Synaesthesia and autism: a different way of experiencing the world

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The authors suggest that these experiences arise as a result of cross-activation between the somatosensory cortex, which processes sensory information from the body, and the insula, a component of the limbic system, which is located in the temporal lobe and which is involved in emotion. Another possible (but not mutually exclusive) mechanism is reduced inhibition between activity in the different sensory pathways, as a result of a neurotransmitter imbalance. Evidence for this comes from an earlier study, in which the researchers showed that synaesthetic experiences could be temporarily blocked by selective serotonin reuptake inhibitors (SSRIs) such as Prozac, which are commonly prescribed for depression. Based on these observations, the authors also suggest that synaesthesia is caused by mutation of a gene encoding a serotonin transmitter subtype.


Synesthesia is broader than you think

“The world of Synesthesia is broader than you think. I see musically, I process the meaning of what I hear through the kinesthetic movement of gestural signing and representational objects. I sometimes have colors and patterns trigger in my brain in response to touch. I talk of green smells, bright tastes, crunchy sounds and fluffy, scratchy and hard edged people.”

Donna Williams

Tactile – Emotional Synaesthesia

Not Having A Visual Memory

- Alexithymia
- Visual-Verbal Agnosia
- Visual Perceptual Disorders
- With Tints still have a level “context blindness”
- Process a Musically, Textures and Movement – Externalising “pre-conscious thoughts” to internalise and “store”

Visual Perception “Seeing with My Hands”
My Books

- Living Through The Haze
- Life Through A Kaleidoscope
- A Pocket Size Practical Guide for Parents, Professionals and People on the Autistic Spectrum
- Understanding & Supporting Autistic Students in Specialist Schools
- Autism: Inside Perceptions of Communication, Interaction, Thoughts & Feelings

Other Books

- Endorsed Jennifer Cook O’Toole’s Asperkids Coloring Book
- Chapter in Gifts of Autism and Alzheimer’s
- Been There, Done That. Try This!
- Colour Coding By Adele Devine
- Uncommon Minds – Artwork

General Topics

- Employment
- Job Centre
- Travel
- Traveling public services, buses, trains, ferry
- Friendship
- Specialist Education
- Special Residential Care
- Mental Health Services (GARPS & Adult services)
- Mental Health Centers (for example: Reuben in Oxford)
- Diagnostic Criteria DSM5
- Intensity (help and attention/consultancy)
- Social skills
- Difficulties/Communication
- Advocating for Different Forms of Discrimination (people who are functioning low-functioning require the skills in daily living, education and other skills)

Broader Contextual Topics

- Sensory issues (dissociation and psychological)
- Language processing (profound and expressive)
- Co-occurring Learning difficulties (cycle of learning)
- Mental Health (青少年, mood etc)
- Personal development (youth, brain, “brained” outcomes)
- Current awareness, age
- Life skills (by the needs of information processing)
- Employment and education
- Postgraduate & MSc level
- Phenomena of different autism “systems” being an autism consultant
- And many more

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I am a seasoned public speaker on the autism spectrum and offer a varied amount of topics, contexts and knowledge both from a personal and professional perspective.

Booking Enquiries
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Many Thanks