

Welcome to the

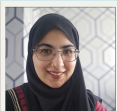


**AUTISTIC
BURNOUT
NETWORK**
conference 2026

Friday June 5th and
Saturday June 6th 2026

AUTISTIC BURNOUT NETWORK

conference 2026



Sofia Farzana



Dr Alice Nicholls



Viv Dawes



Laura Hellfeld



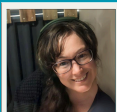
Eva Eastman



Pete Wharmby



Amy Charnay



Linda Tuxford
Adams



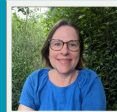
Claire
Hendrickson



Courtney Freedman
Thompson



Heather Cook



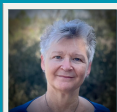
Melody
Edwardson



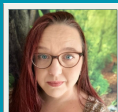
Rebecca Rae
Hodgson



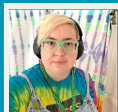
Jess Garner



KJ Wiseheart



Helen Edgar



Jess Jones



Dr Joanne
Riordan

Aims of the ABN

The Autistic Burnout Network (ABN) is a network of neurodivergent professionals with lived experience of burnout, who are passionate about promoting the acceptance and understanding of autistic and other neurodivergent burnout.

We aim to create a place where professionals working with autistic and other neurodivergent people can come for the information and training they need to understand and recognise autistic (and other neurodivergent burnout) and learn how to best support and advise neurodivergent people.

ABN is also a space for parents/carers and individuals to discover more about neurodivergent burnout to support themselves or their loved ones.

Autistic Burnout Network Links

[Autistic Burnout Network](#)

[ABN YouTube channel](#)

[ABN Facebook page](#)

The Autistic Burnout Network

recognises the importance of understanding intersectionality.

We also embrace neurodivergent affirming, LGBTQIA affirming and trauma informed practices.

We reject all behavioural approaches (including ABA and PBS), because these harm autistic people.





**AUTISTIC
BURNOUT
NETWORK**

Recognise the understanding of intersectionality

Reject neuronormativity and embrace neuro-affirming practice

Trauma informed practice

We prioritise lived experience

Honour all forms of communication

We reject the use of behavioural approaches such as ABA and PBS that harm autistic people

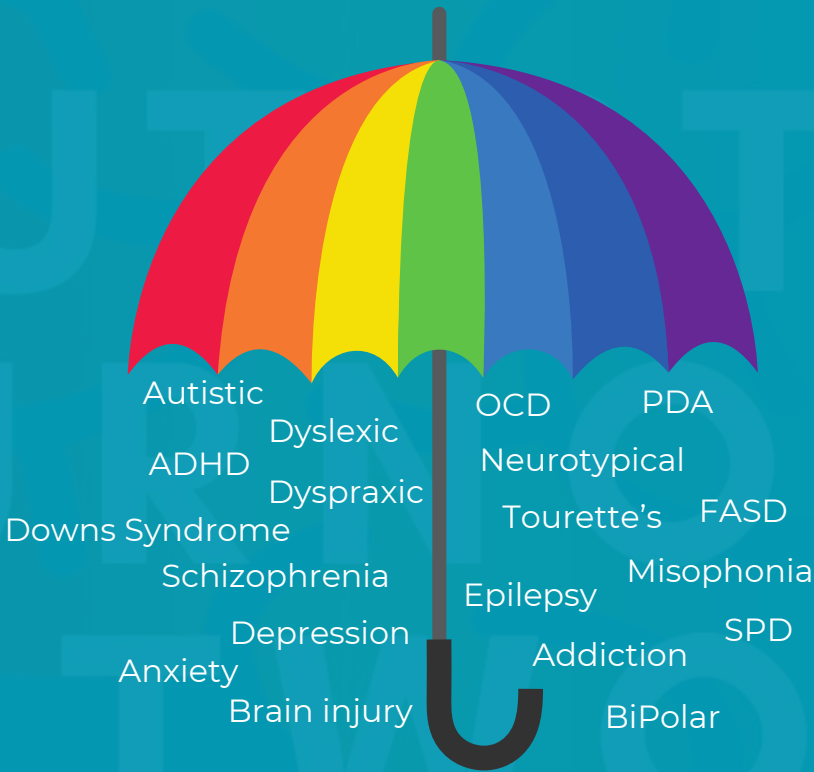
LGBTQIA affirming practice

Neuro affirming language



We will be using neuro affirming language throughout the conference. The Autistic Burnout Network embrace and use neuro affirming language and promotes neuro affirming practice with autistic and other neurodivergent people.

