

# Autism and Addiction

## Further Resources and Information for Professionals



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Thank you for watching the SWAN and DAPL training on autism & addiction. If you have come across this guide and haven't yet watched the free session we highly recommend doing that. You can find the session here. If you scroll down to the section 'Free Pre-Recorded Sessions and Downloadable Resources. You will also find some lived experience videos and a resource for autistic adults



We have collated a collection of further resources on autism and addiction in various forms of media.

The resources are arranged in the following categories:

- Introduction
- Autism and Addiction
- Blog Pieces
- Books and Websites
- Videos
- Podcasts
- Accessibility
- Language Guide
- Autistic Identity and Wellbeing
- Research and Learning

If you'd like to know more about any of our activities and events or any of our other training opportunities, please visit our website or get in touch.

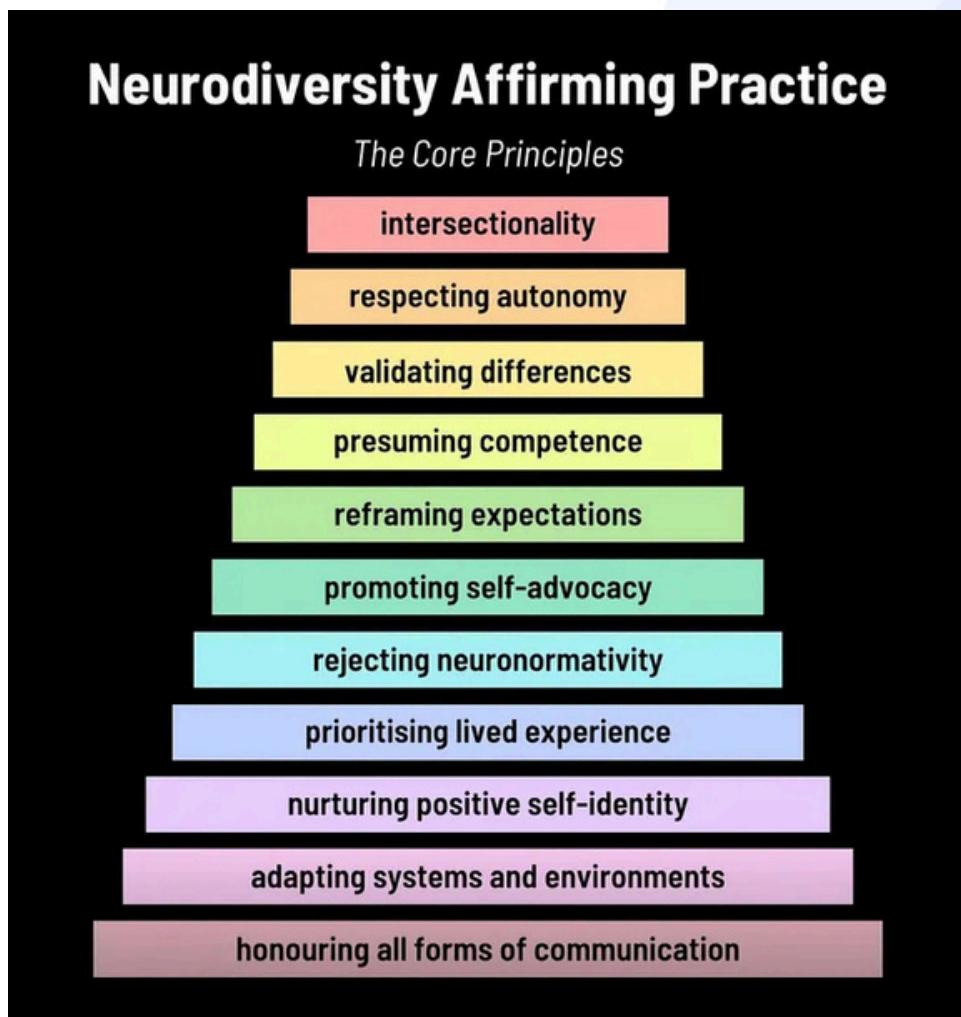
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When considering addiction within the autistic community, we must start in the framework of the neurodiversity paradigm and adapt our support methods and adopt neurodiversity-affirming practices. Our neurology is not just our brain, it is our whole neurological system, which controls and coordinates all bodily functions by sending and receiving messages to and from the brain and the rest of the body, enabling everything from thinking and feeling to movement. But that also isn't the end of the story. We don't live in isolated bubbles, as autistic, neurotypical or other neurodivergent individuals, we live within cultures, systems, environments, relationships, all of which we are interacting with and responding to, and which are responding to us. This continually shapes our identity and experience both positively and negatively.

