

## Working with Autistic Young People Introduction Video

Hello, my name is Jennifer Glacel, and I am excited to tell you a little about the Working With Autistic Young People workshop. To first give you some information about me- I am a psychotherapist and play therapist and the owner of SevenCorner Psychotherapy in Falls Church, Virginia. I have been in private practice since 2009, working with children, teens and adults and individual therapy. Throughout my years of practice, I have always worked with autistic young people, although I did not always know it. Probably about 6 years ago, I was working with a young person who came to me for anxiety and I just had a feeling that wasn't quite what was going on. I wondered about autism. To be honest, I don't know exactly why I wondered that. She was referred for a neural psychological evaluation with Dr. Donna Henderson, and in the course of that evaluation, Donna and I had a conversation and she said to me, "So you do not work with a lot of autistic kids?" and I got very defensive and said, "Oh, no, no, I am not behavioral. I use client centered play therapy" and she said, "No, no, you got it, you saw it, nobody else had and you did". That was a pivotal moment in me beginning to go, "huh? What did I see, what do I know that I don't know?" And unlearning all of the things I had been taught about autism that are wrong and learning the right things about autism.

In that process, I realized that my daughter's autistic and had her go for an evaluation to have that confirmed and when that was confirmed, I thought, okay, I have been studying this, but now I really need to take it to a new level. I need to be the best parent I can be for this kid. And so I listened to all the podcasts and read all the books by actually autistic people, and as I was doing that, I was listening to one particular podcast, which was an autistic author interviewing other autistic authors, many of whom were late-identified women. And as they talked about their lives, I kept going, "But that's my life. But wait, that's about me". That is how I discovered that I am also autistic. I had that confirmed and that has led me here to helping other clinicians go through the unlearning and relearning process that I did in order to do the best work that they can with their clients.

This workshop is designed to help clinicians go on their own journey of understanding autism, unlearning and relearning some of the things we have been taught about appropriate therapeutics and understanding how what we have been taught has ableist underpinning that can cause problems for our clients and ourselves. We work from an anti-ableist, neurodiversity-affirming framework that will be challenging at times. I will be vulnerable with you throughout, and I ask that you enter into this with a willingness to be vulnerable with yourself. The workshop is broken up into videos that cover different areas and build on each other. Each video comes with a list of resources to deepen and broaden an understanding on that particular area. By purchasing the workshop, you will have access to all the videos and resource lists. You may also choose to purchase a year-long access to twice monthly consultation groups. I find that being able to discuss cases, dive deeper into questions that arise while watching the videos and having a space to talk about the personal impact of the unlearning-relearning process is important.

These consultations are held on the 1st and 3rd Wednesday of the month at 12 noon, for an hour. They will mostly be led by me, though there may be times that I ask another clinician to step in if I am unavailable. If you are doing both the recordings and the consultations, I would recommend that you pace yourself so that you can attend consultations throughout your viewings of the videos. If you decide to just proceed with the videos, you are welcome to change your mind and add on the consultations at any time, or even just drop in for one or two.

One of the resources with this video is an essay by Dr. Nick Walker from their book *NeuroQueer Heresies*. I encourage you to read it whether or not you decide to move forward with participation in the workshop. If you do decide to move forward, it is important to read before you begin. I hope this has been a helpful introduction to me and to the workshop. Please feel free to reach out to [admin@sevencornerspsychotherapy.com](mailto:admin@sevencornerspsychotherapy.com) if you have any questions and to sign up. Thanks!

Essay Link: <https://neuroqueer.com/neurotypical-psychotherapists-and-autistic-clients/>