



All About

AUDHD



Hi there! I'm Rachel!
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SLIDES

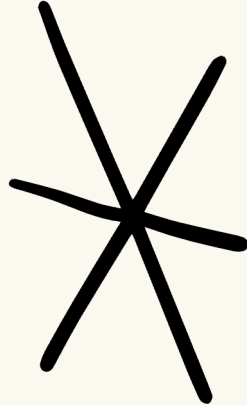




Objectives

- 1** Different, not deficient
 - 2** How to think about trait presentation
 - 3** Areas of overlap between ADHD & Autism
 - 4** Understanding = advocacy & acceptance
- 





Agenda

1 Overview of AuDHD

2 ADHD & Autism
Overlapping traits

3 The Impact of highlighted traits

- Executive Functioning
- Sensory Processing
- Emotional Dysregulation
- Socialization

4 Q&A



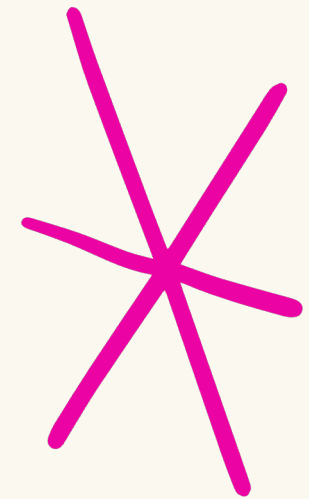
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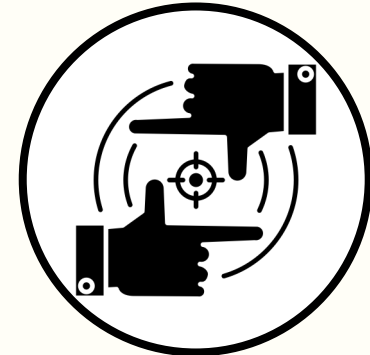


What is AuDHD?

ADHD + Autism



ADHD Overview: Inattentive



Difficulty with sustained attention**



Appearing not to listen



Misplacing objects



Overlooking details



Difficulty breaking down large tasks



Forgetfulness*



Avoiding tasks requiring sustained attention**



Distractibility**



Daydreaming & spacing out

*The person may have developed systems to accommodate this struggle (calendars, alarms, etc.).

**For examples involving difficulty initiating tasks and regulating attention, this will not apply as readily when there is 1) a sense of urgency or 2) the complex tasks revolve around an area of passion/high interest (Neff, 2023).