So when we are thinking about how we work with autistic people, we have to think about approaches that value all people, including neurodivergent individuals, honouring unique identities, and prioritising authentic inclusion by meeting people where they are. True neuro-affirming practice means changing not just policies but also actions, beliefs, and organisational culture—centring lived experience, identity, and agency, and promoting conditions for everyone to thrive.

It sounds really straightforward and something most services might claim to do, but we often find a surface-level promotion of inclusivity isn't supported by a depth of understanding or change. Sometimes that can mean unlearning, accepting unconscious bias and being curious and coproductive.

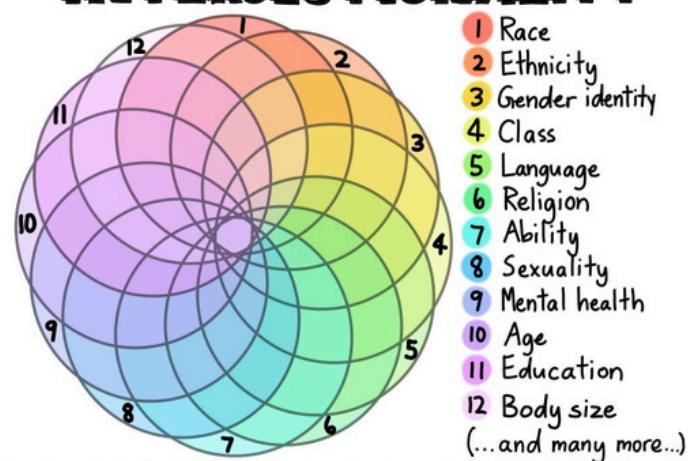


Credit for Image - Sonny Jane Wise - [Liveexperienceeducator](https://www.instagram.com/liveexperienceeducator/)

Supporting autistic people requires recognising the intersection of different identities (such as race, gender, age), respecting individual autonomy in decision-making, and validating diverse communication styles. Competence should always be presumed, regardless of how someone communicates. Support must be flexible to individual needs rather than bound by neurotypical standards and expectations of behaviour, parenting, rest, well-being, or success. For example, having the right to say no, to determine what is helpful for them and what is distressing.

Promoting true inclusion means embracing differences not only in how people work and think, but also in the outcomes they seek. It's essential to be open to individuals pursuing goals that may differ from your own expectations, and to nurture positive self-identity. This is especially true for autistic people, who often encounter negative messaging about their identity.

## INTERSECTIONALITY



Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

— Kimberlé Crenshaw —



Autistic people can often have a spiky profile, a disparity between our strengths and our support needs. We often find ourselves labelled in ways that suggest a permanency of traits like high/low functioning or severe/mild autism. That doesn't take into account the spiky nature of our profile nor how much we are affected by external factors in any given moment like sensory environments, the way we are communicated with, how safe we feel, energy levels and so on. It's also important to bear in mind that what you observe in terms of emotions, pain, or our autistic traits will often be vastly different to our internal experience due to masking, alexithymia and other deep rooted trauma responses.

Organisations should assess whether their systems genuinely promote neurodivergent well-being in all aspects—from staff to service users—fostering environments that support diverse sensory and emotional needs.

Just like all individuals experiencing addiction there can be a multitude of reasons for an addiction developing for autistic people as well. All people needing support with addictions are unique and have their own stories but it is important to be aware of some of the common experiences and challenges to accessing appropriate support within the autistic community.



