



A guide to choosing therapy for autistic people

do autistic people need therapy?

All people benefit from receiving appropriate support for their needs, and this includes autistic people. However, autistic people should not be pressured to engage in therapies simply because they are autistic, and should never be expected, forced or coerced into attending therapies designed to modify their behavior with the intent to make them appear more typical. Therapies that help people learn to manage anxiety or sensory processing challenges may be helpful for autistic people, but therapies designed to "treat" autism should be avoided.

which therapies should I choose?

Some autistic people find great benefit in using therapeutic services like Occupational Therapy, Psychology or Counselling. Deciding to use therapeutic services is a personal choice and depends on what supports you want. You might decide that you prefer to wait and leave the idea of therapy for the future. The autistic person should always be in charge when it comes to if and how you engage with therapies.

how do I choose a therapist?

A good place to start in finding a therapist that fits well with an autistic person's needs is to get a recommendation. If you've recently connected with any autistic adults online that know your area, or if there is a professional you trust, you can ask them. If the fit feels wrong, you can move on and try someone else. Reasons you may feel the fit is not good may be if the therapist prioritizes things like helping autistic people to blend in, or if the therapist wants to impose their ideas over those of the autistic person.