All brains belong



More Information



Neuro-affirming Language & Glossaries

Find out about why language is important in the blog I wrote for GROVE Neurodivergent Education and Mentoring...

● Autistic Realms / Mar 15, 2025

Neuro affirming language



Neurodiversity is the word we use to describe the natural **variety** that there is in human brains.

We call people whose brains and nervous systems are different **'neurodivergent'**.

Any technical issues

During the conference if you experience any issue with joining the zoom, sound, etc, then please email us and someone will get back to you as soon as possible.

info@autisticburnoutnetwork.com

**If you have questions for speakers please
post these in the chat**

Schedules for Friday 5th & Sat 6th

**Friday
June 5th**

10am	Viv Dawes	PDA Burnout
11am	Melody Edwardson	Autistic Burnout and self compassion
12 noon	Dr Joanne Riordan	Co-regulation as a support tool
1.15pm	Laura Hellfeld	Monotropism and sleep
2.15pm	Eva Eastman & Amy Charney	Running on empty: Burnout, food and eating
3.15pm	Sofia Farzana and Claire Hendrickson	Intersectionality and the mental health system

Saturday June 6th

10am	Pete Wharmby	Neurodivergent adults and burnout
11am	Dr Alice Nicholls	Severe and enduring burnout
12 noon	Heather Cook	Stages of burnout and recovery
1.15pm	Rebecca Rae Hodgson	Rest & sensory needs during burnout
2.15pm	Courtney Freedman Thompson	Coming home to ourselves after burnout
3.15pm	Helen Edgar and Jess Garner	Barriers to school attendance, monotropism & Autistic Burnout
4.10pm	ABN Panel	Q&A session

About the webinars





Viv Dawes Autistic Advocate

(she, her, they)

Late identified AuDHD and PDA author, trainer & consultant

PDA Burnout

Suitable for anyone who is PDA themselves, parents caring for a PDA child, teen or adult or for professionals working with PDAers, this webinar will help you understand burnout in someone who has a *persistent drive for autonomy* and may or may not be identified.

As a PDAer themselves, Viv will look at how PDA burnout can present for those internalised as well as externalised PDA and why burnout may happen in the first place for us, as we struggle with our own internal demands and navigate a world where there are so many hierarchical structures and constant neuro-normative demands and expectations.

Viv will break down some of the main indicators of PDA burnout, the causes and will also look at what can help bring safety to the sensitive PDA nervous system- in a world in flux and where it can be hard to feel you have any autonomy or agency.



Laura Hellfeld

Neurodivergent Nurse and Sleep Consultant
RN MSN PHN CNL

Monotropism After Dark: Why Autistic Attention Needs Time to Settle Before Sleep

Autistic attention often follows a monotropic pattern, focusing deeply on a small number of interests. Yet environments such as school and work frequently demand constant attention shifting, sensory processing, and social navigation. For monotropic attention systems, this can create significant cognitive strain and leave little time to process the experiences of the day. This webinar explores the importance of evening decompression through monotropic engagement. Drawing on monotropism theory, we will discuss how time spent deeply engaged in preferred interests can support attention to settle after a day of competing demands. This kind of monotropic recovery time can reduce cognitive overload, support nervous system regulation, and help prepare the body and mind for rest. All things needed to prevent or recover from Autistic burnout.