ADHD Overview: Hyperactive/Impulsive



Excessive talking



Fidgeting



Difficulty staying still



**Difficulty engaging
in leisure activities**



**Difficulty waiting
turn & impatience**



Difficulty resting



**Restless
(can be internal)**

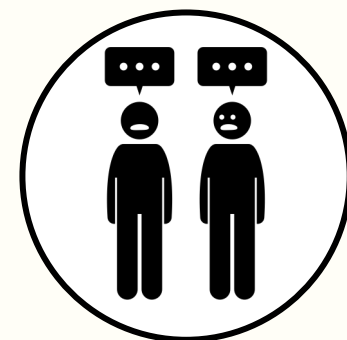


Interrupting others

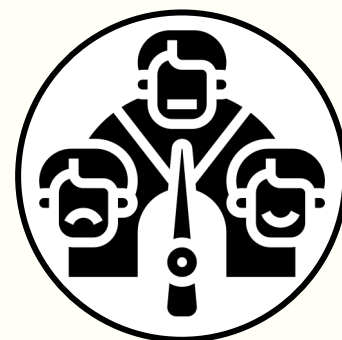


Difficulty with quiet

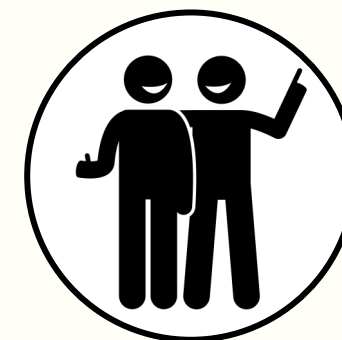
Autism Overview



***Differences in
Social emotional reciprocity**



***Differences in
Nonverbal social behaviors**



***Differences in
NT social relationships**



**Repetition in movement,
speech, or use of objects**



**Preference for sameness
and predictability**

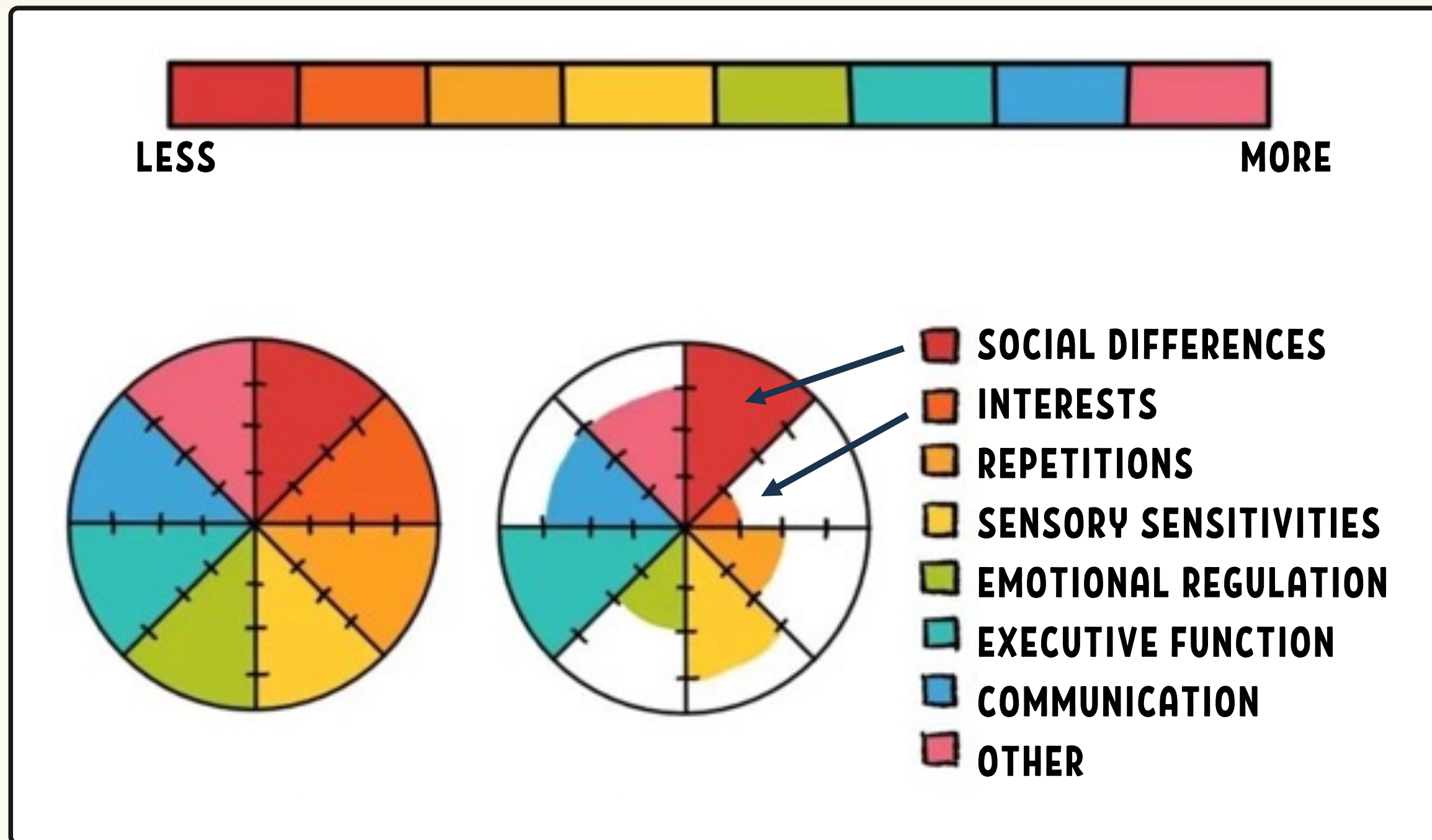


**Intense passion and focus
for certain subjects,
people, or objects**

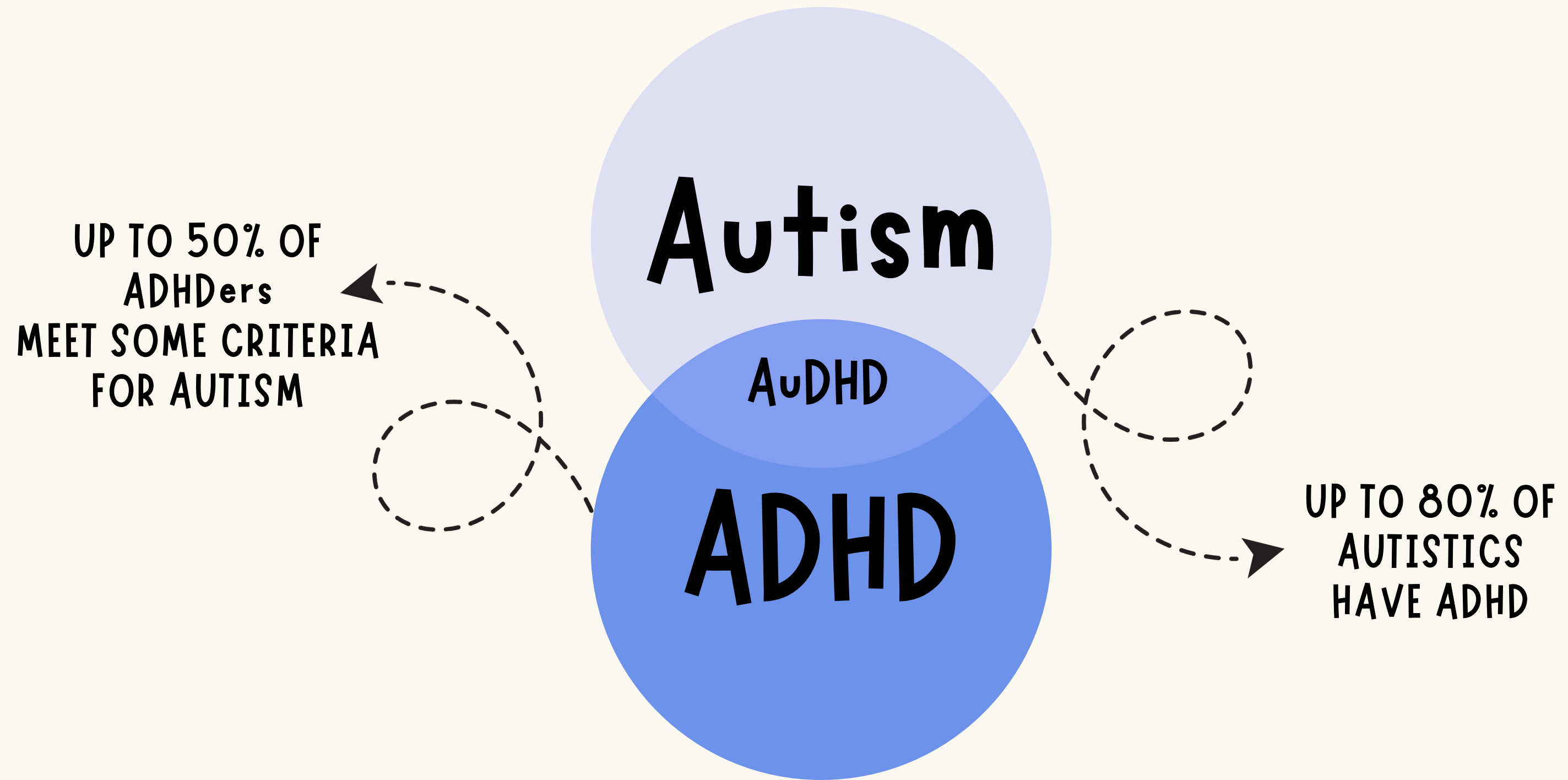


**Hyper or hypo responsive
to sensory input**

Spectrums

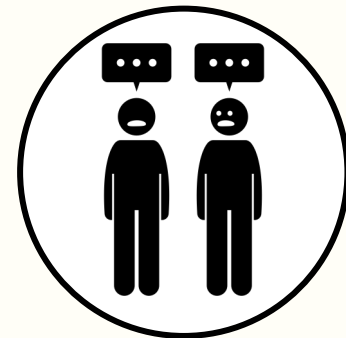


What is AuDHD?

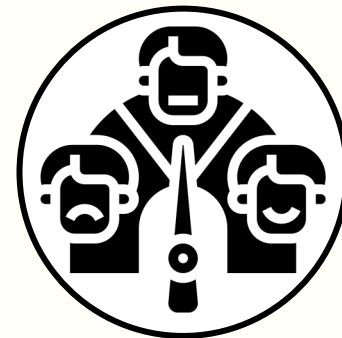


AuDHD Overview*

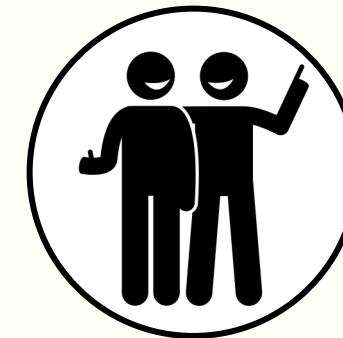
Autism
+
ADHD



****Differences in Social emotional reciprocity**
Mind seemingly elsewhere during communication



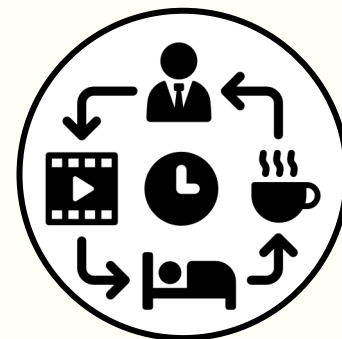
****Differences in Nonverbal social behaviors**



****Differences in Social relationships (NT***)**



A drive to plan and organize, And difficulty following through due to overwhelm



Preference for sameness and predictability Which can spontaneously change



Challenges in daily functioning And forgetful in daily activities



Attention to detail And prone to mistakes



Severe sensory sensitivities And a need for stimulation



Finds special interests soothing, And alternates between interests

*This list is not exhaustive
**Considered different in comparison to neurotypical societal expectations.
***NT: Neurotypical

AuDHD Contradictions

ADHD

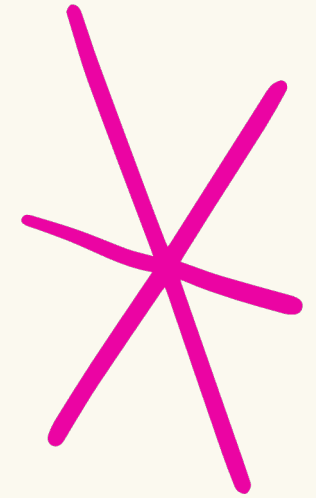
THRIVES IN FLEXIBILITY
EASILY UNDERSTIMULATED
CAN BE IMPULSIVE
WIDE VARIETY OF INTERESTS
SPEAK QUICKLY
PERCEIVE TIME DIFFERENTLY

AUTISM

THRIVES ON ROUTINE AND STRUCTURE
EASILY OVERSTIMULATED
PLANS CAREFULLY
SPECIFIC INTERESTS
DELAYED RESPONSES/LOSS OF WORDS
TIME AWARE

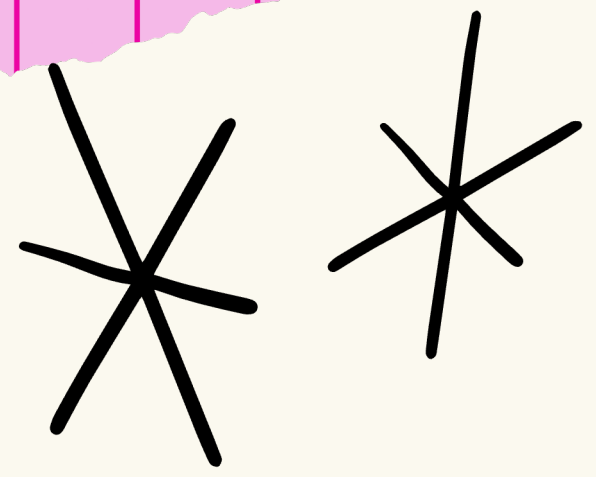


ADHD & Autism:



