summary of currently available information on AS and covering all the key issues that will concern teachers (e.g. social skills, homework, playground behaviour, assisting with study), Matt Winter, a teacher himself, imparts tips and practical ideas that he has found successful and invaluable for anyone working in a school environment.

## Caring for Myself

A Social Skills Storybook

Christy Gast and Jane Krug

Photographs by Kotoe Laackman

2007 96pp ISBN 978 1 84310 872 6 hb £18.99 ISBN 978 1 84310 887 0 pb £12.99

'Mastering the daily habits of personal care are challenging for all young children, but brushing teeth and hand washing can be real stumbling blocks for children suffering from various forms of autism. *Caring for Myself*, a realistic resource book, specifically targets an audience of parents and teachers of children with autism spectrum disorder (ASD), and is designed to help acquaint children with the activities including visits to the doctor.'

*Foreword*

## Different Like Me

My Book of Autism Heroes

Jennifer Elder

Illustrations by Marc Thomas and Jennifer Elder

2005 48pp ISBN 978 1 84310 815 3 hb £11.99

'*Different Like Me* is a well written, informative book that introduces children – aged 8 and up – to quirky famous people; people who excelled in their chosen field, be it music, art, science and even comedy, but didn't quite fit in. I particularly enjoyed the descriptions of what made them tick and the fact that there were a good proportion of women...this is a great confidence booster for children with a 'high functioning' Autistic Spectrum Disorder, an opportunity for them to show off, and an enjoyable read for every one, to boot!'

*Education Otherwise*

## Can I tell you about Asperger Syndrome?

A Guide for Friends and Family

Jude Welton

Illustrated by Jane Telford

Foreword by Elizabeth Newson

2003 48pp ISBN: 9781843102069 pb £6.95

'Adam is a young boy with Asperger Syndrome. This book is written from his perspective; he sets out to help children understand the difficulties faced by a child with AS – he explains what AS is, what it feels like to have it and how the peers of children with AS can help by understanding their differences and appreciating their many talents. The book has extremely good illustrations to accompany the text. It is written for children aged 7 to 15 years of age but can also be used as an aid to both family and classroom discussions.'

*Autism West Midlands*

## Let's All Listen

Songs for Group Work in Settings that Include Students with Learning Difficulties and Autism

Pat Lloyd

Foreword by Adam Ockelford

2007 144pp ISBN 978 1 84310 583 1 pb and CD £24.99

Music provides a unique and powerful means of promoting communication and social interaction in students with learning difficulties. In this collection, Pat Lloyd brings together 46 songs composed or adapted for use with children with communication problems.

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### Adults on the Autism Spectrum Leave the Nest

Achieving Supported Independence

Nancy Perry

November 2008 288pp ISBN 978 1 84310 904 4 pb £13.99

Children on the Autism Spectrum often grow up to find they are unable to cope effectively with the challenges of adult life. This book shows that, with the appropriate lifelong care from parents and carers, it is possible for those with neurodevelopmental disabilities to achieve supported independence and live fulfilling adult lives.

This book provides practical and accessible guidance for parents, therapists, people with ASDs, and anyone with an interest in helping people on the Autism Spectrum lead their lives with a sense of dignity and independence.

### Girls Growing Up on the Autism Spectrum What Parents and Professionals Should Know About the Pre-Teen and Teenage Years

Shana Nichols with Gina Marie Moravcik and Samara Pulver Tetenbaum

Foreword by Liane Holliday Willey

November 2008 240pp ISBN 978 1 84310 855 9 pb £13.99

This book is the first resource for families to provide key strategies for their daughters during adolescence. It puts topics into the context of typical development and addresses core issues of ASDs such as cognition, communication, behaviour, sensory sensitivities and social difficulties, and provides information, practical teaching, intervention strategies and resources regarding topics specific to being a teenage girl with AS

### The Red Beast

Controlling Anger in Children with Asperger's Syndrome

K. I. Al-Ghani

Illustrated by Haitham Al-Ghani

October 2008 48pp ISBN 978 1 84310 943 3 hb £12.99

This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.