Rebecca Rae-Hodgson

Neurodivergent and chronically ill
Occupational Therapist

Sensory supports and different kinds of rest

Many people report an increase in sensory difficulties as part of their Autistic burnout experience. Co-occurring conditions and life responsibilities can also make it difficult to focus on rest and recovery. What is restful for one person may not be restful for another. Rest is also much more than sleep or lying still. I will outline a framework for different kinds of rest using the categories of emotional, cognitive, physical and spiritual. I include sensory rest inside the physical category.

Within this framework I will explore a range of options for different kinds of rest, aiming to give people a framework, some resources and options they can try. This will include ideas for emotional, cognitive, physical and spiritual rest with an additional focus on sensory rest and sensory supports. I will introduce the concept of sensory jars as a way of representing variable sensitivity and the need for different supports on different days, and highlight the importance of accommodations and adaptations for supporting ourselves through Autistic burnout.



Dr Alice Nicholls

Autistic Clinical Psychologist, specialising in Autistic Burnout.

Severe and Enduring Burnout

While some Autistic Adults can recover from Autistic Burnout within a few weeks or months, for other people it can be a prolonged, severe condition lasting years.

Drawing on the lived experience of her clients and the limited research base Dr Alice Nicholls will describe:

- The biological, psychological and social reasons Autistic Burnout might become prolonged and severe.
- How to understand the factors that are perpetuating your own/your client's prolonged Autistic Burnout.
- What helps people in severe and enduring Burnout to recover.

Dr Alice Nicholls will not be presenting live but will be present in the chat to answer questions throughout the pre-recorded session.



Courtney Freedman-Thompson

Late-identified neurodivergent (AuDHD)
trauma-trained somatic coach and facilitator

Coming Home to Ourselves After Burnout

For many neurodivergent adults, burnout and the discovery or exploration of neurodivergence often arrive around the same time. While understanding ourselves can bring relief and validation, it can also open up identity shifts, grief and the realisation that long-held survival strategies are no longer sustainable.

In this session, we'll gently walk through the journey many of us move through as we begin to understand ourselves differently - from the intensity of discovery, through the disruption burnout can bring, to the gradual process of reconnecting with ourselves. We'll also explore the role shame can play in keeping us stuck in burnout, and how self-compassion, nervous system awareness and moving at a pace our bodies can sustain can help support the path forward.



Eva Eastman

AuDHD occupational therapist

Amy Charnay

MS, CNS Holistic Health Practitioner, Educator
and Consultant

Running on empty: Burnout, food and eating

This talk explores why food and eating can become harder during neurodivergent burnout – from sensory changes and executive function challenges to shifts in interoception, motivation and need for predictability.

Whether navigating burnout yourself or supporting others, this talk offers a deeper understanding of these experiences and practical approaches to supporting eating when capacity is low.



Melody Edwardson

Late-identified Autistic Mental Health Specialist

Autistic Burnout and Self Compassion

This session explores the role of self-compassion in Autistic burnout, particularly during times when neuronormative expectations around productivity are no longer sustainable. Drawing on experience supporting Autistic adults through a self-compassion group practice alongside the Aspect Self-Compassion for Autistic Adults program, as well as research and lived experience, Melody will explore how internalised ableism and self-criticism can intensify during burnout.

Self-compassion is often spoken about as a simple idea, but in practice it can be difficult—and for many Autistic people, it can feel inaccessible or out of reach. This session frames self-compassion as a skill that can be learned and practised over time, and explores ways it can be adapted to better support Autistic ways of being, capacity, and sensory needs.

The session includes both a presentation and an experiential component, introducing two low-demand, accessible practices—Emotional Freedom Technique (EFT/tapping) and Yoga Nidra (guided rest). These practices are offered as optional tools that participants can adapt to their own needs, capacity, and preferences.