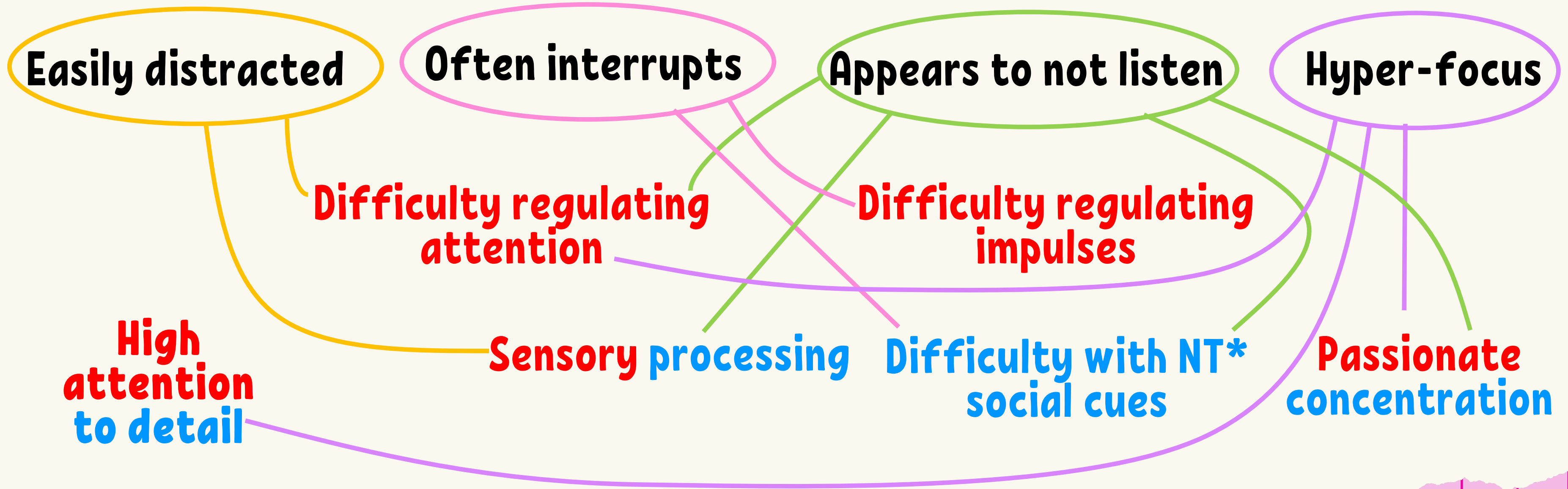
Overlapping Traits



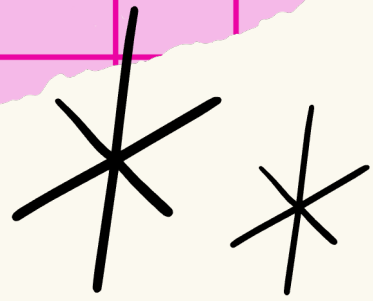


Causes of Overlapping traits

ADHD **Autism**



*NT: Neurotypical



Missing Diagnostic Criteria

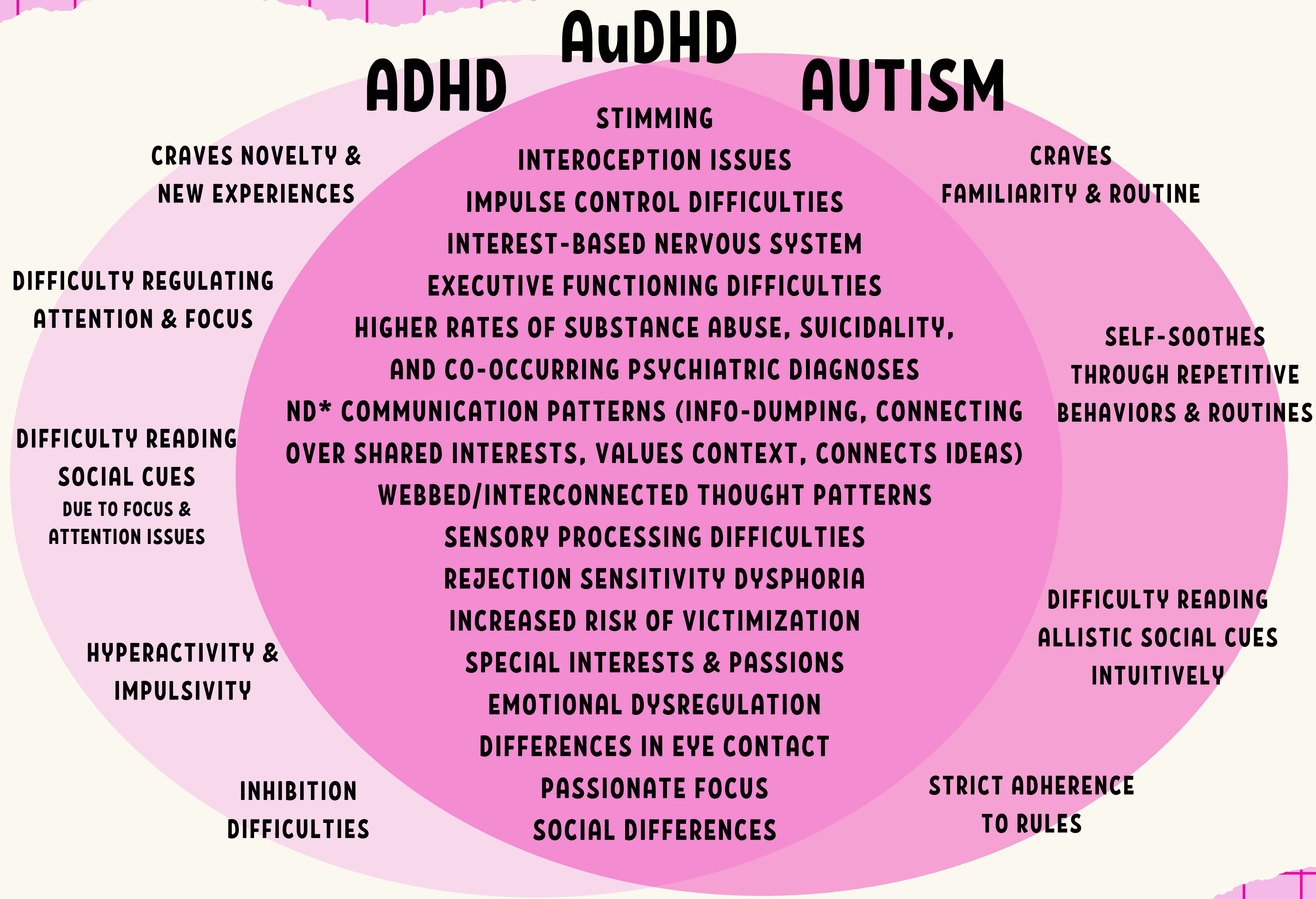
Missing ADHD Criteria

Social/communication differences
Emotion regulation
Sensory processing

Both missing unobservable/internal experiences

Missing Autism Criteria

Attention Differences
Cognitive processes
Emotion regulation



*ND: Neurodivergent

AuDHD

**EXECUTIVE FUNCTIONING
DIFFICULTIES**

**SENSORY PROCESSING
DIFFICULTIES**

EMOTIONAL DYSREGULATION

SOCIAL DIFFERENCES



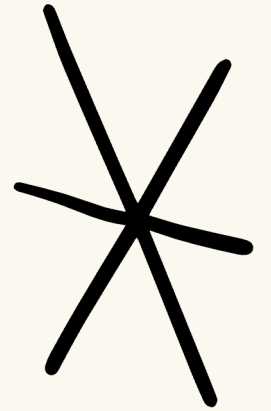
**AUDHD
SUPPORT TIPS**

AuDHDer

- 1. Accept your neurology
- 2. Recognize your traits
- 3. Work within contradictions