K. I. Al-Ghani is a special educational needs teacher who has worked for more than 30 years in the field of education and lives in Hastings, England.

### A Book About What Autism Can Be Like

Sue Adams

November 2008 48pp ISBN 978 1 84310 940 2 pb £6.99

Chris and Andrew are very good friends, but sometimes Chris does things that Andrew doesn't understand.

Chris can hear a fly buzzing when it's a mile away! But he doesn't like bright flashing lights like the ones on Andrew's favourite arcade game. Chris and Andrew have lots of fun together, but at times they laugh at completely different things – it doesn't matter though, because everyone is different, and being different can be rather cool!

his fully-illustrated book is ideally suited for boys and girls between 5+ and also serves as an excellent starting point for family and classroom discussions.

### Liam Goes Poo in the Toilet

Jane Whelen Banks

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For a typical child, learning to gain control over the body's internal stimuli can be at best challenging. For many children, however, these internal cues can be overwhelming and confusing, leading to both a frustrating and traumatic toileting experience.

After much fanfare, Liam finally masters going 'poo' in the toilet, and both he and Mum bask in the glory of a job well done.

### Liam Says 'Hi'

Jane Whelen Banks

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Introductions can be awkward for many children. For some, however, making eye contact, and acknowledging another person by simply saying 'hi' can be a constant challenge. In Liam Says 'Hi' Liam manages to overcome his shyness and complete the steps necessary when greeting a friend at the front door.

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In Liam Says 'Sorry' Liam impulsively whacks his brother on the nose and ruins an otherwise joyful round of wrestling. Wanting desperately to resume the game and win favour with his brother, Liam accepts responsibility for his blunder and apologies.

### Liam Wins the Game, Sometimes

Jane Whelen Banks

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In Liam Wins the Game, Sometimes, lovable Liam learns that is ok to feel disappointed if you don't win, but that it's not ok to moan or cry or throw things: sometimes you win and sometimes you don't. He learns how to become a good sport, and that makes him a real champ!

### Liam Knows What To Do When Kids Act Snitty

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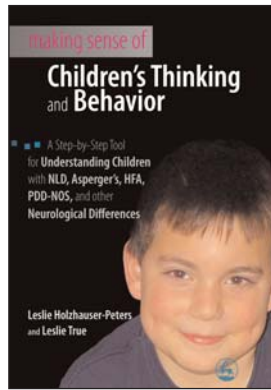
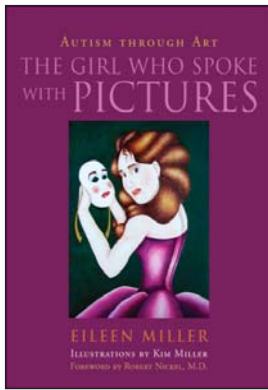
In Liam Knows What to do When Kids Act Snitty, lovable Liam finds out why his amazing feats of greatness are sometimes met with snide or snitty responses. He learns that when kids are snitty, it does not mean they don't like you, or that your tricks are boring, but that they haven't yet learnt how to be gracious and polite.

### Loveable Liam

Jane Whelen Banks

October 2008 32pp ISBN 9781843108993 hb £6.99

Loveable Liam takes a moment to honour a child for who he is. It reminds parents to let their child know they are wonderful and precious – deeply valued by friends and family, even when people are cross with them.