Sofia Farzana

Late diagnosed AuDher. Secondary maths teacher & co-founder of Scottish Ethnic Minority Autistics CIC

Claire Betson

AuDHD founder of Neuro by Nature Therapy. Qualified therapist and ADHD coach



Autistic. Intersectionality and the Mental Health System

How Black and Brown Autistic people experience the mental health system and what needs to be considered by professionals:

- Northern versus Southern hemisphere
- How this plays out in Mental Health settings
- How training is euro-centric
- The impact of euro-centric training and how it hasn't changed.
- Considerations for professionals
- What needs to be considered moving forward in order to decolonise mental health systems and be neuro-affirming



KJ Wiseheart

Neurodivergent Counsellor and
therapist

Autistic Elders Experiences of Autistic Burnout

This session builds on KJ Wiseheart's previous work on Autistic burnout, weaving in to the "living document" the unique voices and experiences of Autistic Elders. Drawing on interviews with members of the Age of Valor Autistic Elders group his work centres local knowledges and lived experience as a vital contribution to our understandings of Autistic burnout in later years.

Autistic burnout is rarely a single event. For many Elders, it is a cumulative and recurring experience shaped by decades of masking, unmet needs, and navigating neuronormative expectations without adequate support. This session explores how burnout is experienced across the lifespan, including the impacts, adaptations, and forms of meaning-making that emerge over time, alongside concerns about aging, support, and future care.



Linda Tuxford- Adams

AuDHD Registered Clinical Counsellor (PACFA) and founder of Neurokindred

Jess Jones

Autistic web designer, technology strategist and founder of 'DotJess'

Cultivating Community for Autistic Burnout Rehabilitation

Autistic burnout recovery is rarely quick or simple.

Rehabilitation often involves recognising burnout, grieving what has been lost, unlearning internalised expectations, and redesigning life in ways that honour natural Autistic ways of being. Peer support within online community can play an important role in this process, offering spaces for connection, witnessing, collective learning, nourishment, restoration, and reclamation.

This webinar explores the role that community can play in burnout rehabilitation, drawing on lived experience and the development of Autistic-led peer support spaces. We will discuss why community matters in recovery, why it can also be challenging, and how different forms of group connection can be designed to feel safer, more accessible, and more sustainable for Autistic people navigating burnout.



Heather Cook

Neurodivergent Professional Certified Coach, Martha Beck certified Master Coach and educator

Stages of burnout and recovery

Autistic burnout has stages. So does recovery. And what helps in one stage can actively hinder another. This session maps the full arc — from earliest warning signs through genuine restoration with a focus on what helping professionals need to know at each stage: what's happening beneath the surface, what typical support approaches miss, and how to calibrate your interventions to where your client actually is in the process.



Dr Joanne Riordan

Independent Educational Psychologist and Director
of Dr Joanne Ltd.

Co-Regulation As a Support Tool

We will be learning what co-regulation is, the science behind it, and how we can use it to effectively support each other during periods of emotional dysregulation.

Joanne draws on her experience supporting neurodivergent young people in schools and families in her professional role, as well as her lived experience as a multiply neurodivergent individual and parent to neurodivergent children.



Helen Edgar

AuDHD, Neuro-Affirming Autism Advocate & Consultant.
Writer, Trainer, Resource Creator.



Jess Garner

Autistic ADHD'er, Founder of GROVE, BA Hons / PGCE / MA Autism.

Barriers to School Attendance, Monotropism & Autistic Burnout

“What if the difficulty isn’t within the child, but within the environments they are being asked to navigate?”

This session offers a gentle, neurodivergent-affirming space to explore what is frequently described as “school avoidance”, reframing it as a response to unmet need, systemic barriers, and often burnout.

As AuDHDers, parents and both being former teachers we will be drawing on lived experience, community knowledge, and research as we reflect on how current education systems can create distress and disconnection for Autistic young people.

We introduce monotropism as a way of understanding Autistic attention, energy, and overwhelm, and how this can help us make sense of burnout.

Together, we will focus on understanding these experiences and finding more supportive, affirming ways forward.



Pete Wharmby

Award winning AuDHD speaker, writer,
tutor and parent

Neurodivergent adults and burnout

Pete is an extremely popular and engaging speaker and will be sharing with us from his own lived experience about burnout as an AuDHD adult. Why do we experience burn out, what can help us and how can others support us?