## What is an addiction?

The NHS website defines addiction as:

**not having control over doing,  
taking or using something to  
the point where it could be  
harmful to you**

Addiction usually takes the form of repeatedly engaging in an activity or continuously using a substance, even if the activity or use of the substance is harmful to your health and well-being.

It is very common to feel a loss of control and that you cannot stop yourself from engaging with the source of the addiction itself, even when you do not want to.

Addiction normally falls within two categories:

1. Substance-based (e.g. Alcohol, Drugs)
2. Behavioural (e.g. Gambling, Exercise, Shopping)

In the training session, we spoke about some of these reasons autistic people may experience addiction. All individuals are unique. Autistic individuals face many of the challenges that neurotypical individuals do. However, some of the common additional challenges autistic people face are below. Common reasons for experiencing addiction can include:

- Social reasons – lower distress, aid masking and increase confidence, 'positive social currency'.
- Social reasons – combat loneliness – create gaming followings, spending more time online or getting known regularly in pub.
- Sensory reasons – Dampen or heighten sensory experiences .
- Sensory reasons – Shutdown and escape an overwhelming world, prevent a meltdown.
- Sensory reasons – enter a social culture that embraces stimming and movement.
- Energy levels – To push past burnout.
- Energy levels – To rest and slow a busy mind.
- Emotional reasons – to feel more connected (Alexithymia).
- Emotional reasons – to reduce the 0-100 feelings.
- Trauma and survival.
- Addiction stemming from a previous healthy interest.

Below are some blogs, videos and resources to share with you some more information about autistic experiences of addiction.



# Blog Pieces

## Autism and Addiction

Blog piece by Dr Natalie Engelbrecht, an autistic psychotherapist.

## Autism and Addiction Part 2

Further writing by Dr. Natalie Engelbrecht.

## Why did I use drugs? the feeling of being an autistic adult

Blog piece by David-Gray Hammond on his experience of being autistic and struggling with addiction.

## An Introduction to Gaming Addiction Amongst Autistics

Blog piece by David-Gray Hammond on gaming addictions within the autistic community.

## 'I Drank Because I was Socially Awkward, Then I Got Sober and Discovered I'm Autistic

Blog piece by Chelsey Flood on her experience with alcoholism and the "12 step" recovery programme as an autistic person.

## Alcohol, Autism and Me

Blog piece by Nix Renton covering his experience of addiction and accessing addiction support as an autistic person.

## Autism and Addiction

A guide created by The National Autistic Society.

## Being Neurodivergent and Addiction

Blog piece by autistic and ADHD person Viv Dawes on their experience of being late diagnosed and working within prison recovery services.



# Books and Websites

## Unusual Medicine: Essays on Autistic Identity and Drug Addiction

Collection of Essays by David Grey Hammond on his experience of addiction and addiction service.

## Drinking, Drug Use and Addiction in the Autism Community

Written by Elizabeth Kunreuther and Ann Palmer, a blend of personal accounts from autistic adults and current research on the relationship between autism and addiction.

## Asperger Syndrome and Alcohol: Drinking to Cope?

Written by Matthew Tinsley and Sarah Hendrick. 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.

## Autistic Substance Use Network

A collective of researchers, professionals, and community members with a shared goal of developing neurodiversity-affirming knowledge about Autistic people and substance use through research and policy development.



# Videos

## "My Brain Works Differently": Autism and Addiction"

TEDtalk by Dylan Dailor.

## Addiction, Self Medicating and Autistic Adults

Interview of Jenna by Orion Kelly (both autistic) on Jenna's experience of autism and addiction.

## Being Autistic and a Person Who Uses Drugs

"Millie is an autistic person who uses drugs. They shared some of their journey with us in this video, including why they turned to opioids to cope with over stimulation and trauma. Their history and neurodivergence make them uniquely qualified for their role in substance use and addiction harm reduction."

## Autistic People & Addiction

"In this session, David Gray-Hammond (he/him) chats to Annette (they/them) and Mel (she/they) about the under-researched link between being Autistic (or otherwise neurodivergent) and substance use and addiction."

