



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

MONOTROPISM

www.thrivingautistic.org

Thriving Autistic Discovery Programme Resources about Monotropism

Browsing

Monotropism – Official Website Site

<https://monotropism.org/>

Monotropism Questionnaire

<https://dlcincluded.github.io/MQ/>

**Starting Points for Understanding Autism
Monotropism in Practice by Fergus Murray**

<https://oolong.medium.com/starting-points-for-understanding-autism-3573817402f2>

I'm Monotropic Now What by Fergus Murray

<https://monotropism.org/im-monotropic-now-what/>

Autistic Realms – Monotropism

<https://autisticrealms.com/monotropism/>

Stimpunks Monotropism

<https://stimpunks.org/glossary/monotropism/>



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Thriving Autistic Discovery Programme

Resources about Monotropism

Browsing

Map of Monotropic Experiences - Autistic Realms and Stimpunks

<https://autisticrealms.com/the-map-of-monotropic-experiences-a-summary/>

Autism Understood

<https://autismunderstood.co.uk/autistic-differences/monotropism/>

Emergent Divergence

<https://emergentdivergence.com/tag/monotropism/>

Reframing Autism

<https://reframingautism.org.au/monotropism-understanding-autistic-ways-of-being-through-the-lens-of-attention/>

Tigger Pritchard

<https://www.tiggerpritchard.com/monotropism>



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Thriving Autistic Discovery Programme Resources about Monotropism

Reading

What is monotropism? Understanding a neuroaffirming theory of autism by Helen Edgar and Tanya Adkin

<https://www.autism.org.uk/advice-and-guidance/professional-practice/what-is-monotropism>

Me and Monotropism: A unified theory of autism by Fergus Murray

<https://www.bps.org.uk/psychologist/me-and-monotropism-unified-theory-autism>

Autism and Being Monotropic

What Medical and Other Practitioners Need to Know by Wenn Lawson

<https://link.springer.com/book/>

The Passionate Mind by Wenn Lawson

<https://uk.jkp.com/products/the-passionate-mind>

What I Want to Talk About

How Autistic Special Interests Shape a Life by Pete Wharmby

<https://uk.jkp.com/products/what-i-want-to-talk-about>



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Reading

What is monotropic split by Tanya Adkin

<https://emergentdivergence.com/2022/07/14/guest-post-what-is-monotropic-split/>

**Monotropism: Between Obsessive Joy and Overwhelm
by Patrick Dwyer**

<https://otarc.blogs.latrobe.edu.au/monotropism-between-obsessive-joy-and-overwhelm/>

Loops of Concern by Sonny Hallett

<https://medium.com/@sonnyhallett/loops-of-concern-ff792eebad03>

**Autism and Physical Disability
Dual Experiences, Challenges, and Inclusion Solutions
by Wenn Lawson**

<https://livedplacespublishing.com/book/>

**What Is Monotropism and Its Connection to
Interoception? By Kelly Mahler**

<https://www.kelly-mahler.com/what-is-interoception/interoception-and-monotropism/>



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Resources about Monotropism

Watching

Kieran Rose: An Introduction to Monotropism

[si=g3cD_1wcen8_yuep](https://youtu.be/g3cD_1wcen8_yuep)

Autism from the Inside: Autism and Monotropism: How to Leverage Your Monotropic Brain

<https://youtu.be/5p8BD73xXxI?si=sBu6t2WnbdjGUnEU>

Aucademy: Explaining Autistic experience: Monotropism: Fergus & Tanya educate Aucademy

[https://www.youtube.com/live/cEtLOGcTA0A?
si=H_S2D8SRowvgR4nf](https://www.youtube.com/live/cEtLOGcTA0A?si=H_S2D8SRowvgR4nf)

Yo Samdy Sam: AuDHDer takes the Monotropism test

[https://youtu.be/H4LWdyhRxIQ?
si=6NQvNI_oHHX3KNpF](https://youtu.be/H4LWdyhRxIQ?si=6NQvNI_oHHX3KNpF)

I'm Autistic Now What: The Best Theory of Autism you've probably NEVER heard of...

<https://youtu.be/3mBbOOzhoGQ?si=wJl9UkYtPPKgYa-n>



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Watching

Autistamatic: Monotropism - One Step at a Time

<https://youtu.be/wOe1fliDs0I?si=jj43dGskMYDdk8xc>

Fergus Murray: Craft, Flow and Cognitive Styles

<https://youtu.be/Ztw7e9nYNW4?si=tdDTZ8a-c2CuDPc5>

Damian Milton on Monotropism and Flow States

<https://youtu.be/MUDQD1p2zFE?si=ZgaxfoIVCnjlfHg1>



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Thriving Autistic Discovery Programme

Resources about

Monotropism

Listening

Heasman Flow Lab:

Towards Autistic Flow Theory - Flow Podcast with Gemma Williams, Lorna Hamilton, Fergus Murray & Brett Heasman
<https://youtu.be/IGrLMPXJAuk?si=INzvITfziCjcm6U6>

Different Minds Podcast Series - Monotropism
with John Offord, Dr Dinah Murray and Fergus Murray
<https://podcasts.apple.com/gb/podcast/monotropism/id1513060011?i=1000517227324>

Autism Stories: Dinah Murray

<https://open.spotify.com/episode/39WEdNeKdZgvA9pgR8QMGU>

BBC 1800 Seconds on Autism, 'Monotropism has changed my life'
with Jamie Knight, Robyn Steward and Dr Wenn Lawson
<https://www.bbc.co.uk/programmes/p0fbt947>

Neurotypicals Don't Juggle Chainsaws: Monotropism
with Kate Fox and Nic King

<https://youtu.be/hrPrjafWnX0?si=Vkjmit4gOWuio6Ev>



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Resources about Monotropism

Listening

**Middletown Centre for Autisms - Monotropism
with Joan McDonald**

<https://podcasts.apple.com/ar/podcast/monotropism-with-joan-mcdonald/id1554057325?i=1000716482065>



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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](#)

[Twitter/X](#)

[LinkedIn](#)

[BlueSky](#)

[Instagram](#)



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