AuDHD ally

- 1. Stay open and focus on experience
- 2. Accept fluctuations and inconsistencies
- 3. Experience is unique and sometimes invisible



The Impact of *

Highlighted AuDHD Traits

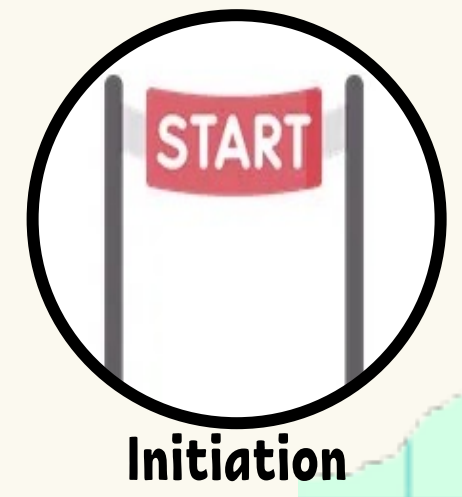
Executive Functions, Sensory Processing,
Emotional Dysregulation, Socialization



3 The Impact of highlighted traits

Executive Functions (EFs)

The control center of the brain responsible for various cognitive processes



3 The Impact of highlighted traits

Executive Dysfunction

When the EFs aren't working effectively/efficiently



Emotion dysregulation



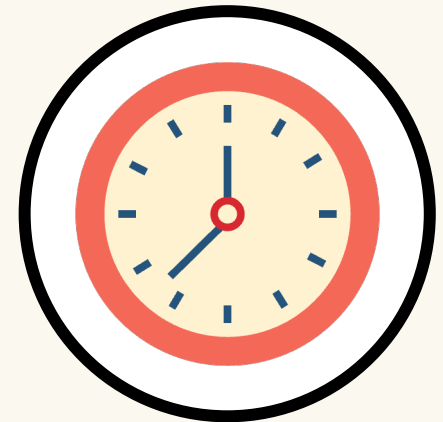
Disorganization



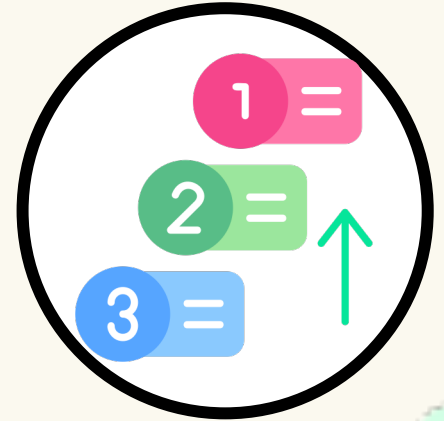
Object impermanence



Forgetfulness



Time perception



Prioritizing

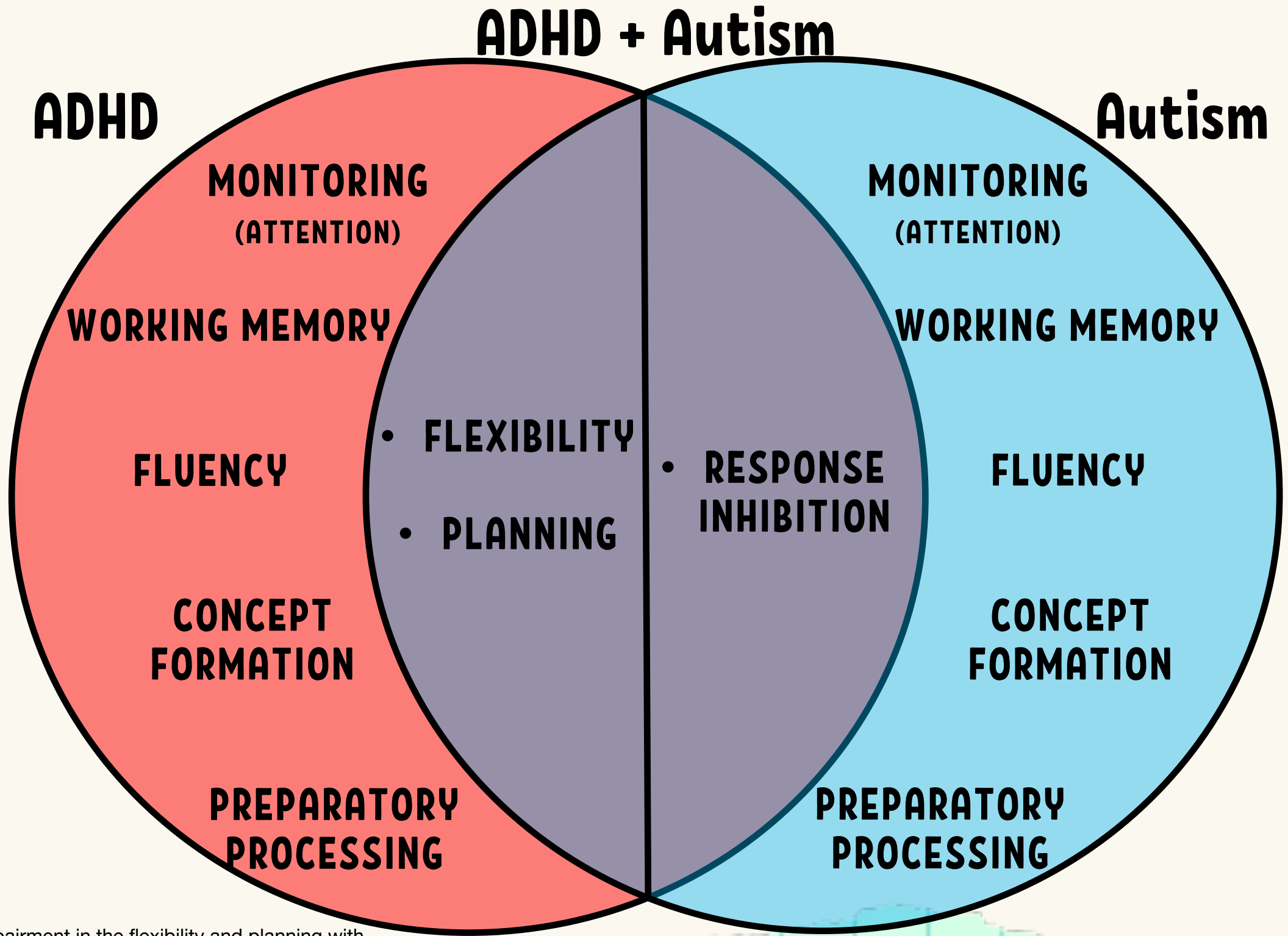


Breaking down tasks



Regulating attention

Executive Functions Similarities & Differences



Notes: The ASD + ADHD group appeared to share impairment in the flexibility and planning with the ASD group, while it shares the response inhibition deficit with the ADHD group. Conversely, deficit in attention, WM, preparatory processes, fluency, and concept formation does not appear to be distinctive in discriminating from ASD, ADHD, or ASD + ADHD group.