## Autism and Addiction

"Join us for an enlightening webinar that delves into the complex relationship between autism and addiction. This session is designed to provide valuable insights and practical strategies for professionals, care workers and those interested in understanding how these two conditions intersect and impact individuals and their families."



# Podcasts

## Autism and Addiction

"In this two-part podcast, the SSA's Rob Calder explores autism and addiction. He talks to Professors Julia Sinclair and Sam Chamberlain, Dr Janine Robinson and Chris Torry from the SABAA: Substance use, Alcohol and Behavioural addictions in Autism project that's been funded by the SSA."

## Autism and Addiction (Episode 2)

The second episode of the SSA podcast: "In this second episode we explore treatment, policy and future research in relation to autism and addiction. We start by talking about the importance of co-producing publicity materials for addiction treatment services using universal design principles. Personalisation is always important and ever more so when working with autistic people, thus underlining the importance of involving autistic people in service design".

## The Autism Podcast: Interview With David Gray-Hammond

"In this episode of The Autism Podcast, James Gordon and Chris Papadopoulos interview autistic advocate and author David Gray-Hammond. David shares his personal journey to getting an autism diagnosis as an adult and how finding the autistic community saved his life. He provides insight into his work on autism and addiction, discussing why self-medication and substance use may be more prevalent among autistic people."



## Understanding the Link Between Autism and Addiction

"What many don't realize is that addiction can also be deeply tied to neurodivergence, particularly autism. Benjamin Lerner, a musician, writer, and recovery advocate, knows this struggle firsthand. Diagnosed with autism as a child, he spent years feeling overwhelmed by the world around him—searching for an escape."



During the training session we spoke about the importance of accessible services. Many autistic people identify that they face barriers to accessing the help and understanding that they need with addiction.

Some key ideas -

- Think about the referral process - phonecalls, vague wait times, ability to convey accessibility needs.
- What information can you make universally accessible about the venue, process, expectations, and personnel?
- What information, options and resources are available to adapt the sensory environments to reduce any distress, eg. tools/aids, options of where to sit/wait, changeable lighting etc.
- Create reliable and predictable environments.
- Do you plan for and provide easy access to alternative communication methods?
- Are your services predominantly group based or do you offer 1-1 sessions?
- Think about the flow of sessions - breaks, the start, finish, incorporating our interests, and how we take home information.
- Be aware of differing presentations, language and emotional experiences - validate these.
- Remember that support needs can change and fluctuate.
- Think about aligning therapeutic approaches to autistic experiences and individual strengths.



# Accessibility of Services

Below are some blogs, videos and resources to share with you some more information about accessible services.

- [Neuroaffirming practice in therapy](#)
- [More than words: supporting effective communication with autistic people in health care settings](#)
- [It's not rocket science - young people's experience of inpatient care](#)
- [Autistic Body Language](#)
- [Autistic SPACE: a novel framework for meeting the needs of autistic people in healthcare settings](#)
- [Healthcare Experiences of autistic adults](#)
- [Autistic Experiences of Counselling and Therapy](#)
- [LeDer Report 2023 \(Published 2025\)](#)
- [Neurodiversity Affirming Therapy](#)
- [Barriers to healthcare and self reported adverse outcomes for autistic adults](#)
- [Neurodiversity Affirming Approach](#)
- [Neuroaffirming Environments](#)
- [Specturm Gaming - Report on CAMHS and Emotional Wellbeing](#)
- Book - The Adult Autism Assessment Handbook – A Neurodiversity Affirmative Approach by Hartman et al. 2023
- Book - Creating Safe Spaces for Autistic People - Scott Neilson and Laura Hellfield



# Accessibility of Services

- [A Sensory experience of hospital – University of Bristol](#)
- [Change People – How to make information accessible](#)
- [Autism and Health Resources – Including pain assessment tools and questioning guides](#)
- [National Autism Implementation Team – Guide for GPS](#)
- [National Autism Implementation Team – Key messages for Neuroaffirming Health Practitioners](#)
- [Aurora Consulting – Autistic Accessibility Checklist](#)
- [EDAC – Sensory Audit Tool](#)
- [Different Minds – Health Practitioner Resources](#)
- [Mental Health and Autism Project – Autism and Mental Health adjusted assessment tools](#)
- [Healthcare passport Example- Thriving Autistic](#)