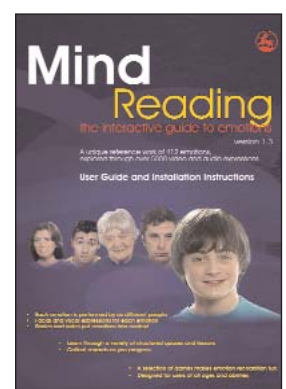
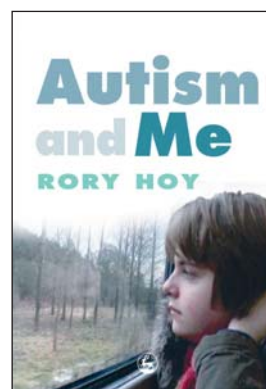
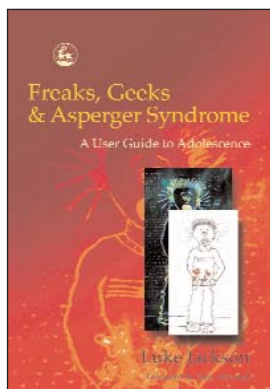
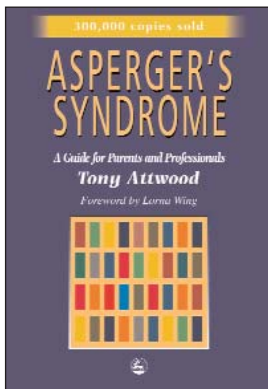
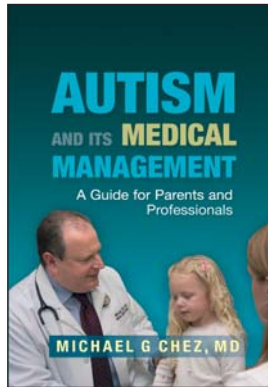
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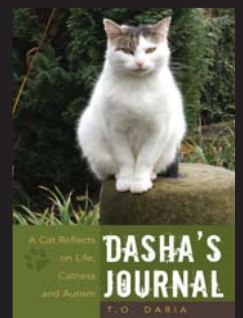
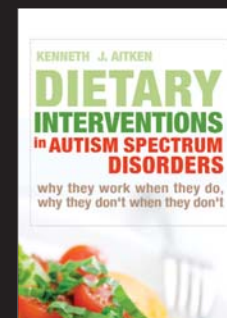
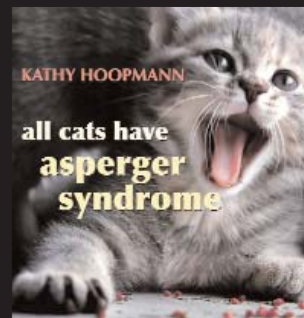
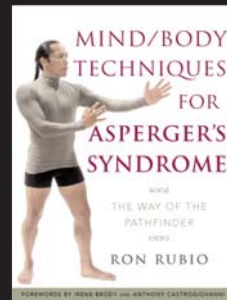
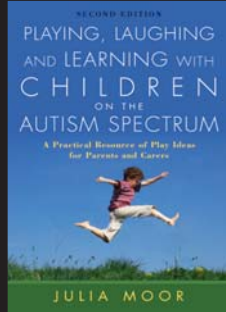
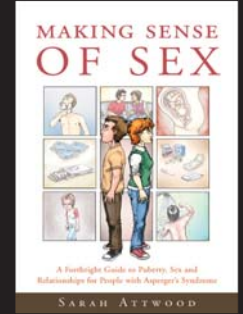
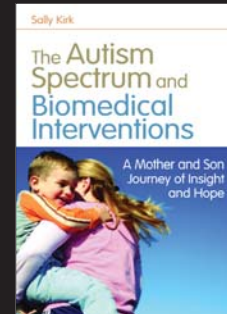
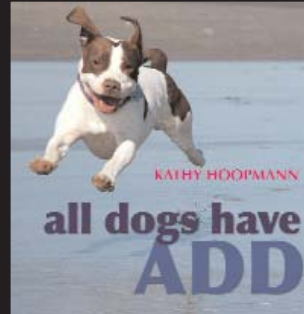
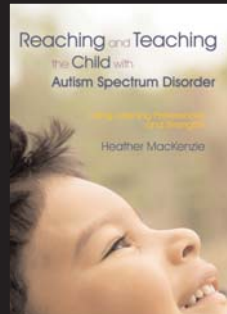
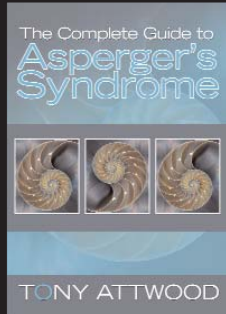
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