



A Brain Type Called Autism

-Disclosure to a Child with ASD-

Yuko Yoshida, MD

Translated by Esther Sanders

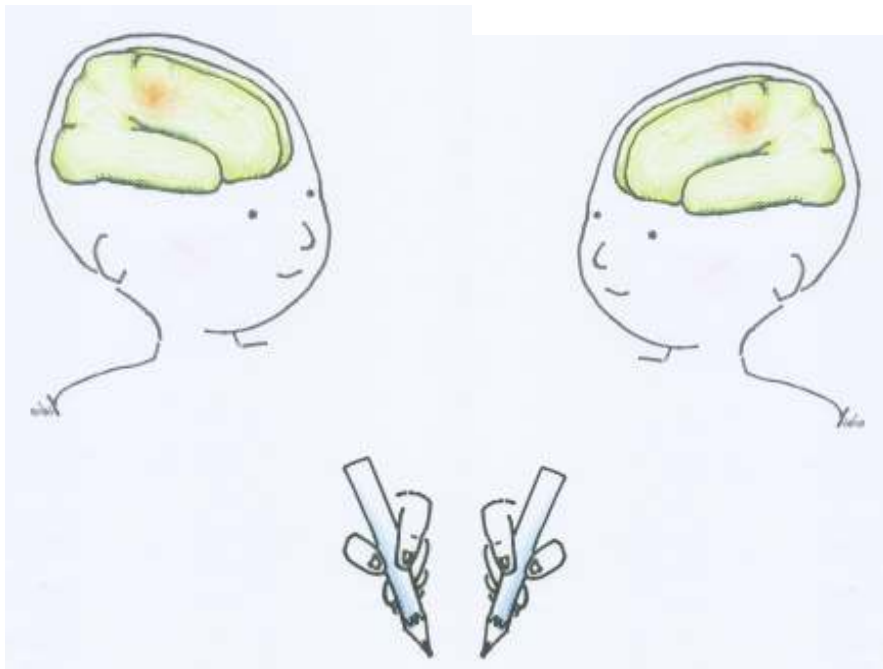


The Brain

- The brain's functions include thinking, learning and remembering, feeling, and directing the muscles to move.
- There are various brain types.



Brain Types



Left-handed, right-handed,
or ambidextrous?

- Everyone is one of these.
- This is among the things determined by brain type . . .
- . . . And it is also one of the traits we can use to categorize brain types.



A Brain Type Called “Autism”

- Autistic?
- Not autistic?
- This is another trait we can use to categorize brain types.
- What sort of brain type is autism?



The Characteristics of Autism

People with an autistic brain type often have certain positive attributes. They are often:

- Serious and hardworking
 - Kind
 - Against cheating
 - Able to concentrate intensely on things they like
 - Good at learning and remembering things they like
- • • Does any of this sound like you?



The Characteristics of Autism

But people with an autistic brain type also often have these difficulties:

- A tendency to get very anxious or irritated when plans change suddenly
 - Trouble stopping an activity that they like
 - Trouble or discomfort participating in group activities
 - Difficulty expressing themselves clearly, which leads to various problems and misunderstandings
- • • Does any of this sound like you?



The Positive Attributes and the Difficulties Are a “Package Deal”

For example:

- Precisely because you’re able to focus so intently on what you like . . .
- . . . You have trouble stopping in the middle.
- There’s no need to get rid of this positive attribute. After all, it’s *positive!*
- But having some sort of technique for stopping in the middle of something is convenient —for you and for the people around you.



Enthusiastic about Cars?

- Being really excited about cars is a good hobby.
 - When you think about cars or driving, you feel energized.
 - If cars are involved, you feel motivated to study.
 - You might even be willing to work extremely hard to earn money for your car hobby.
- There's no need to stop being enthusiastic about cars.



Enthusiastic about Cars?

- But if you get too caught up in thinking about cars during class or at your job, you won't get your work done—and you'll be in trouble.
 - You'll also be in trouble if you spend all of your food budget on your car hobby.
- You don't need to stop being enthusiastic about cars, but you do need a technique for living with this hobby successfully.



What Kind of Place is the Yokohama Psycho-Developmental Clinic?

- It's a place to talk over ways to stretch your positive attributes even further.
- It's a place to figure out—and to try out—techniques to keep the things you find difficult from bringing you down.
- It's a safe place to talk about private stuff and to vent your complaints.
- Please come and talk with us.
- We look forward to seeing you.



Important Information Should Be Shared Only with Selected Individuals

- If you have autism, this is a very important piece of information about you.
- We recommend that you only discuss this information with people who will understand its importance—individuals such as your father, mother, therapist, or teacher at school.
- If there are other people you might want to tell, we recommend that you talk this over with one of the above individuals before deciding.



Others in Your Midst Who Have Autistic Brain Types

- There are probably quite a few other people around you with autistic brain types, for example, in your classes at school or in club activities.
- Because you have studied this information about brain types, you might realize that “so-and-so also has autism.”
- But that person might not have learned yet about his or her brain type.



When You Become Aware of Another Person's Brain Type

- Please don't say anything to him or her about autism or having autism until he or she has heard about it from a therapist.
- He or she might be shocked . . .
- . . . so please. Don't tell.
- If you really want to tell someone, or if you've already told him or her and now wonder what you should do, please don't hesitate to come talk with us.
- We can work with you to figure out the best way to help things turn out OK.