# Language Guides

- [Neurodiversity - Terms and Definitions](#)
- [ND Connection - How to talk about autistic ways of being](#)
- [ND Connection - Neuroaffirming language guide](#)
- [Identity First Language Survey](#)
- [Neurodivergent Flashcards and guide](#)
- <https://amase.org.uk/glossary/>
- [Inclusive report writing](#)
- [Difference not disorder - impact of language](#)
- [Neuro-affirming reports](#)

## Think about external communication

- [Example - Thornbridgehall](#)
- [Example - Centre Parcs](#)
- [Example - National Museum of Scotland](#)



# Understanding Autism: where to start?

There is a lot to be said for the importance of identifying an individual's neurology; how much you understand about your autistic self will have an impact on your wellbeing. Having that information enables you to make everyday decisions and choices that align with who you actually are and what is meaningful to you. If you don't know about your neurology (undiagnosed) or you are misinformed about what being autistic means then you risk making daily decisions in a way that might be harmful to yourself and can have negative consequences. It might be as practitioners you are working with people who aren't aware they are autistic, or perhaps haven't been afforded the time, space or right information to make sense of what that means for them. So we have included on the next few pages some neuroaffirming information on what it means to be autistic.

- [SWAN Scotland](#)
- [Different Minds](#)
- [Myths Vs Facts](#)
- [Reframing Autism - About Autism](#)
- [There's no one way to be autistic](#)
- [Talking in Pictures](#)



- [How to navigate being newly diagnosed](#)
- [Neurodiversity – Terms and Definitions](#)
- [Neurodiversity](#)
- [Introduction to Neurodiversity](#)
- [Human Traits](#)
- [Aucademy Bitesize – Autistic Basics Series](#)
- [Yellow Lady Bugs Spotlight on Autistic Girls](#)
- [Reframing Autism Autism Essentials Free Course](#)
- [Autism Positive Book List](#)
- [Recommended Book List](#)
- <https://www.catherineasta.com/work/theletediscoveredclub/>
- <https://squarepeg.community/podcast/>



# Autistic self care & wellbeing

- Autism and Anxiety - Luke Beardon Book
- Looking after your autistic self by Naimh Garvey
- Guide to Supporting Autistic Mental Health - AMASE
- The Guide to Good Mental Health on the Autism Spectrum by Jeanette Purkis, Emma Goodall, Jane Nugent
- <https://autisticmentalhealth.uk/>
- Unbroken by Alexis Quinn
- Autism and Mental Health Course
- The Autism and Neurodiversity Self Advocacy Handbook - by Barb Cook and Yenn Purkis
- The autistic survival guide to therapy -by Steph Jones
- The neurodivergent friendly workbook of DBT Skills - by Sonny Jane Wise
- Standing up for myself - by Evaleen Whelton
- From Hurt to Hope - by Mair Elliot
- The autistic Survival Guide to Therapy - by Steph Jones
- Wellbeing for and by autistic people
- Interoception and Wellbeing
- Autistic Wellbeing
- Reframing Autism have a series of videos interviewing different individuals on wellbeing and autistic identity
- 'No you're not' A Portrait of autistic women
- Neurodiversity Video
- Misdiagnosis and the importance of getting it right

# Monotropism, inertia and spiky profiles

- [Monotropism Explained](#)
- [Monotropism and Wellbeing](#)
- [Explaining Autistic Experience](#)
- [Monotropism One Step at a Time](#)
- [Monotropic Split](#)
- [Loops of Concern](#)
- [Book : The Passionate Mind by Wenn Lawson](#)
- [Book: What I want to Talk About by Pete Wharmby](#)
- [Stimpunks Monotropism](#)
- [Happy Flow State](#)
- [Supporting Autistic Young People Through Transitions](#)
- [Autistic Inertia](#)
- [Embracing Monotropism](#)
- [Getting Unstuck](#)
- [Monotropism, Learning and Flow state](#)
- [Comic Strip - <https://saltformysquid.com/monotropism/>](#)
- [Video Making sense of autism: Monotropism and the mind as an interest system](#)



## Monotropic Focus and Addiction, Whats the difference? A Personal Perspective

When looking at addiction through an autistic lens, deciphering the difference between a monotropic flow state and engaging in an addiction can be difficult. Behaviorally (externally), they can look alike, but the internal drivers for each and the experiences of each are vastly different.