About the speakers





Viv Dawes

Viv is an AuDHD and PDA lived experience advocate, trainer, consultant and author. She has 30 years experience of working with vulnerable people, who were mostly neurodivergent, including as a Snr Practitioner in the NHS, managing teams of forensic drug workers in UK prisons. Viv also started and ran a community based addiction recovery programme for 10 years.

Viv trained in CBT, Motivational Interviewing, Solution Focussed Therapy and Relapse Prevention Therapy. She has many years' experience of running training courses, workshops and webinars.

Viv has provided training for numerous organisations including within the NHS, CAMHs, Surrey and Hampshire schools, Surrey CC and HMP prison service.

She has been a keynote speaker and will be speaking at the Autism Show in London June 2024 and will be speaking again this year on AuDHD burnout.

Viv was also been nominated for the National Diversity Awards in 2024, 2025 and 2026 for her work around helping people understand autistic burnout.

Viv started the Autistic Burnout Network in 2023.



Helen Edgar

AuDHD, Neuro-Affirming Autism Advocate & Consultant.
Writer, Trainer, Resource Creator.

Helen is the founder of Autistic Realms and late identified autistic person, parent to two neurodivergent children, former teacher (SEND Early Years / Primary settings). Helen works and collaborates across many networks and communities to support neurodivergent people including; Thriving Autistic, Stimpunks and GROVE.

Helen is a published writer specializing in the theory of monotropism and burnout. Her resources have been shared widely across many charities, organisations, NHS and local education authorities.

She has been nominated for the 2025 and 2026 National Diversity Awards.



Laura Hellfeld

Laura is an AuDHD (Autistic, ADHD) Nurse, Public Health Nurse & Sleep Consultant who has been rambling about Yorkshire for about 10 years. Laura loves learning and educating on topics that look at where neurotypes and health intersect. In particular, Laura enjoys exploring the areas of self-care such as sleep, hygiene, and food and eating.

They also work in the areas of burnout, puberty and understanding distress behaviours.

Laura co-published the booklet 'Creating Safe Spaces for Autistic People' with Scott Neilson and is dedicated to creating opportunities for community members to come together in friendship, leisure and learning and does this through creating and supporting inclusive activities both online and in person.

To connect with Laura, they can be found at Neurodivergent Nurse Consulting or on social media at their Facebook, LinkedIn or Instagram.



Dr Joanne Riordan

BSc(Hons), PGCE, QTS, DECPsy, CPsychol, AFBPsS
Independent Educational Psychologist and
Director of Dr Joanne Ltd.

Associate Fellow of the British Psychological Society
Health & Care Professions Council Practitioner Psychologist.

Dr Joanne is a neurodivergent Educational and Child Psychologist, specialising in supporting families and schools to create neurodiversity-affirming environments. This is achieved through Educational Psychology assessments, contributing to Psychological Advice for Education, Health and Care Plans (EHCPs - statutory support in the UK), and CPD and training events for schools, other professionals, and families. Joanne became interested in autistic burn out, when this was experienced by her own child when they were just 6 years old. She now offers advice to adults supporting young people that have experienced autistic and neurodivergent burn out, as well as raising awareness professionally about burn out. Joanne is also a guest lecturer at Royal Holloway, University of London, mentor at The University of Cambridge, and an Associate Fellow of the British Psychological Society. She was nominated in the 2022 and 2023 National Diversity Awards.



Dr Alice Nicholls

Hi, my name is Alice, I'm an Autistic Clinical Psychologist with a special interest in Autistic Burnout. I'm based in the UK, hold a Doctorate in Clinical Psychology and am registered with the Health Care Professions Council. I have always been drawn to working with Autistic people but I did not understand why until I had my Autism diagnosis confirmed in 2020.

I experienced significant mental health problems as a teenager and young adult which were not well understood until I got my diagnosis and learned about Autistic Burnout.

Since my diagnosis, I have specialised in helping other people to recover from, and prevent, Autistic Burnout.

Initially I worked on a 1:1 basis, but due to a limited capacity and huge unmet need in the Autistic community I have developed an online course and community for late-discovered, high-masking Autistic adults who want to live more authentic, sustainable and fulfilling lives free from Autistic Burnout. I also share free resources, including a mini-course on how to break the cycle of Autistic Burnout from my website and mailing list.

