

# UNDERSTANDING AND MANAGING EMOTIONS IN AUTISTIC ADULTS

## UNDERSTANDING NEURODIVERGENCE, PREVENTING BURNOUT, AND DEVELOPING SELF-REGULATION IN ADULTHOOD

**For parents, partners, family caregivers, and loved ones of autistic adults**

Support your loved one towards better emotional balance with concrete strategies adapted to adult life

<b>Duration :</b> 1 hour	<b>Modules :</b> 5 modules
<b>Lessons :</b> 14 lessons	<b>Audience :</b> Parents, partners, family caregivers, and loved ones of autistic adults
<b>Format :</b> 100% online, asynchronous	<b>Provider :</b> N° 11757351875
<b>Certification :</b> Qualiopi	<b>Price :</b> On request

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### Course description

This online training helps you understand autism as a neurodivergence and the specific challenges of adult life: social masking accumulated over the years, autistic burnout, alexithymia, and managing daily responsibilities. Through concrete strategies, you will learn to identify triggers, implement effective regulation techniques, and help your loved one communicate their needs in various areas of their life. You will leave with practical tools including a self-observation journal, personalized crisis script, strategies for the professional environment, sensory and cognitive regulation techniques, and a guide to adapting the daily environment. Bonus: Discovery of the CLINT app, the brain coach, with its 30+ cognitive games to strengthen memory, attention, and concentration.

### Module summary

<b>MODULE 1</b>	Understanding Autism in Adulthood	3 lessons
<b>MODULE 2</b>	Identify Triggers & Prevent Overflows	3 lessons
<b>MODULE 3</b>	Regulation Techniques for Adults	4 lessons
<b>MODULE 4</b>	Building a Suitable Environment and Communicating Needs	3 lessons
<b>MODULE 5</b>	The CLINT Application from DYNSEO	1 lesson

### Learning objectives

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- Understand autism in adulthood as a neurodivergence, not a flaw to be corrected
- Identify the masking accumulated over the years and its cost: chronic exhaustion, anxiety, loss of identity
- Recognize sensory peculiarities that persist into adulthood and their impact on daily life
- Understand alexithymia: the difficulty in identifying and naming one's emotions
- Spot the signs of autistic burnout in adults: collapse of capacities, increased hypersensitivity, shutdowns
- Identify typical triggers: work environment, mental load, social interactions, changes in routine
- Apply the spoon theory to help your loved one manage their energy
- Implement strategies for the work environment: accommodations, breaks, communication with the employer
- Master sensory regulation techniques suitable for adults: deep pressure, discreet sensory objects, environmental modulation
- Use cognitive techniques: breathing, crisis script, delay technique, situation exit
- Understand and support meltdown and shutdown in adults
- Adapt a suitable home environment: sensory refuge and daily organization
- Help the adult communicate their needs: at work, in relationships, with family, with healthcare professionals
- Support social and emotional life: balancing commitments, choosing contexts, maintaining quality relationships
- Prevent isolation and promote social inclusion
- Build a support network: autistic peers, specialized professionals, communities

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## General information

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<b>Duration</b>	1 hour of training divided into 5 progressive modules
<b>Target Audience</b>	Parents, partners, family caregivers, and loved ones of autistic adults who wish to understand the specific challenges of autism in adulthood and support their loved ones towards better emotional balance
<b>Prerequisites</b>	None, training accessible to all adults
<b>Pricing</b>	Sur devis - TVA non applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi - Attestation de fin de formation
<b>Training Organization</b>	DYNSEO - N° de déclaration d'activité : 11757351875

**MODULE 1****Understanding Autism in Adulthood**

3 lessons

**Lesson 1 - Lesson 1: Autism, a Neurodivergence**

- Autism as a neurological functioning that differs from the norm, but is equally valid
- The feeling of permanent disconnection common among adults diagnosed late
- Masking: unconscious strategies to appear normal with huge costs (exhaustion, anxiety, burnout)
- Understanding one's autism in adulthood brings immense relief and permission to be oneself

**Lesson 2 - Lesson 2: Sensory and Emotional Particularities in Adults**

- Sensory hypersensitivity persists in adult life: open spaces, transport, shopping centers
- Hyposensitivity: seeking intense stimulation as real neurological needs
- Alexithymia: difficulty identifying and naming one's own emotions
- Emotional intensity and latency time create misunderstandings in daily interactions

**Lesson 3 - Lesson 3: Autistic Burnout and Its Signs**

- Global collapse when the nervous system has been overstressed for too long
- Multiple causes: intensive camouflage, aggressive environment, constant social demands
- Characteristic signs: regression of skills, collapse of masking abilities, intensified hypersensitivity
- Necessary support: drastic reduction of demands, adapted environment, long recovery time