They are both complex concepts of their own. Trying to understand the two and separate observable, external behaviours into neat 'addiction' vs 'monotropic' boxes is not possible.

What we must look at instead is the internal drivers behind each, the emotions and experiences that come as a result, and the difference between something nourishing and helpful and something that is causing harm.

I am going to try to explain this through my own experiences as an autistic addict.

As a teenager and in my early 20s, I was addicted to alcohol and abused alcohol. I would drink daily; it would be the first thing I did in the morning and the last thing I did before passing out at night. I would drink in public, private, alone, or with others. It served the purpose of allowing me to survive in a neurotypical world as an undiagnosed and unaware autistic person. I did not enjoy drinking, nor did it bring me any happiness or improve my overall wellbeing. I was not happily focused on it; I felt like I needed it to survive. I did not feel I had a choice or agency in the matter. My alcohol intake continued to increase even though I did not enjoy drinking in and of itself.



## Monotropic Focus and Addiction, Whats the difference? A Personal Perspective

As a teenager, one of my special interests was a supernatural fantasy television show. I watched it daily and upon finishing the final episode would start again from the beginning. I would talk about it with anyone who would listen, would spend all my alone time researching fan theories and would invest in collectibles specific to the show. Doing this filled me with immense joy; it helped me regulate my nervous system and, at the lowest times in those years, gave me something to want to wake up for. It benefited my life and contributed to my wellbeing and autistic expression in a positive way.

If we examined my behaviour only, my behaviour in relation to drinking and to my special interest looked essentially the same. Both were daily features in my life, both took up a great deal of my time, both were engaged in with other people and alone. The difference lay in how they made me feel, how they affected my wellbeing and whether or not I felt I had a choice to partake in each one or not.

I would choose to watch an episode of my show and be excited at the prospect of getting to the next one. I did not feel like I was choosing to drink; I felt like a slave to alcohol. I did not look forward to drinking; I longed for the break it gave me.



## Monotropic Focus and Addiction, What's the difference? A Personal Perspective

With my special interest, I could focus on that show for hours and forget to eat, but I wasn't doing that on purpose, I was just so happy and enthralled with what I was doing. When drinking, I often didn't eat as I didn't want to 'sober up'. On the surface, the behaviour was the same, but the reason behind each vastly different, one activity I was choosing to engage in, and one was a harmful coping strategy. One activity enriched my life, and one damaged it.

If you are unsure if an activity is more indicative of addiction or of healthy autistic focus, it can be helpful to consider:

- What is the autistic person experiencing internally when they partake in this activity?
- Does the autistic person feel they can choose how/if/when they partake in this activity?
- What does 'flow state' look like for the autistic person, and does this activity differ from that?
- Is the activity something the autistic person 'wants' to engage in, or is it something they feel they 'need' to do, regardless of if they enjoy it or not?

When working with the autistic population in the context of addiction, it is important to be mindful of this and be curious and open to learning about autistic processing and autistic joy.

Researching monotropism further and being open to deconstructing outdated ideas of autistic focus being a negative feature will be of great benefit to any autistic client accessing recovery services.