3 The Impact of highlighted traits

EXECUTIVE FUNCTIONING SUPPORT TIPS

AuDHDer

1. Reduce the cognitive load
2. Brain dump
3. Timers and visuals
4. Outsource, automate, use AI

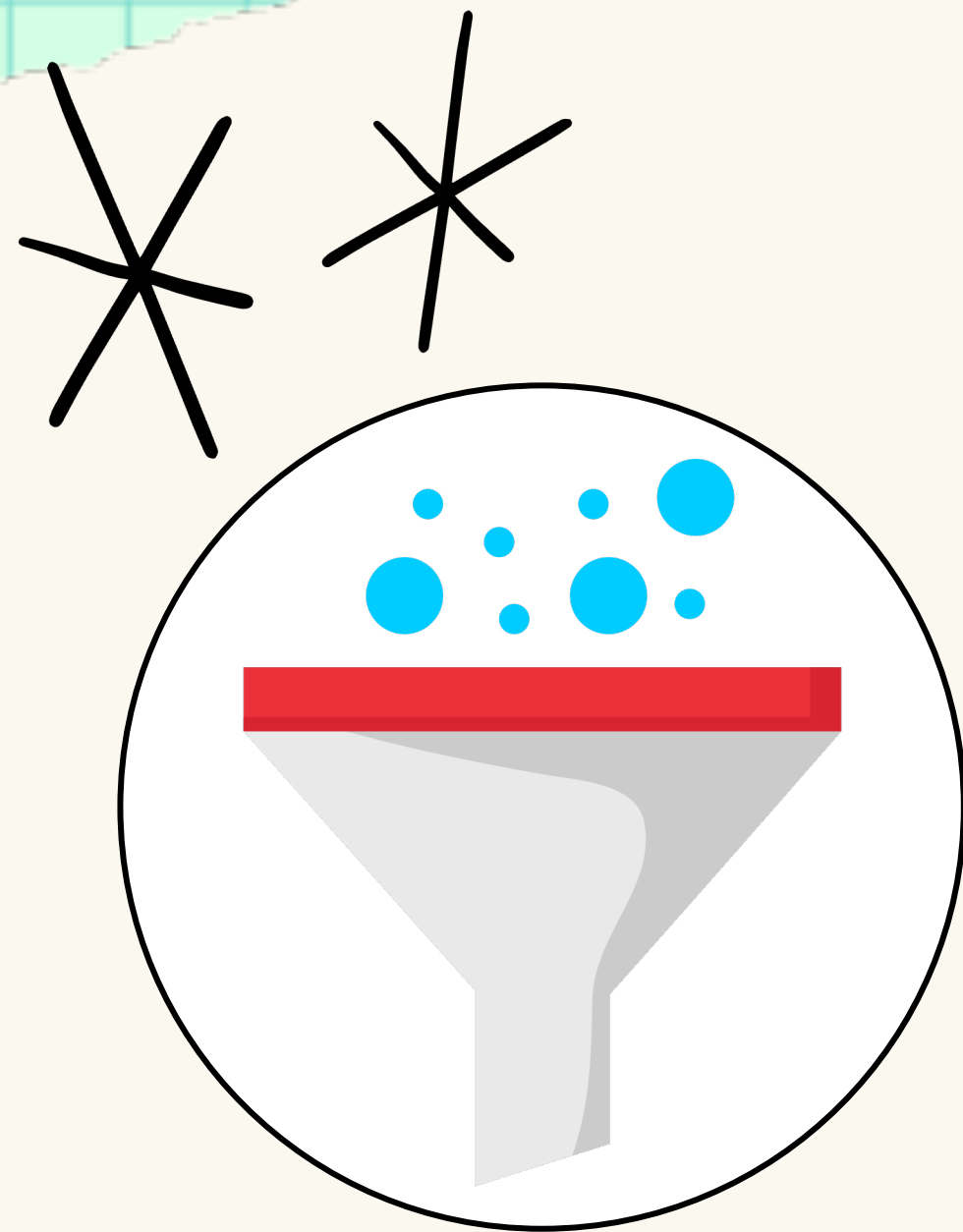
AuDHD ally

1. Support reducing the cognitive load
2. Accept neurology
3. Avoid infantilizing

3 The Impact of highlighted traits

Sensory Processing

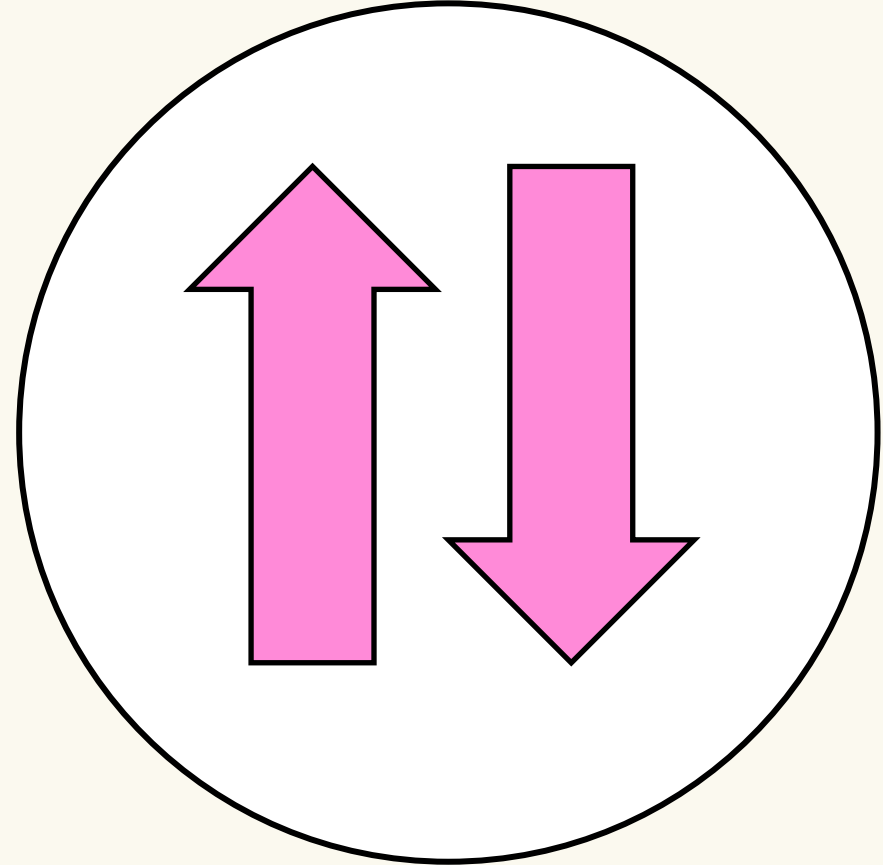
The brain's ability to filter sensory information and send messages of how to respond accordingly



Filtering system



Intensity

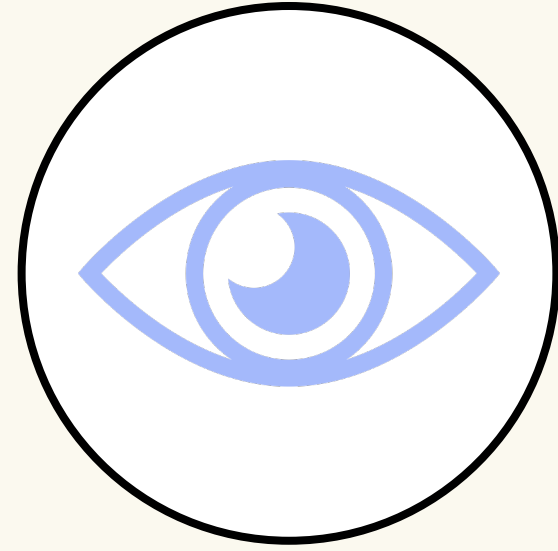
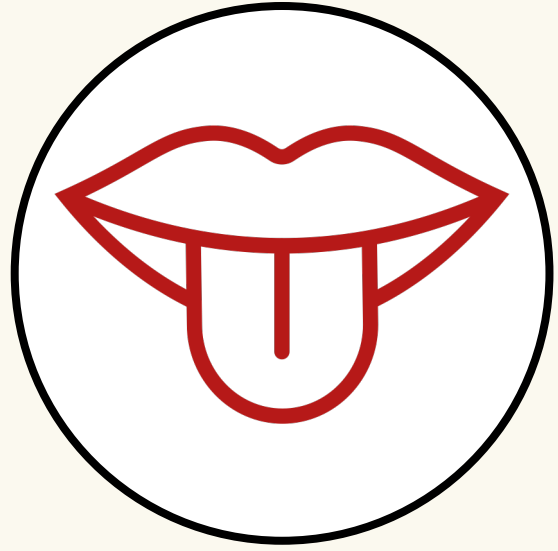
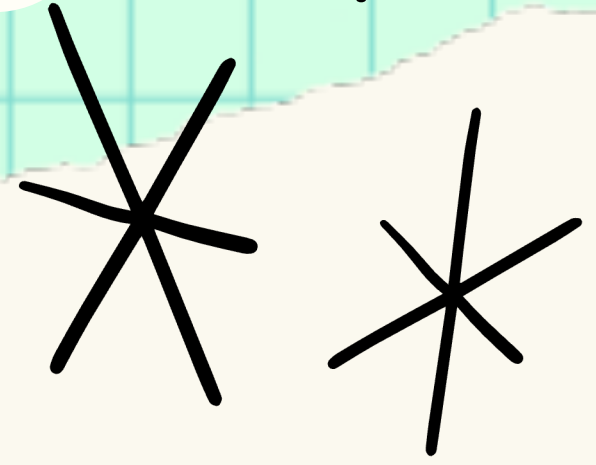