I live in Kent with my three young neurodivergent children and enjoy karate and crotchet.



Claire Hendrickson

I'm Claire founder of Neuro by Nature Therapy. Qualified therapist and coach for the neurodivergent community. I have dedicated 20 years working with vulnerable adults and young people within local authority, Children's Services and Education. My AuDHD (Autism/ADHD) was confirmed later in life despite many missed opportunities!! With a history of trauma and poor mental well-being and chronic ill health it seemed fitting that I should use that lived experience for the greater good of helping others as a counsellor.

For many years I was in a constant cycle of therapy as regular therapy just wasn't hitting the mark. My therapists "didn't get me" and I found it ineffective. This is why the therapy I offer is modified to suit the needs of neurodivergent people. I've struggled with my identity and difference over the years and am passionate about helping others find and get comfortable their own uniqueness.

As a mum to two fantastic AuDHD children, 2 dogs and 2 cats I can certainly say that home is my happy place. I love reading, kitchen dancing, writing poetry and days where I can do absolutely nothing – but ponder my own existence.

I am not your TYPICAL therapist.



Jess Jones

Jess Jones is a web designer, technology strategist, and founder of DotJess, where she develops accessible digital systems and community infrastructure for purpose-driven organisations. She is also the Lived Experience Workforce Lead & Systems at Neurokindred, supporting the development of Autistic-led programs, peer spaces, and operational models grounded in lived experience.

Jess is Autistic and brings a systems-thinking approach to community building, with particular expertise in online environments that prioritise accessibility, pacing, safety, and sustainable engagement. Her work focuses on how technology can enable connection without overwhelm, especially for Autistic adults navigating burnout, chronic illness, or geographic isolation.

Drawing on both professional practice and lived experience, Jess designs digital spaces that function as genuine sites of belonging rather than performative community. She is passionate about neurodiversity-affirming design, ethical technology use, and building infrastructure that allows marginalised people to participate on their own terms.



Melody Edwardson

Melody (she/her) is a late-identified Autistic Mental Health Specialist with over 30 years' experience supporting people through complex life changes. She works in private practice at Wellbeing Wise in Brisbane, offering face-to-face and telehealth sessions for people aged 16+. Her approach is practical, collaborative, and neuro-affirming, with a focus on Autistic wellbeing, thriving, and burnout support, helping clients draw on their own wisdom to create meaningful, sustainable ways of living.

Melody holds a Master's in Mental Health Practice, a Graduate Certificate in Positive Psychology, and Diplomas in Counselling and Management. She is a certified EFT practitioner and Yoga Nidra instructor, and is registered with ACWA and ACA. At Neurokindred, she is Peer Group Coordinator and Group Facilitator Trainer, and developed the Self-Compassion Study Hub and Group Practice Space, alongside the Aspect Self-Compassion Program for Autistic Adults and has supported three cohorts of Autistic Adults through this experiential over the last year. Her presentation, Autistic Burnout and Self-Compassion, explores self-compassion as a support for Autistic burnout and includes an experiential component.



Rebecca Rae-Hodgson

Rebecca, otherwise known as The Chronically Resilient OT, is a neurodivergent and chronically ill Occupational Therapist. She combines her clinical knowledge and lived experience to support others through mentoring, supervision, blogs, worksheets and trainings and is passionate about educating health professionals to improve care for a larger number of people.

Current special interest areas are neurodiversity affirming practice, values exploration and sensory processing. She lives in New Zealand and loves board games, books and gentle nature walks with her dog.



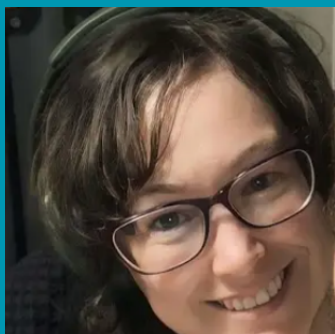
KJ Wiseheart

I'm a climate-aware counsellor and narrative therapist, currently living on the unceded lands of the Kaurna people. I offer therapeutic conversations either face-to-face (locally in Tarntanya / Adelaide) or via zoom (anywhere!) I'm also an ACA-registered supervisor, providing counselling supervision informed by narrative practice.