I hope my experience of addiction as an autistic person can begin to shed some light on the difference between a harmful addictive pattern and a healthy autistic expression.

by Layla

# Alexithymia

- [Alexithymia](#)
- [Alexithymia and Autism](#)
- [What are emotions?](#)
- [Authentically Emily - Alexithymia](#)
- <https://stimpunks.org/glossary/alexithymia/>
- [Emotional dysfunction - alexithymia](#)
- [Autism in company - Alexithymia](#)
- [Podcast - Thinking through my body](#)
- [Autism and Alexithymia the Fallout for Our Mental Health](#)
- <https://embrace-autism.com/alexithymia/>

# Sensory Wellbeing

- 3 Senses you never knew existed
- The Autistic Experience of Overwhelm
- Interoception and Wellbeing
- Interoception
- Autistic Sensory Trauma
- Feeling Autistic -Interoception and Differences in Emotional Processing
- The subtle spectrum – Joanna Grace
- Autistic Shutdowns
- It is never just a sandwich
- How sensory trauma affects how we grow, learn and develop
- Interoception and masking
- On being regulated and Calm
- Interoception Curriculum
- Interoception and Mental Wellbeing
- Autism ADHD and Interoception
- Interoception Resources
- Responding Empathetically
- Joanna Grace a sensory exploration –
- Walk in my shoes
- <https://autismunderstood.co.uk/sensory-differences/>



# Communication

- Autisticality – Situational Mutism
- More than words: supporting effective communication with autistic people in health care settings
- Barrack, C. (2023) Double Empathy, Spectrum Gaming
- Boing Boing & University of Brighton (2022) More than words: Supporting Effective Communication with Autistic People in Healthcare Settings
- Boran R 'Double Empathy Problem, Stimpunks Foundation
- Boran R 'Situational Mutism' Stimpunks Foundation
- Emma, (2021) Autistic Body Language, Neuroclastic
- Heyworth, M. (2020) Milton's Double Empathy Problem; A summary for non-academics; Reframing Autism
- Heyworth M, Chan T, Lawson W. (2022) Perspective: Presuming Autistic Communication Competence and Reframing Facilitated Communication. Frontiers in Psychology.
- Katy, E. (2022) Am I being Rude, Authentically Emily
- Leonardoyeates (2019) Autistic Communication differences and how to adjust for them; Neuro Clastic
- Neuroclastic (2021) On Using NonSpeaking, minimally speaking, or unreliably speaking over non-verbal; Nonspeakers weight in, Neuroclastic
- Price, E, (2024) Autistic Communication Features; Autistic SLT
- Silvertant, M. (2021) Valuing Truth Over Conformity, Embrace Autism



# Masking and identity

- [An Autistic Identity](#)
- [Stigma and minority stress](#)
- [Theory of mind](#)
- [What 'is' autism Vs autism 'theories](#)
- [Milton's Double Empathy Problem - A Summary](#)
- [NAS - Double Empathy](#)
- [An Introduction to the Double Empathy Problem](#)
- Book - Understanding Identity Management and the Role of Stigma by Kieran Rose and Amy Pearson
- Book - Martian in the Playground - Claire Sainsbury
- Book - Different Not Less - Chloe Hayden
- Book - Odd Girl Out - Laura James
- [The impact of positive autism identity](#)
- [Discovering Your Autistic Identity](#)
- [Life on the outside](#)
- [Rejection Sensitive Dysphoria in Autism and ADHD](#)
- [Living with rejection sensitivity dysphoria](#)
- [Co-Occurring Rejection Sensitivity Dysphoria](#)
- [Authentically Emily - Rejection Sensitivity Dysphoria](#)



# Burnout and Energy Levels

- [Understanding Autistic Masking and Burnout](#)
- [Autistic Burnout](#)
- <https://stimpunks.org/burnout/>
- [Lilipadding through burnout](#)
- [Autistic Burnout - Dora Raymaker](#)
- [What is ATypical Burnout](#)
- [Podcast - Avoiding Autistic Burnout](#)
- [Autistic Regression - Better Known As Burnout](#)
- [Recognising and Understanding Autistic Burnout](#)
- <https://ollibean.com/autistic-burnout/>
- <https://thinkingautismguide.com/2019/08/autistic-burnout-interview-with.html>
- [Ask an Autistic - What is Burnout?](#)
- [Burnout or Depression?](#)
- <https://www.liebertpub.com/doi/10.1089/aut.2019.0079>
- [Autistic Burnout What Helps](#)
- [Autistic Burnout a Guide](#)
- [Tips for Autistic People to Help Recover from Burnout » NeuroClastic](#)