**MODULE 2****Identify Triggers & Prevent Overflows**

3 lessons

**Lesson 1 - Lesson 1: Typical Triggers in Autistic Adults**

- Sensory overload: work environment, public transport, social events, shopping malls
- Prolonged social interactions require significant cognitive effort to maintain the mask
- Changes and unpredictability disrupt routine and consume emotional resources
- Mental load and lack of recovery time lead to accumulated fatigue

**Lesson 2 - Lesson 2: The Self-Observation Tool**

- Observation journal tracking four elements: context, bodily signals, reaction, underlying need
- Physical signals are first indicators of rising tension before emotion becomes conscious
- After a few weeks, patterns emerge revealing recurring contexts and typical warning signals
- Self-knowledge becomes the basis for any effective prevention strategy

**Lesson 3 - Lesson 3: Prevention Strategies for Adult Life**

- Professional environment: negotiate adjustments, regular breaks, decompression time after meetings
- Social life management: dose commitments, choose quality over quantity, plan exit strategies
- Home environment as sensory sanctuary with soft lighting, order, and noise reduction
- Energy management approach: assess activity costs and balance your energy budget

**MODULE 3****Regulation Techniques for Adults**

4 lessons

**Lesson 1 - Lesson 1: Recognizing Warning Signs**

- Listen to the body rather than trying to name the emotion
- Physical signals: tension in jaw/shoulders/stomach, breathing changes, temperature shifts
- Behavioral signals: rocking, repetitive movements, difficulty maintaining eye contact
- Cognitive signals: difficulty finding words, mental fog, thoughts that speed up or freeze

**Lesson 2 - Lesson 2: Sensory Regulation Techniques**

- Deep pressure activates the parasympathetic system: compression clothing, weighted blankets, firm massages
- Movement releases tension: rocking, walking, jumping, dancing, swivel chair spinning
- Sensory objects are legitimate neurological tools: fidget spinners, stress balls, textured jewelry
- Modulate the environment: noise-canceling headphones, tinted glasses, familiar scents, white noise

**Lesson 3 - Lesson 3: Adapted Cognitive and Behavioral Techniques**

- Breathing techniques: square breathing, physiological sighs, long exhale breathing
- Pre-prepared crisis script: written protocol accessible when the brain is overloaded
- Allow yourself to leave situations before collapsing with prepared phrases

- Conscious and temporary postponement: putting aside emotion to process later in safety

#### Lesson 4 - Lesson 4: Meltdown and Shutdown - Understanding and Managing

- Meltdown is a neurological short-circuit, not a voluntary crisis or whim
- During meltdown: reduce stimuli, ensure safety, remain calm without invading space
- Shutdown is protective disjunction: mute, frozen, absent, requiring patience and calm
- After either crisis: significant recovery needed, listen to the body's alarm signal

### MODULE 4

#### Building a Suitable Environment and Communicating Needs

3 lessons

#### Lesson 1 - Lesson 1: Organizing Your Living Environment

- Home as sensory sanctuary: soft colors, adjustable lighting, order, noise reduction
- Auditory dimension: identify noise sources, double glazing, thick carpets, quiet refuge space
- Tactile and olfactory control: suitable textiles, soothing textures, chosen fragrances
- Home and workplace personalization: dedicated spaces, appropriate lighting, sensory tools

#### Lesson 2 - Lesson 2: Communicating Your Needs

- With loved ones: be concrete and specific about your neurological needs
- Workplace: request adjustments through RQTH or formulate as professional needs
- Prepare written requests with clear facts and concrete solutions
- With healthcare professionals: explain autism functioning and request appointment adjustments

#### Lesson 3 - Lesson 3: Building Your Support Network

- Autistic peer community: transformative meetings with people who truly understand
- Specialized professionals trained in adult autism: psychologist, occupational therapist, psychomotor therapist
- Identify and nurture relationships with trusted adults who accept without judgment
- Prepared crisis plan: who to call, where to go, what to do, shared with trusted people

### MODULE 5

#### The CLINT Application from DYNSEO

1 lesson

#### Lesson 1 - Lesson 1: Clint, Your Brain Coach

- Brain training app with 30+ games stimulating memory, attention, language, reasoning, visual perception
- Reassuring environment: clean interfaces, short instructions, stable structure, predictability
- Works on strengths and difficulties: visual memory, logic, mental flexibility, planning, attention
- Learning through play at your own pace in a calming, non-stigmatizing approach

## Teaching methods

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- 100% online training, accessible from your computer or tablet
- Progress at your own pace, whenever you wish, without time constraints
- Concrete tools provided: self-observation journal, personalized crisis script, regulation techniques guide
- Bonus access to CLINT app with 30+ cognitive games