

# UNDERSTANDING AND MANAGING EMOTIONS IN AUTISTIC ADULTS

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

Support your loved one towards better emotional balance and prevent burnout

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|-------------------------------------------|--------------------------------------------------------------------|
| <b>Duration</b> : 3 hours                 | <b>Modules</b> : 5 modules                                         |
| <b>Lessons</b> : 14 lessons               | <b>Audience</b> : Family members 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 training helps you understand autism as a neurodivergence and the specific challenges of adult life: social masking, autistic burnout, alexithymia, and managing daily responsibilities. Through concrete strategies adapted to an adult's life, you will learn to identify triggers, implement effective regulation techniques, and help your loved one communicate their needs. You will leave with practical tools including a self-observation journal, personalized crisis script, and strategies for professional and home environments. Bonus: Discovery of the CLINT app with 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 and identify the cost of masking
- Recognize sensory peculiarities, alexithymia, and signs of autistic burnout in adults
- Identify typical triggers: work environment, mental load, social interactions, routine changes
- Apply the spoon theory and implement workplace accommodation strategies
- Master sensory regulation techniques: deep pressure, discreet sensory objects, environmental modulation
- Use cognitive techniques: breathing, crisis script, delay technique, situation exit strategies
- 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, and with healthcare professionals
- Build a support network: autistic peers, specialized professionals, communities
- Prevent isolation and promote social inclusion while balancing commitments

## General information

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|------------------------|-------------------------------------------------------------------------|
| <b>Duration</b>        | 3 hours of online training                                              |
| <b>Target Audience</b> | Parents, partners, family caregivers, and loved ones of autistic adults |
| <b>Prerequisites</b>   | None                                                                    |
|                        |                                                                         |

|                          |                                                                                     |
|--------------------------|-------------------------------------------------------------------------------------|
| <b>Price</b>             | Upon request – VAT not applicable (Article 261-4-4° of the French General Tax Code) |
| <b>Certification</b>     | Qualiopi – Certificate of completion                                                |
| <b>Training Provider</b> | DYNSEO – Activity registration number: 11757351875                                  |

## MODULE 1

## Understanding Autism in Adulthood

3 lessons

### Lesson 1 - Autism, a Neurodivergence

- Autism as a valid neurological difference, not a flaw to correct
- The autistic brain processes information with particular intensity and unique logic
- Masking: unconscious strategies to appear 'normal' with huge costs (exhaustion, anxiety, burnout)
- Understanding autism in adulthood brings relief and permission to organize life according to actual functioning

### Lesson 2 - Sensory and Emotional Particularities in Adults

- Sensory hypersensitivity persists: open spaces, public transport, crowded places cause nervous system saturation
- Hyposensitivity leads to seeking intense stimulation (loud music, extreme sports, deep pressure)
- Alexithymia: difficulty identifying and naming one's own emotions
- Emotional intensity and latency: reactions may emerge hours or days after events

### Lesson 3 - Autistic Burnout and Its Signs

- Global collapse from prolonged overstimulation: intensive masking, aggressive sensory environments, constant social demands
- Regression of skills, collapse of masking abilities, intensified sensory hypersensitivity
- More frequent meltdowns/shutdowns and deep chronic exhaustion
- Requires drastic reduction of demands, adapted environment, long recovery time, and professional support

## MODULE 2

## Identify Triggers & Prevent Overflows

3 lessons

### Lesson 1 - Typical Triggers in Autistic Adults

- Sensory overload: noisy open spaces, fluorescent lighting, crowded transport, social events
- Prolonged social interactions require significant cognitive effort to maintain the mask
- Changes and unpredictability disrupt routines and consume emotional resources
- Mental load, lack of recovery time, and situations of injustice or inconsistency

### Lesson 2 - The Self-Observation Tool

- Track four elements: context, bodily signals, reaction, and underlying need
- Physical signals are first indicators of rising tension (jaw tension, heart rate, mental fog)
- Note reactions without judgment: outbursts, crying, withdrawal, fleeing
- After a few weeks, patterns emerge revealing recurring contexts, warning signals, and real needs

