

UNDERSTANDING AND MANAGING EMOTIONS IN AUTISTIC TEENAGERS

NEURODIVERGENCE, BURNOUT PREVENTION, AND SELF-REGULATION

For parents, grandparents, and caregivers of autistic middle and high school students

Support your teen toward emotional independence through concrete strategies

Duration : 1 hour	Modules : 8 modules
Lessons : 24 lessons	Audience : Parents and family caregivers of autistic teenagers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training helps you understand autism as a neurodivergence rather than a defect to correct. You will discover the specific challenges of autistic adolescence: masking, burnout, alexithymia, and emotional intensity amplified by puberty. Through concrete strategies adapted to school, home, and social contexts, you will learn to identify triggers, implement effective regulation techniques, and help your teenager communicate their needs and build their support network. You will gain practical tools including a self-observation journal, crisis scripts, sensory regulation techniques, and guidance on creating adapted environments.

Module summary

MODULE 1	Understanding Autism in Adolescence	4 lessons
MODULE 2	Identify Triggers & Prevent Overflows	3 lessons
MODULE 3	Regulation Techniques for Adolescents	3 lessons
MODULE 4	Building a Suitable Environment and Communicating Your Needs	4 lessons
MODULE 5	The JOE application from DYNSEO	3 lessons
MODULE 6	Communication and Relationships	3 lessons
MODULE 7	DYNSEO Tools + summary	4 lessons
MODULE 8	Final quiz	0 lessons

Learning objectives

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- Understand autism as neurodivergence: a different functioning, not a defect
- Identify masking and its cost: exhaustion, anxiety, loss of self-identity
- Recognize sensory peculiarities amplified by puberty
- Understand alexithymia: difficulty identifying and naming emotions
- Spot signs of autistic burnout and understand its causes
- Identify the 7 typical triggers: sensory overload, social interactions, changes, academic load, lack of recovery, injustice, social pressure
- Use the self-observation tool to track context, bodily signals, reactions, and underlying needs
- Apply the spoon theory to manage energy rather than time
- Implement strategies for school environment: PAP/PPS, accommodations, quiet places, breaks
- Master sensory regulation techniques: deep pressure, vestibular stimulation, fidgets, environmental modulation
- Use adapted cognitive techniques: controlled breathing, crisis script, situation exit, delay technique
- Understand and manage meltdowns and shutdowns

- Arrange an adapted home environment: bedroom as a sensory sanctuary
- Help the teen communicate their needs to parents, teachers, friends, healthcare professionals
- Build a support network: autistic peers, specialized professionals, ally adults, crisis plan

General information

Duration	1 hour of training divided into 8 progressive modules
Target Audience	Parents, grandparents, and family caregivers of autistic teenagers (middle and high school students)
Prerequisites	None
Pricing	Upon request – VAT not applicable (article 261-4-4° of French tax code)
Certification	Qualiopi – Certificate of completion provided
Training Organization	DYNSEO – Activity registration number: 11757351875

MODULE 1**Understanding Autism in Adolescence**

4 lessons

Lesson 1 - Lesson 1: Autism, a neurodivergence

- Definition: neurological functioning that differs from the statistical norm, but is equally valid
- The autistic brain processes information differently with particular intensity and unique logic
- Masking: unconscious strategies to appear 'normal' with huge cost (exhaustion, anxiety, loss of identity)
- Understanding autism in adolescence = immense relief and permission to be oneself
- The feeling of permanent disconnection and considerable efforts for things 'natural' to others

Lesson 2 - Lesson 2: Sensory and Emotional Particularities in Adolescence

- Sensory particularities may intensify with puberty: hypersensitivity in classrooms, cafeterias, parties
- Hyposensitivity: seeking intense stimulation (loud music, extreme sports, deep pressure)
- Alexithymia: difficulty identifying and naming one's own emotions
- Emotional intensity amplified by hormonal upheavals (not immaturity)
- Emotional latency time: reaction several hours or days after the event

