

TERMS TO KNOW

Below you will find a list of words and their definitions that will be used throughout our conversations. You can use this as a reference during our time together and beyond.

TERM	DEFINITION
Neurodiversity	Individual differences in brain functioning regarded as normal variations within the human population. The concept that differences in brain functioning within the human population are normal and that brain functioning that is not neurotypical should not be stigmatized.
Neurotype	A type of brain in terms of how it interprets and processes information - including ASD, OCD, ADHD, Dyslexia, etc.
Neurodivergence /Neurodivergent	Differences in mental or neurological function from what is considered typical
Self-Determination	The ability to make decisions for oneself
Self-Advocacy	The ability to speak up for oneself, including one's own needs and rights. Self advocacy can occur through any form of communication including speaking, writing, gestures, etc.
Ableism/Ableist	A set of beliefs or practices that devalue and discriminate against people with physical, intellectual, or psychiatric disabilities. 'Ableist' can describe people, therapy goals, discrimination against equitable inclusion
Allistic/Neurotypical	Allistic: a non-autistic person, also encompasses neurodivergent individuals who are not autistic Neurotypical: A person who does not exhibit neurological differences
Neurodiversity Movement	A social, political, and human rights movement lead by Autistic, Neurodivergent, and other disabled people with the end goals of: acceptance of neurological differences, autism acceptance, self-determination, autonomy, the end of discrimination, equitable inclusion, and equal opportunity. It is a cultural movement!