### Lesson 3 - Prevention Strategies for Adult Life

- Workplace: negotiate individual office, remote work, staggered hours, noise-canceling headphones, regular breaks
- Social life: dose commitments, legitimately refuse invitations, prioritize quality over quantity, choose suitable contexts
- Home environment: sensory sanctuary with soft lighting, order, noise reduction, reassuring routines
- Energy management approach: assess activity costs and balance your energy budget rather than just time

## MODULE 3

## Regulation Techniques for Adults

4 lessons

### Lesson 1 - Recognizing Warning Signs

- Listen to the body rather than trying to name emotions (alexithymia challenge)
- Physical signals: jaw/shoulder tension, rapid breathing, heat/cold sensations, tingling, headaches
- Behavioral signals: rocking, repetitive movements, difficulty with eye contact, desire to flee
- Cognitive signals: difficulty finding words, mental fog, thoughts speeding up or freezing

### Lesson 2 - Sensory Regulation Techniques

- Deep pressure activates parasympathetic system: compression clothing, weighted blanket, firm self-massages, hot shower
- Movement releases tension: rocking, walking, swivel chair spinning, sitting ball, dancing
- Sensory objects are legitimate neurological tools: fidget spinner, stress ball, textured jewelry, modeling clay
- Modulate environment: noise-canceling headphones, tinted glasses, familiar scents, white noise

### Lesson 3 - Adapted Cognitive and Behavioral Techniques

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

- Conscious temporary postponement: putting aside intense emotions to process later in a safe environment

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

- Meltdown is neurological short-circuit, not voluntary: reduce stimuli, ensure safety, remain calm without invading
- Shutdown is protective disjunction: mute, frozen, absent – do not force communication, provide calm space
- During crisis: rational brain not in control, reasoning is useless and worsens situation
- After: significant recovery needed, do not resume normal activities, listen to body's alarm signal

### MODULE 4

#### Building a Suitable Environment and Communicating Needs

3 lessons

#### Lesson 1 - Organizing Your Living Environment

- Home as sensory sanctuary: soft colors, adjustable lighting, order, blackout curtains, warm lamps
- Auditory dimension: reduce noise sources, double glazing, thick carpets, avoid buzzing appliances
- Tactile and olfactory: suitable textiles, soothing textures, weighted blanket, controlled odors
- Dedicated workspace separate from recovery space, personalized workstation with sensory tools

#### Lesson 2 - Communicating Your Needs to Those Around You

- Explain functioning concretely to loved ones: 'I need 30 minutes alone after work, it's a neurological need'
- Describe what helps and harms: 'Please ask before touching me' – share warning signals
- At work: request accommodations if recognized as disabled, or formulate as professional needs
- With healthcare professionals: explain functioning, request adaptations (first/last appointments, written communication)

#### Lesson 3 - Building Your Support Network

- Autistic peer community: transformative experience, practical advice professionals cannot provide
- Specialized professionals trained in adult autism: psychologist, psychiatrist, occupational therapist
- Identify trusted adults in your circle who understand, accept, and support without judgment
- Prepared crisis plan: who to call, where to go, what to do – written plan shared with trusted people

### MODULE 5

#### The CLINT Application from DYNSEO

1 lesson

#### Lesson 1 - JOE, 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 limits cognitive overload
- Work on strengths and difficulties with multiple difficulty levels, progress at your own pace
- Playful learning: short rewarding activities, no stressful timer, no external judgment, great autonomy
- Usable alone at home or integrated into professional follow-up, observable results over time

## Teaching methods

- 100% online training accessible from computer or tablet
- Progress at your own pace, whenever you wish, without time constraints
- Concrete tools: self-observation journal, personalized crisis script, regulation techniques
- Strategies for professional environment, sensory and cognitive techniques, daily environment adaptation guide
- Bonus: Discovery of CLINT app with 30+ cognitive games