Hyper/Hypo Responsive

3 The Impact of highlighted traits

Sensory Processing

The brain's ability to filter sensory information and send messages of how to respond accordingly

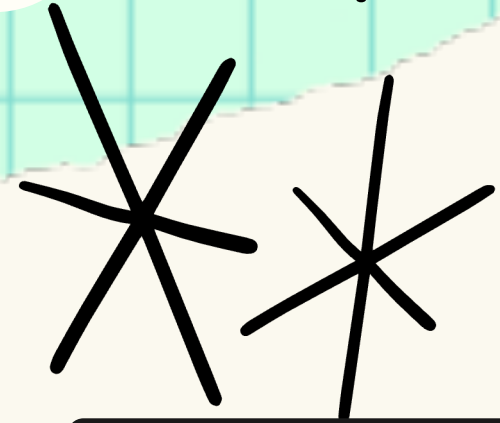


Vestibular

Proprioception

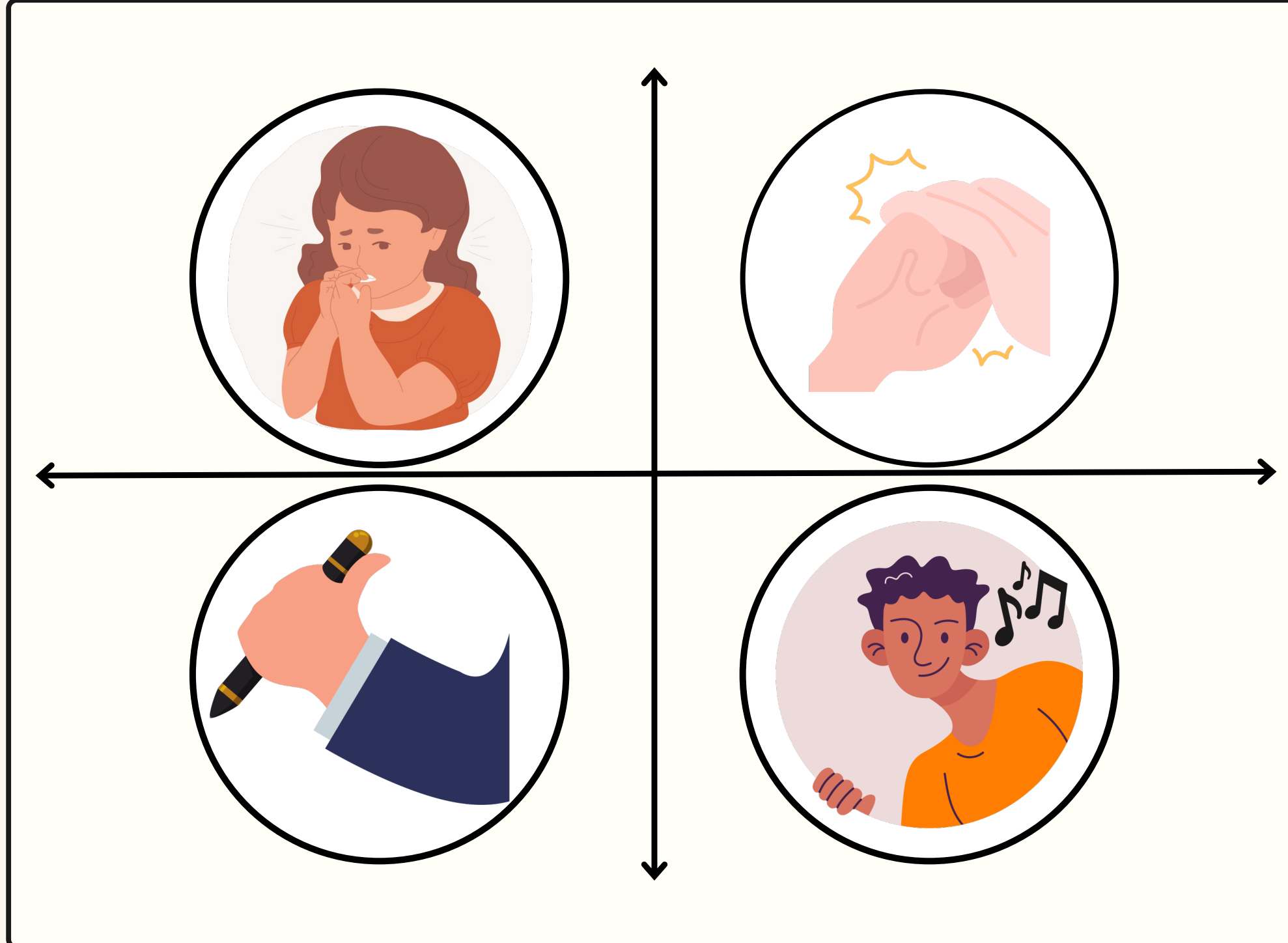
Interception

3 The Impact of highlighted traits



Stimming

Repetitive actions or movements that calm, focus, release tension, or express emotion



- Regulate emotions
- Release tension
- Help focus
- Respond to excitement
- Manage sensory overwhelm

