



DISCOVERY PROGRAMME

**NEURO-AFFIRMING
SIGNPOSTING
RESOURCES FOR
AUTISTIC ADULTS**

www.thrivingautistic.org



DISCOVERY PROGRAMME

Please note: this information and signposting is a live document of resources shared from within the Autistic community in our Discovery Programme.

It is not intended to endorse all organisations or people listed.

Whilst we have taken care to try and find neuro-affirming information to support you we are not responsible for other people's work which may change over time or may not resonate with you.



DISCOVERY PROGRAMME

LET'S DISCOVER MORE ABOUT

MASKING

www.thrivingautistic.org

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Resources about Masking

Browsing

Autistic SLT:

https://www.autisticslt.com/masking_

Ausome Training:

<https://ausometraining.com/understanding-masking-as-trauma/>

David Gray-Hammond:

<https://emergentdivergence.com/2023/05/08/mask-on-mask-off-how-the-common-understanding-of-autistic-masking-is-creating-another-mask/>

It's Emily Katy:

https://www.authenticallyemily.uk/blog/autistic-masking_

Kelly Mahler

<https://www.kelly-mahler.com/resources/blog/lost-connections-interoception-masking/>

Kieran Rose

<https://theautisticadvocate.com/autistic-masking/>



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Resources about Masking

Browsing

Let's Queer Things UP:

<https://letsqueerthingsup.com/2020/02/02/unlearning-fawn-response>

Modern Intimacy:

<https://www.modernintimacy.com/fawn-response-trauma-response-reason-for-people-pleasing-behavior/>

Neuoclastic:

<https://neuoclastic.com/category/autism/autistic-traits/masking/>

Neurodiverse Connection

<https://ndconnection.co.uk/blog/toxic-positivity>



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Resources about Masking

Browsing

Neurodiverse Connection:

<https://ndconnection.co.uk/blog/fawn-the-trauma-response-that-is-easiest-to-miss>

Power by Love

<https://poweredbylove.ca/2023/07/22/shifting-my-unmasking-from-revealing-to-unearthing/>

Autistic Parents UK

<https://www.autisticparentsuk.org/post/stigma-and-masking-as-an-autistic-parent>



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Resources about Masking

Reading

Middleton, E. (2023). Unmasked: Everything They Never Told You about ADHD, Autism and Neurodivergence.

Penguin Life.

<https://amzn.eu/d/dMZepi7>

Pearson, A., & Rose, K. (2023b). Autistic masking: Understanding Identity Management and the Role of Stigma.

<https://amzn.eu/d/c86qbW4>

Price, D. (2022). Unmasking autism: The Power of Embracing Our Hidden Neurodiversity. Monoray.

<https://amzn.eu/d/h4MlyL6>



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Resources about Masking

Watching

I'm Autistic, Now What? (2023, December 21).
The 4 types of autistic Masking [Video]. YouTube.
<https://www.youtube.com/watch?v=36-K-HW3syc>

Orion Kelly - That Autistic Guy. (2022, June 21).
Autistic masking in 3 minutes - Autistic masking in a nutshell [Video]. YouTube.
<https://www.youtube.com/watch?v=9Tvzt2wTZHE>

Kieran Rose and Amy Pearson Aucademy: Autistic Masking
<https://www.youtube.com/live/aAwXbnLbN7E?si=DuY7g9GcqiiBpZGy>

Pooky Knightsmith Mental Health. (2020, June 30).
What is autistic masking and why does it matter? | Jodie Smitten [Video].
<https://www.youtube.com/watch?v=7EZ1il5LFc8>



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Resources about Masking

Watching

**Autistic masking REALLY: Kieran Rose educates
Aucademy's Chloe**

[https://www.youtube.com/live/NVItB4UZbDY?
si=c1oF1AtFD_LqMo39](https://www.youtube.com/live/NVItB4UZbDY?si=c1oF1AtFD_LqMo39)

**Autistic masking & introducing Autistic shielding:
Katie & Kieran educate Aucademy**

[https://www.youtube.com/live/wiYb5mRAJzA?
si=EfOq6gOFESU948nW](https://www.youtube.com/live/wiYb5mRAJzA?si=EfOq6gOFESU948nW)



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Resources about Masking

Listening

1800 Seconds on Autism: BBC Sounds

<https://open.spotify.com/show/6eVzbOReuraojesXQDTMb8?si=ca85f11adad34d36>

AuDHD Flourishing

<https://open.spotify.com/show/35ozQrlduHWzCavUqL50nq?si=385f53ad47544e56>

Autistic Flappy Hour

<https://open.spotify.com/show/7hX93cg3spudfUpYnZE4W2?si=303273eb6a394b4c>

Actually Autistic Educator

<https://open.spotify.com/show/4AzbJTGK9ZLXwZpkw2Zcvh?si=79e7a80c1b3d40fe>

Autistic Culture Podcast

<https://open.spotify.com/show/6wyddJdKhPrOb74563fsFI?si=93ac30acc5254eb6>

David's Divergent Discussions

<https://emergentdivergence.com/davids-divergent-discussions-podcast-2/>



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Resources about Masking

Listening

Divergent Conversations

<https://open.spotify.com/show/4yQhemvtxdBuLmHqtU7H2k?si=d6ddd6b1e12e4d08>

Neurodivergent Moments

<https://open.spotify.com/show/3ijDkYLjalCjiyuTj9ZwIF?si=626b85fd8e544de1>

NeuroDiving

<https://open.spotify.com/show/76vIGXG7CY2Jzw9fZEExkHa?si=90036b64b0474651>

Neurotypicals Don't Juggle Chain-Saws

<https://open.spotify.com/show/7jbWbfY6SspruM2UuOesPC?si=ccf9d3e9737740b9>

Sluggish

<https://open.spotify.com/show/1XkwglTceFJ1YN6yCtbiUU?si=32dffa20016e4208>

The Hidden 20%

<https://open.spotify.com/show/2g80pw5mMNdcfKQ0eAAsYs?si=b8c7ce67a7f4472c>



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Listening

The Neurodivergent Woman Podcast

<https://open.spotify.com/show/42UYC0omfWNQeFt6nuVDqv?si=99702e5260024abc>

Autistic Tidbits & Tangents

<https://open.spotify.com/show/17Zyrr90Bgo12d0o98ACB7?si=48ab47ff80d7435a>

Meet My Autistic Brain

<https://open.spotify.com/show/40KiF6VJSdDUMxY0XtBBn?si=6e502924dfdc42c5>

Thoughty Auti

<https://open.spotify.com/show/6vjXgCB7Q3FwtQ2YqPjnEV?si=0d9db205a45a4043>

Late Discovered Club

<https://open.spotify.com/show/52zsS8UHyyHJcYpeGDDOn0?si=feb2a3c7c1264c37>



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Thriving Autistic Discovery Programme Resources

This booklet highlights just a few of the resources we have found useful or have been shared with us through our **Discovery Programme** for Autistic adults.

It is a living document and we will edit and add to this over time. Please feel free to share anything you have found neuro-affirming and valuable for yourself.

If you need support please check out our:

[Neurodivergent Practitioners Directory](#)

A directory of Neurodivergent, neuro-affirmative practitioners hosted by Autistic-led nonprofit,
Thriving Autistic

[Facebook](#)

[Tiktok](#)

[LinkedIn](#)

[BlueSky](#)

[Instagram](#)



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