## Research and Learning: Autism & Addiction

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our mailing list

## Who we are

**SWAN is an autistic-led Charity delivering services, information and support for and by autistic women, girls and non-binary people across Scotland since 2012**

## What we do

**SWAN runs a range of autistic-led groups and activities, both in-person and online, including:**

- **In-person meet-up groups across Scotland**
- **Walking groups**
- **Online peer-support Facebook group**
- **Online peer meet-up groups**
- **Autistic Discovery drop-in group**
- **6-week Autistic Identity course**
- **Wellbeing webinars**
- **Training and consultancy**

[swanscotland.org](http://swanscotland.org)  
[info@swanscotland.org](mailto:info@swanscotland.org)





# Training & Workshops 2026

Delivered by autistic professionals and informed by lived experience

**SWAN Training** is aimed at professionals wishing to develop their knowledge and practice for working with or supporting autistic people.

**SWAN Workshops** are for anyone who wishes to learn more about autistic people, whether as an ally (families, friends, carers, colleagues and supporters) or a professional.

## Training – for Professionals

### **Autistic Mental Health: Wellbeing, Crisis and Neuro-affirming Approaches**

Wed 25 February 10:00-12:30pm

### **Understanding and Supporting Autistic Survivors**

Thurs 30 April 10:00-12:30pm

### **Understanding and Supporting Autistic People during the Perinatal Period**

Part One – Mon 1 June 12:00-1:30pm

Part Two – Mon 8 June 12:00-1:30pm

### **Autism, Eating & Eating Disorders: Neuro-affirming Practice**

Part One – Tues 22 September 12:00-1:30pm

Part Two – Tues 29 September 12:00- 1:30pm

### **Autistic Mental Health: Wellbeing, Crisis and Neuro-affirming Approaches**

Mon 10 November 1:00-3:30pm

## Workshops – for Allies, (Families, Supporters and Professionals)

### **Autistic Girls: Gender, Identity and Growing up Autistic**

Tues 3 February 12:30-2:30pm

### **Autism and ADHD– How to be an Ally**

Tues 17 March 6:30-8:30pm

### **Understanding Autism – How to be an Ally**

Tues 12 May 6:30-8:30pm

### **Understanding and Supporting Autistic Wellbeing**

Thurs 27 August 6:30-8:30pm

### **Autistic Girls: Gender, Identity and Growing up Autistic**

Thurs 22 October 7:00-9:00pm

### **Understanding Autism – How to be an Ally**

Thurs 3 December 12:30-14:30pm

We also offer tailored in-house training on these and other specialist topics to suit your organisation's needs – visit our website or contact us for details.

**info@swanscotland.org**  
**swanscotland.org/training**

Drugs, Alcohol, Psychotherapy Ltd (DAPL) was born in the community for the people of Fife. Operating for over 30 years, we offer one-to-one Counselling, support and advice to young people, adults and families throughout the region. We help adults affected by substance use issues and emotional distress, with free to access services offered in towns throughout Fife. We provide Counselling and Art Therapy to young people within schools. Our Counselling services are confidential, trauma-informed, client centred and accredited by the BACP.

We also offer Motivational and Behavioural Coaching for adults working through recovery from addiction and who have accessed our counselling service, and our PILLARS support group. We collaborate with multiple other agencies and organisations, in addition to recruiting and training student and qualified Counsellors and Recovery Worker volunteers.

Our main offices are based in Leven and Kirkcaldy, and we can be contacted at [enquiries@dapl.net](mailto:enquiries@dapl.net).



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DAPL Enquiries

We hope that you found the resource and sessions helpful if you have any feedback we would love to hear it - [becky.choat@swanscotland.org](mailto:becky.choat@swanscotland.org)

If you have received this as a paper copy please head to the SWAN website or contact either SWAN or DAPL for a online version for the resource links. Along with lived experience videos, a guide for autistic adults and further resources



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