As a neuroqueer, gendervague human, I welcome all colours of the rainbow. I have lived experience of Autistic burnout and chronic pain conditions, and I resonate deeply with experiences of being "othered", dealing with fluctuating capacity, and resisting normativity.

I'm committed to co-creating neuro-cosmopolitan conversations and communities, where neurocognitive differences in experience, communication, and embodiment are not just accepted, but appreciated and affirmed.

I'm also a collaborative storyteller, Therapeutic Game Master and game designer, who delights in exploring therapeutic applications of tabletop role-playing games.



Linda Tuxford-Adams

Linda Tuxford-Adams is an AuDHD integrative counsellor and educator. Her Australian-based practice, Neurokindred, provides online counselling and peer support for late-identified Autistic adults. She specialises in self-discovery post-identification, trauma and supporting clients in Autistic burnout. Her work is deeply personal; as an Autistic individual and parent to Autistic children, she embodies the lived experience and challenges of the Autistic community she serves.

Linda holds Bachelor's degrees in Psychology and Education and is currently advancing her knowledge through Masters studies in Counselling & Psychotherapy and Autism. She is a Certified Practising Counsellor with the Psychotherapy and Counselling Federation of Australia (PACFA). Her academic contributions include research on emotional exhaustion in teachers and publications on Autistic experiences with Reframing Autism, as well as insightful pieces on Neurokindred.



Courtney Freedman-Thompson

I'm a trauma-informed neurodivergent somatic (body-centred) coach and I help people feel more connected to themselves to understand who they really are, explore their neurodivergence, recover from burnout, and feel less stressed and overwhelmed. So that you can live more in alignment with that, boost your wellbeing and feel better, in small and realistic ways that really work for you as a unique individual. My approach is bottom-up, building mind-body connection through nervous system regulation and somatic practices. I offer 1:1 coaching (online and in-person in Basingstoke, Hampshire) and group coaching.

As a late diagnosed autistic ADHDer and parent to neurodivergent children (including a PDAer in total burnout),

I am passionate about working with adults who are neurodivergent or exploring whether they could be, and parents looking to understand their neurodivergent child's needs or how to support them whilst also taking care of themselves. I am dedicated to holding safe and inclusive space for those I work with.



Sofia Farzana

Sofia is a secondary maths teacher, late diagnosed Autistic and single parent. Sofia co-founded Scottish Ethnic Minority Autistics CIC on the back of the lack of culturally competent understanding and support for Autistics and ADHDers.

SEMA engage in community training, consultancy and advocacy for Autistics of Colour in Scotland, including working on translated support materials and peer support.

Sofia also created her own tuition business called Limitless Learners for those coming out of burnout caused by racism and ableism in education.



Eva Eastman

Eva is an AuDHD occupational therapist working at the intersections of neurodivergence, mental health, eating, and identity. She works across NHS eating disorder services and independent practice, and is leading an NIHR-funded research project co-producing guidelines and resources to adapt eating disorder treatment for adults with ADHD. She delivers training for healthcare and education professionals on neurodiversity-affirming practice and the overlap between neurodivergence and eating challenges, and is particularly drawn to experiences that go unrecognised or are misunderstood.



Amy Charnay

Amy, MS, CNS is a Holistic Health Practitioner, Educator and Consultant with a Master's of Science in Herbal Medicine. She also holds certifications as a Certified Nutrition Specialist (CNS), Aromatherapist, Yoga & Mindfulness Meditation teacher, Somatic & Nervous System Coach, Forest Therapy & Nature Connection Guide and registered Naturopathe in France.



