

A Guide for Therapists, Advocates & Professionals

Re-Storying Autism

A Framework for Families, Parents and Carers: Reimagining Support for Autistic People

By:

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Overview

Re-Storying Autism is an Autistic-led, relational, and ecosystemic **course, workbook, and on-demand video programme** designed for family members, parents, and carers supporting Autistic people of all ages (children, young people, and adults).

It includes a comprehensive course workbook alongside a series of in-depth on-demand learning videos, providing families and professionals with both reflective tools and guided teaching to support understanding and practice.

Together, these resources offer a shared, accessible framework for use in therapeutic, advocacy, educational, and community settings, supporting understanding, safety, identity, and belonging across the lifespan in a neuro-affirming way.

Rather than focusing on behaviour management or “fixing,” people the framework centres on lived experience, sensory needs, emotional regulation, relational safety, and community connection through a neurodivergence-competent lens.

About the Authors

David Gray-Hammond

David Gray-Hammond is an award-winning neurodiversity professional named on the Diversity Power List for 2025/26. He was shortlisted for the Positive Role Model (Disability) Award in 2025 and has authored multiple books and academic research on autism.

He has been engaged in the Autistic community for nearly a decade and works to give back to the community that supported him through recovery from addiction.

Helen Edgar

Helen Edgar is a former primary school teacher and a multiple national diversity award nominee for her work in the neurodiversity movement. She is a published author and has contributed to several academic textbooks on autism.

Her work reaches a global audience, and she is recognised as a leading voice in Autistic lived experience and neuroaffirming practice.

What the Framework Covers

Re-Storying Autism is structured around six interconnected areas:

- Understanding Autistic experience (monotropism, double empathy, relational models)
- Sensory and emotional regulation
- Burnout, capacity, and recovery
- Identity, language, and disability models
- Trauma, safety, and emotional environments
- Learning from Autistic community

Each module includes reflective tools for parents and carers, alongside dedicated sections for Autistic young people (8+) and adults, enabling meaningful collaboration, communication, and the honouring of everyone's unique support needs.

Course Videos: Deepening Learning and Practice

Re-Storying Autism includes a structured programme of **8 on-demand course videos**, providing **over 5 hours of guided learning** to accompany the workbook.

These videos:

- Expand on each section of the framework
- Offer practical examples and lived-experience insights
- Model reflective and relational practice
- Support professional learning and supervision
- Provide accessible psychoeducation for families

Used alongside the workbook, the video content supports sustained, reflective learning and deepens practical application.

Reflective Structure and Therapeutic Value

A defining strength of Re-Storying Autism is its extensive use of reflective questions, guided activities, and shared reflection spaces woven throughout every section.

Each module includes:

- Reflective questions for parents and carers
- Reflection spaces for Autistic children and young people
- Reflection spaces for Autistic adults
- Shared family reflection prompts

These support:

- Emotional processing and sense-making
- Interoceptive and sensory awareness
- Identity development and self-trust
- Recognition of relational and environmental needs
- Strengthening mutual understanding
- Growth in advocacy confidence

For professionals, this makes the workbook a therapeutic and developmental tool, not just an information resource.

It supports:

- Guided conversations in sessions
- Collaborative goal-setting
- Safe exploration of sensitive topics
- Relational repair and trust-building
- Client-led insight and empowerment

The workbook positions practitioners as facilitators of reflection, learning, and co-regulation.

Using the Course and Workbook With Clients

The course, workbook, and video materials can be integrated into:

- Individual therapy and counselling
- Family and systemic practice
- Advocacy and support planning
- Group work and psychoeducation
- Transition planning (education, workplace, healthcare)
- Post-identification / diagnostic support

When used alongside families and their Autistic loved ones, these resources help to:

- Create shared language
- Structure reflective dialogue
- Reduce power imbalances
- Centre Autistic people's lived experience as valid
- Encourage self-advocacy
- Strengthen therapeutic alliance

Professionals can work through sections gradually, adapt activities to capacity, and use video content to guide relational work at a pace that suits each client.

How This Supports Professional Practice

The framework supports professionals to:

- Develop neurodivergence-competent, lifespan-informed practice
- Understand behaviour as sensory and relational communication
- Recognise masking, overload, and burnout early
- Embed trauma-informed and low-demand approaches
- Support needs-led rather than compliance-based planning
- Promote dignity, autonomy, and participation at all ages

It aligns strongly with relational and neuroaffirming approaches.

Benefits For Clients

Families and Autistic people engaging with this framework are better placed to develop:

- Greater self-understanding and confidence
- Reduced shame and self-blame
- Improved emotional and sensory safety
- Stronger relationships
- Enhanced communication
- Increased self-advocacy skills
- Lower risk of burnout and crisis

Because the framework is adaptable across childhood, adolescence, and adulthood, it supports continuity of care over time.

Why This Resource Works

Re-Storying Autism brings together:

- Autistic-led theory
- Sensory and emotional well-being
- Lived experience and academic research
- Community knowledge
- Reflective practice
- Practical application

Its structure enables families and professionals to:

- Learn together
 - Reflect together
 - Regulate together
 - Advocate together
 - Grow together
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Endorsements

“Re-Storying Autism offers a rare blend of autistic-led theory, science, lived experience, and practical application... The reflection questions woven throughout consistently guide curiosity and thoughtful growth... Highly recommend.”

– **Kelly Mahler**, OTD, Author of *The Interoception Curriculum*

“When we re-story, we shift from fixing people to questioning systems—and from performance to authenticity... ‘Re-Storying Autism’ respects, protects, and makes possible our freedom to be authentically ourselves.”

– **Ryan Boren**, Stimpunks

More Resources

Visit:

- www.neurohubcommunity.org
 - www.autisticrealms.com
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Thank You

Thank you for showing an interest in Re-Storying Autism and in using this framework to support Autistic people and their families.

We hope that you and your clients will find this course, workbook, and on-demand video programme valuable in building understanding, safety, confidence, and connection across all stages of life.

We are grateful for the care, advocacy, and commitment you bring to this work.

We'd love to hear how this has supported your practice and the people you work alongside, and we always welcome feedback.

Connect With Us

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