Lesson 3 - Lesson 3: Autistic Burnout in Adolescents

- Definition: global collapse when the nervous system has been overstressed for too long
- Causes: intensive camouflage, aggressive sensory environment, constant social demands, lack of recovery
- Characteristic signs: regression of skills, collapse of masking, intensified hypersensitivity
- More frequent meltdowns or shutdowns, deep chronic exhaustion
- Necessary support: drastic reduction of demands, accommodations, long recovery time

Lesson 4 - Lesson 4: Emotional Particularities

- Alexithymia: difficulty identifying internal emotional states
- Emotional intensity beyond typical responses
- Emotional latency time: delayed reactions
- Camouflage and its invisible cost on mental health

MODULE 2**Identify Triggers & Prevent Overflows**

3 lessons

Lesson 1 - Lesson 1: Typical Triggers in Autistic Adolescents

- Sensory overload: noisy classrooms, fluorescent lighting, crowded spaces, transport
- Prolonged social interactions: significant cognitive effort to decode signals and maintain façade
- Changes and unpredictability: schedule changes, disruptions to routine
- Academic load: managing schedule, homework, revisions plus social and family expectations
- Lack of recovery time, situations of injustice, social pressure and bullying

Lesson 2 - Lesson 2: The Self-Observation Tool

- Observation journal tracking four elements: context, bodily signals, reaction, underlying need
- Element 1 - Context: where, with whom, timing, what had happened prior
- Element 2 - Bodily signals: tension, heart racing, temperature changes, desire to flee
- Element 3 - Reaction: outburst, crying, withdrawal, fleeing (without judgment)
- Element 4 - Underlying need: what would have helped (silence, solitude, movement, pressure)

Lesson 3 - Lesson 3: Prevention Strategies for Adolescent Life

- School strategies: PAP/PPS accommodations, quiet places, planned breaks
- Social life strategies: gauge commitments based on energy, prioritize quality over quantity
- Home strategies: bedroom as sensory sanctuary, reassuring routines, time for solitude
- Specific interests as sources of regulation and well-being
- Energy management approach: assess costs and balance your energy budget

MODULE 3**Regulation Techniques for Adolescents**

3 lessons

Lesson 1 - Lesson 1: Recognizing Warning Signs

- Key: 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 with eye contact, desire to flee
- Cognitive signals: difficulty finding words, mental fog, thoughts speeding up or freezing

- Goal: create your own map of personal warning signals to intervene earlier

Lesson 2 - Lesson 2: Sensory Regulation Techniques

- Deep pressure: tight clothing, weighted blanket, firm self-massages, squeezing objects
- Movement: rocking, spinning, walking, running, jumping to release tension
- Sensory objects: fidget spinner, stress ball, tangle, pop-it, modeling clay (legitimate tools)
- Modulating environment: noise-canceling headphones, tinted glasses, white noise
- Discreet options for class and public spaces

Lesson 3 - Lesson 3: Adapted Cognitive and Behavioral Techniques

- Breathing techniques: square breathing, physiological sigh, long exhale breathing
- Pre-prepared crisis script: written protocol when brain is overloaded
- Allowing oneself to leave situations before collapsing: legitimate right, prepared phrases
- Official class exit protocol to negotiate with parents and school
- Temporary setting aside: consciously postponing intense emotions for later processing

MODULE 4

Building a Suitable Environment and Communicating Your Needs

4 lessons

Lesson 1 - Lesson 1: Organizing Your Living Environment

- Bedroom as sensory sanctuary to recover from external aggressions
- Visual dimension: soft colors, adjustable lighting, order, blackout curtains
- Auditory dimension: reduce noise sources, white noise machine, good headphones
- Tactile dimension: suitable textures for sheets and clothing, weighted blanket
- Suitable workspace: tidy desk, appropriate lighting, sensory tools within reach

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

- With parents: be concrete and specific, explain what helps and what harms
- With school: PAP/PPS to formalize accommodations, identify a trusted adult
- With friends: share some information with close friends to avoid misunderstandings
- With healthcare professionals: explain your functioning, request adaptations, prepare appointments in writing
- Use written communication if speaking is difficult

Lesson 3 - Lesson 3: Building Your Support Network

- Autistic peer community: transformative experience of meeting others who truly understand
- Specialized professionals: psychologist, psychomotor therapist, occupational therapist trained in autism
- Trusted adults: identify those who understand, accept, and support without judgment
- Resources: groups for autistic teens, associations, online communities
- A trusted adult to call when things are not going well makes a huge difference