3 The Impact of highlighted traits

SENSORY SUPPORT TIPS

AuDHDer

1. Your sensory profile
2. Sensory journal
3. [Sensory checklist](#)
4. [Sensory safety plan](#)

AuDHD ally

1. Be aware of sensory environments
2. Provide accommodations
3. Educate yourself
4. Normalize stimming

3 The Impact of highlighted traits

Difficulty controlling emotions and how you respond to those emotions

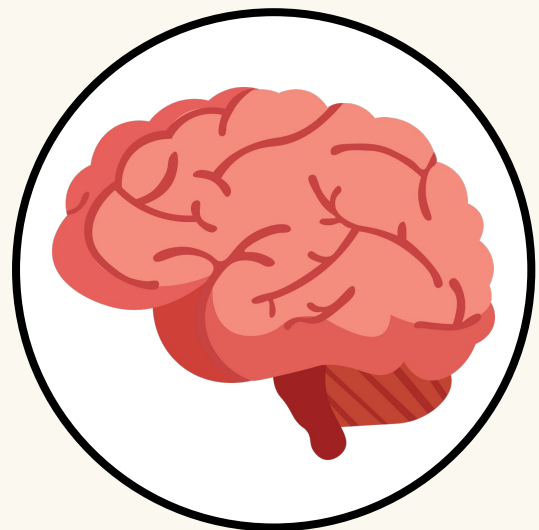
Causes of Emotional Dysregulation



3 The Impact of highlighted traits

Difficulty controlling emotions and how you respond to those emotions

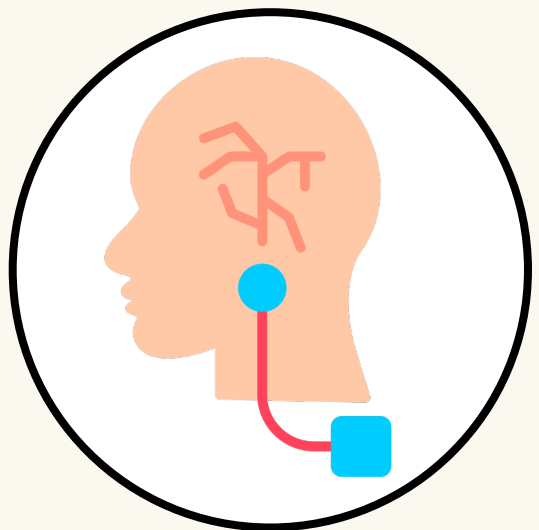
Causes of Emotional Dysregulation



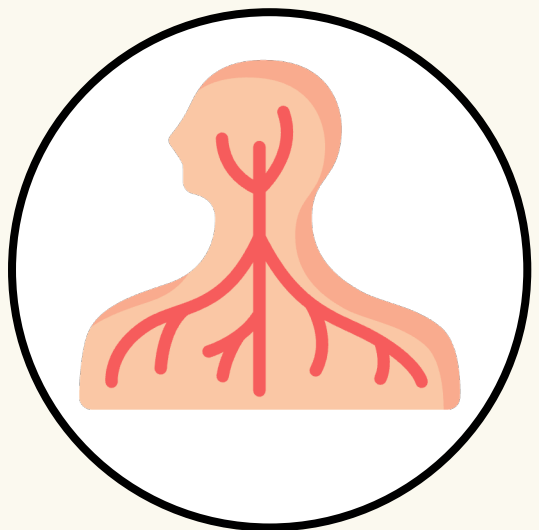
Sensitive amygdala



Interoception Difficulties



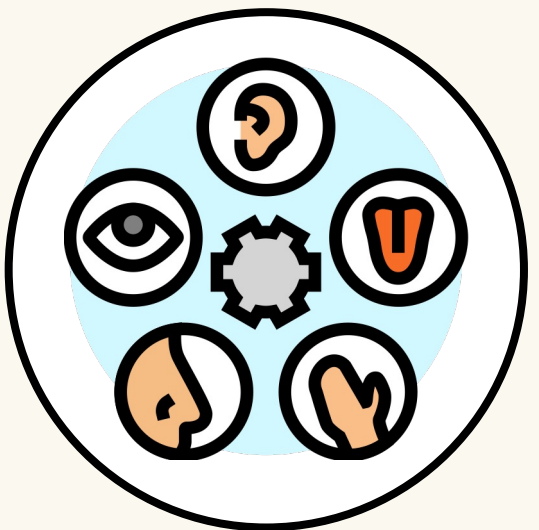
Low vagal tone



Rigid nervous system



Executive Functioning



Sensory Processing

Alexithymia: difficulty identifying and naming emotions in the self

Difficulty controlling emotions and how you respond to those emotions

Impact of Emotional Dysregulation on Relationships



More emotional dysregulation



Meltdowns and panic attacks



Miscommunication

* Rejection Sensitive Dysphoria (RSD)

RSD
Intense sensitivity to
perceived rejection

Sensitive nervous system
Challenges in emotion regulation
History of negative feedback

Shares traits with
PTSD, social anxiety, borderline personality
disorder, and depression

Focuses on rejection and is triggered by situations.
Onset and duration help rule out other diagnoses

3 The Impact of highlighted traits

EMOTIONAL SUPPORT TIPS

AuDHDer

1. Affect labeling
2. Develop emotional awareness
3. Utilize visual aids
4. Journal
5. Practice mindfulness
6. Seek support

AuDHD ally

1. Provide autonomy
2. Patience and understanding

* Social Myths: Social Connection

Autistic people don't want social connection



False

Autistic people desire social connection and struggle to achieve it



True



Social Myths: Empathy

Autistic people don't experience empathy



False

Alexithymia: difficulty identifying and naming emotions in the self

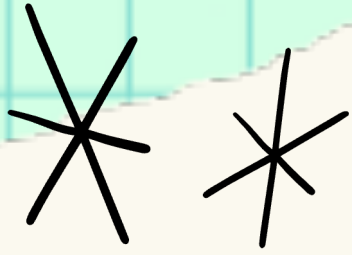
Double empathy problem:
Easier to empathize with people like you than to people unlike you

Autistic people can experience hyper-emotional empathy

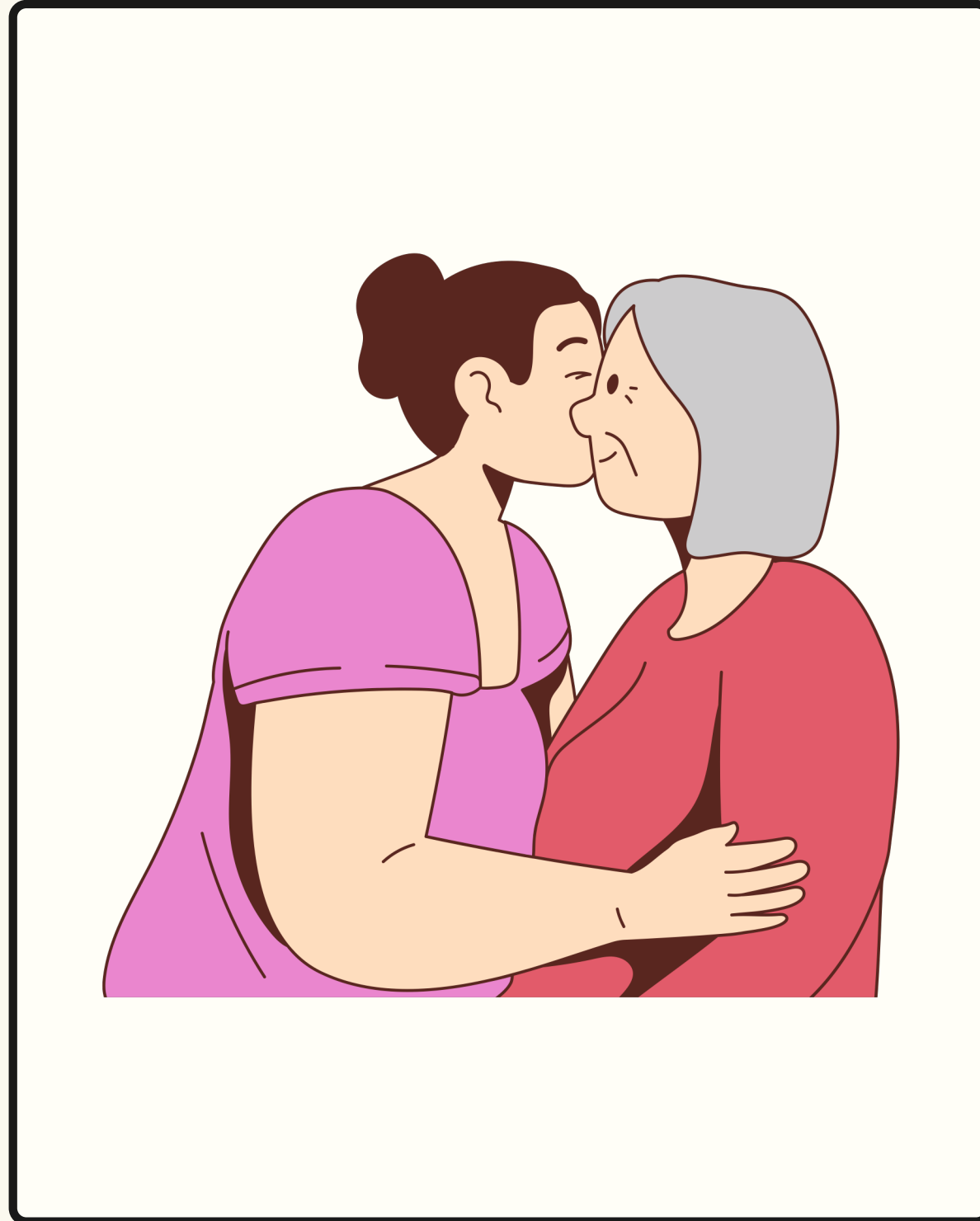


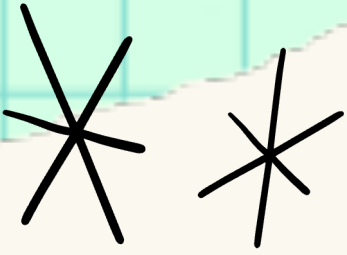
True





Cultural differences





Social Cultural Differences



Different communication styles



Less focus on social norms



Greater acceptance

Social Differences



ADHD

- Inattention/difficulty sustaining focus in conversations
- Missing social signals due to inattention
- Distraction during conversations
- Impulsivity (interrupting others)
- A tendency to go on "tangents"

AuDHD

- Negative judgement from neurotypical peers
- Inhibition and impulsivity
- Attention differences
- Missing certain social cues
- Time spent concentrating/thinking instead of having fun

AUTISM

- Picking up on social cues/body language
- Understanding subtext
- Literal/visual interpreter of communication
- Difficulty with multitasking
- Social chit-chat = a sensory demand
- Less social motivation due to a high need for autonomy/alone time



The Impact of Ableism

Attitudes, actions, approaches, or policies that discriminate against/marginalize individuals with disabilities, often stemming from the belief that typical abilities are superior.

