

**Autism and Communication**

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Autism is a developmental disability that affects how people communicate, learn, and behave. Autism is considered a spectrum disorder due to the varying types and severity of problems faced. Therefore, Autism looks differently on everyone. Scientists are interested in finding out more about the disorder in order to better help those who are on the spectrum, help meet their needs, and contribute to a growing society. This essay will examine three significant aspects that pair with Autism, which will result in an overall better understanding of current outlooks on the disorder.

### **Exploring theories of mind**

According to the article, Theories of mind deficit is one of the most autism related researched topic. Theory of mind explains behavior of autistic people. Primarily, those on the spectrum struggle with differentiating their emotions from others, predicting behaviors, understanding impacts of their behaviors, and other related “mind reading” tasks. The study of theory of mind in autism also holds promise for the development of more effective interventions and support strategies. By targeting the specific cognitive mechanisms underlying social-communicative challenges, clinicians and educators can work to strengthen theory of mind skills through tailored training programs and environmental adaptations. As our understanding of the autistic experience grows, the insights from theory of mind research will play a vital role in empowering individuals on the spectrum to navigate the social world with greater confidence and success. For example, the article by Anna Merrill, strongly suggests that autism has a strong impact on reading comprehension, character perspective, motive, and grasping pretend stories. This insight offered her perspective which helped her conclude that evidence based

strategy to activate schemas would help reign autistic persons way of learning and organizing and contribute to breakthroughs.

### **Sensory and Communication**

Next, we will explore two key areas that are often impacted for individuals with autism. Sensory processing refers to the way the brain receives and interprets sensory information from the environment and one's own body. Many autistic individuals experience hypersensitivity or hyposensitivity to various stimuli, leading to sensory overload or a lack of awareness. This can manifest in aversions to certain textures, sounds, or lights, or conversely, a craving for intense sensory input. Based on an article by Temple Grandin where she expanded on her life-long struggles and lessons she has encountered while dealing with autism, she emphasized pressure stimulation. For them, battling with sensory overload yet, craving a natural need for hugs and affection was a battle. It was not until they felt deep pressure stimulation modeled by a squeeze machine used for cattle, that they built a user controlled squeeze machine. This squeeze machine was significant since for Grandin in particular, pressure stimulation was the only device that could calm her symptoms other than strenuous exercise and manual labor. Despite her struggles, Grandin went on to become not only an inventor but an Author, Professor, and well known scientist. This contributes to the point that Autistic people are more than capable of just the same level of success as any other persons, they just need the correct tools to help them cope with their disorder.

## References

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