Lesson 4 - Lesson 4: Understanding and Supporting the Shutdown

- Difference between shutdown and meltdown
- Why shutdown is also serious even if less visible
- How to be present without invading personal space
- Necessary recovery time and support
- Recognizing shutdown as a valid response to overwhelm

MODULE 5

The JOE application from DYNSEO

3 lessons

Lesson 1 - Lesson 1: JOE, your brain coach

- Brain training app with over 30 games stimulating memory, attention, language, reasoning, visual perception
- Reassuring, simple, clear environment with predictable structure and stable interfaces
- Variety of cognitive functions: work on strengths and difficulties with multiple difficulty levels
- Playful aspect: learning through enjoyable short activities, progress at own pace without stress
- Great emphasis on autonomy: usable alone, integrable into professional follow-up, flexible for individual needs

Lesson 2 - Lesson 2: Screens, social networks, and video games

- Why this is a major topic for autistic teens
- Real benefits: regulation, online autistic community, pursuing interests
- Specific risks: cyberbullying, isolation, addiction, toxic content
- Finding balance without demonizing technology

- How to set a negotiated framework with your teenager

Lesson 3 - Lesson 3: Puberty, hygiene, emerging sexuality

- Topics often avoided but crucial for development
- Sensory peculiarities and their impact on hygiene routines
- First emotions and social difficulties in romantic contexts
- How to approach these topics without invading privacy
- Providing concrete support while respecting autonomy

MODULE 6

Communication and Relationships

3 lessons

Lesson 1 - Lesson 1: Communicating with Your Autistic Teenager

- Adapt your communication style to their way of working
- Concreteness and precision in language and expectations
- Respect for growing intimacy and personal boundaries
- Navigating difficult conversations with sensitivity
- Building trust through consistent and clear communication

Lesson 2 - Lesson 2: Supporting Communication with the Outside

- With teachers and the institution: PAP, PPS, formal accommodations
- With friends: legitimizing needs and explaining differences
- With extended family: managing misunderstanding and educating relatives
- With healthcare professionals: advocating for appropriate support
- Creating bridges between different contexts in your teen's life

Lesson 3 - Lesson 3: Building the Support Network

- Autistic peers: transformative importance of connecting with similar experiences
- Specialized professionals who understand autism
- Allied adults in various contexts
- The family crisis plan: preparation for difficult moments
- Creating a web of support across different areas of life

MODULE 7

DYNSEO Tools + summary

4 lessons

Lesson 1 - Lesson 1: COCO and the DYNSEO applications for teens

- COCO app with mandatory physical breaks every 15 minutes
- Adapting COCO principles to adolescence
- The principle of regular breaks applicable to study sessions
- Integration with other tools for comprehensive support
- Using technology to promote healthy screen habits

Lesson 2 - Lesson 2: Useful Digital Tools for Autistic Teens

- Meditation apps: Petit Bambou, Headspace for mindfulness practice
- Mood tracking applications for emotional awareness
- White noise and soothing sound apps for sensory regulation
- Routine management apps like Tiimo for daily structure
- Awareness and appropriate parental support in digital tool use

Lesson 3 - Lesson 3: Preparing for the Future and Guidance

- Managing anxiety about future projects and transitions
- Orientation choices suited to autistic profile and interests
- Higher education and autism: accommodations and strategies
- Professional integration, first internships, workplace considerations
- Gradual autonomy: supporting independence while remaining available

Lesson 4 - Lesson 4: 8 things to remember — final summary

- Autism is not a defect to be corrected, understanding precedes support
- Masking has an invisible but real cost
- Triggers are predictable with observation
- Meltdowns and shutdowns are not whims, the environment shapes well-being

- You are the primary ally, compare your teen to themselves not to others

MODULE 8**Final quiz**

0 lessons

Teaching methods

- 100% online training accessible from computer or tablet
- Progress at your own pace without time constraints
- Downloadable practical tools: self-observation journal, crisis script, strategy guides
- Access to bonus content: COCO app discovery, digital tool recommendations
- Certificate of completion upon finishing the training

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