Personal Impact

Low self esteem

Increased anxiety & depression

Decreased sense of self-worth

Not asking for accommodations

ABLEISM

Attitudes, actions, approaches, or policies that discriminate against/marginalize individuals with disabilities, often stemming from the belief that typical abilities are superior

Societal Impact

Reinforces harmful stereotypes

Stigmatizes AuDHD adults

Discrimination

Barriers to inclusion and access

3 The Impact of highlighted traits

Camouflage

The process of changing or concealing one's natural personality in order to "fit in", or to be perceived as neurotypical.



The desire to fit in



Increase connections with others

*ND: Neurodivergent
**: Neurotypical

The Impact of Ableism

Attitudes, actions, approaches, or policies that discriminate against/marginalize individuals with disabilities, often stemming from the belief that typical abilities are superior.

Personal Impact

Low self esteem

Increased anxiety & depression

Decreased sense of self-worth

Not asking for accommodations

Internalized ABLEISM

Adopting and acting upon discriminatory beliefs and values of the dominant ableist culture.

Societal Impact

Reinforces harmful stereotypes

Stigmatizes AuDHD adults

Discrimination

Barriers to inclusion and access

3 The Impact of highlighted traits

Camouflage

A survival response to the neurotypical world

The process of changing or concealing one's natural personality in order to "fit in", or to be perceived as neurotypical.

Compensation

What: Strategies used (e.g., learning social scripts) to actively compensate for social differences.

How: Internalizing social scripts to better navigate social situations.

Masking

What: Strategies used to hide ND* traits or portray a NT** persona to appear more confident or socially adept.

How: Hiding/concealing ND traits.

Assimilation

What: Strategies used to completely change oneself to fit in.

How: Imitating others' behavior, interests, and even appearance.

*ND: Neurodivergent

**NT: Neurotypical

Consequences of Camouflaging

(Compensation, Masking, Assimilation)

Feelings of rejection

Higher risk for suicidality and self harm

Mental health challenges

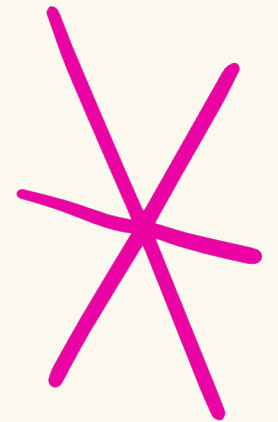
Burn out

Physically + mentally exhausting

Increased anxiety

Increased symptoms of depression

Negative impact on identity and sense of self



3 The Impact of highlighted traits

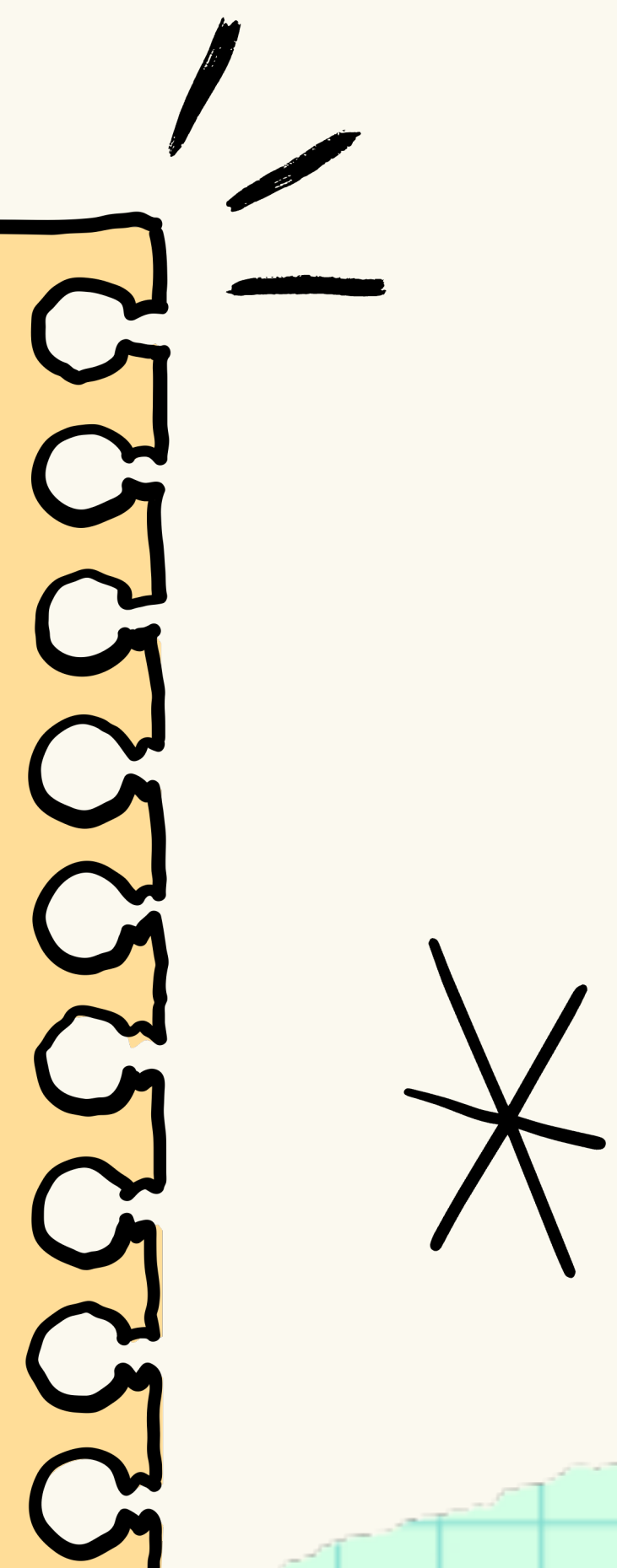
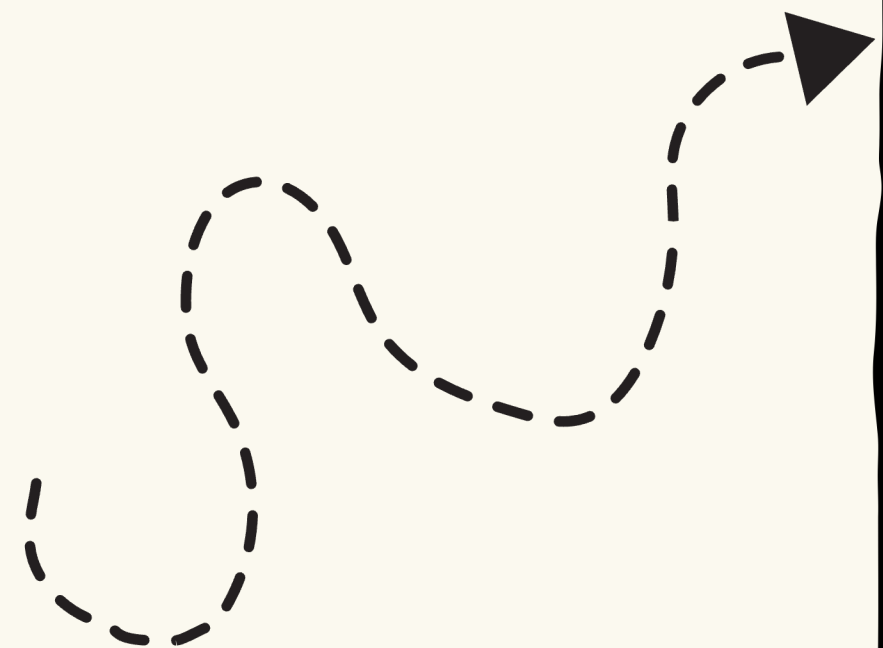
SOCIAL SUPPORT TIPS

AuDHDer

- 1. Special interests**
- 2. Embrace high context communication**
- 3. Join in Autistic/ADHD/AuDHD culture**

AuDHD ally

- 1. Don't push NT* socialization**
- 2. Respect autonomy**
- 3. Foster understanding and inclusivity**



*NT: Neurotypical

THANK YOU

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SLIDES



REFERENCES



RESOURCES