Heather Cook

After figuring out in her mid 30s that she's Autistic and ADHD, not broken, Heather upended her life, spent years healing from the effects of damaging systems, broke the cycle of autistic burnout, and has created a life she loves to live. She now helps other later identified Autistics and AuDHDers break free of a lifetime of "shoulds" and neurotypical expectations. As a Professional Certified Coach, Martha Beck certified Master Coach, and educator with extensive training in trauma awareness and neurodivergence, Heather is passionate about fostering acceptance and helping others find peace and confidence in their neurodivergent identities.



Jess Garner

Jess worked for 17 years with neurodivergent children & young people as a teacher & mentor. She led a department for the majority of that time & also worked in whole school roles with a focus on training & development. During that time she was a vocal opposer of the many barriers that our education system creates for our children & young people: behaviourism (for instance compliance, punishment & reward), excessive assessment, poor training, lack of sensory accomodation & inappropriate intervention to name a small number.

In more recent years her time & energy was centred upon improving Autistic students' experience at school through individual mentoring, group mentoring & social groups. It has been wonderful to play a part in helping to amplify their voices & join with them to try & improve the educational experience for all neurodivergent children & young people. When she left the education system one of her Autistic students wrote her a letter & she said: "Thank you for making me feel like being Autistic is nothing to be ashamed of".



Pete Wharmby

Pete Wharmby is an autistic author, speaker and advocate.

Diagnosed as autistic in 2017, at the age of 34, Pete has dedicated his time since then in trying to improve the general public's understanding of autism. He has published two books - 2022's *What I Want to Talk About* and 2023's *Untypical*, both about autistic experience and how the world can be improved to help autistic people fit in.

An English teacher for over a decade, Pete uses his books, his Twitter account ([@commaficionado](https://twitter.com/commaficionado)), YouTube channel ([YouTube.com/PeterWharmby](https://www.youtube.com/PeterWharmby)) and blog (Patreon.com/pwharmbyautism) to spread the word about what being autistic is really like. Pete lives in the UK and is a parent.

Websites

Viv Dawes:

<https://www.autisticadvocate.co.uk>

Helen Edgar:

<https://www.autisticrealms.com>

Laura Hellfeld:

<https://www.laurahellfeld.co.uk/>

Sofia Farzana:

<https://www.sema.scot/>

KJ Wiseheart and Linda Tuxford-Adams:

<https://www.neurokindred.com/>

Courtney Freedman-Thompson:

<https://www.chameleoncoaching.co.uk/>

Alice Nicholls:

<https://www.dralicenicholls.com/>

Clare Hendrickson:

<https://www.neurobynaturetherapy.co.uk/>

Dr Jo Riordan:

<https://www.drjoanne.co.uk/>

Pete Wharmby
<https://petewharmby.com/>

Eva Eastman
evaeastman.com

Amy Charnay
<https://www.amycharnay.com>

Linda Tuxford-Adams
<https://neurokindred.com/>

Jess Jones
<https://neurokindred.com/>

Heather Cook
<https://www.autismchrysalis.com/>

Melody Edwardson
<https://neurokindred.com/>

Jess Garner
<https://www.gr0ve.org/>

Autistic and PDA Burnout Resources

Information for ND adults, parents and professionals

[Free resources to download](#)

[Autistic burnout resources link](#)

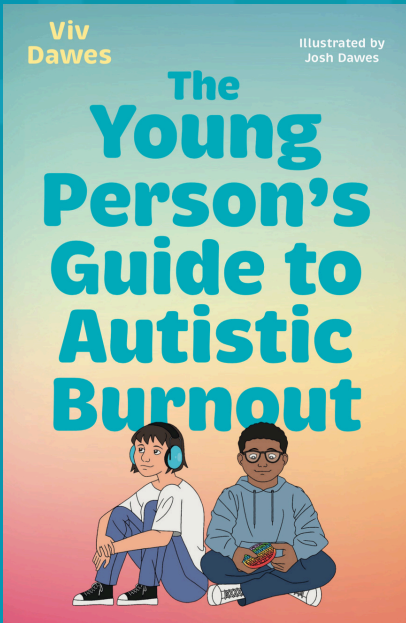
[PDA Burnout information](#)

[Poster link](#)

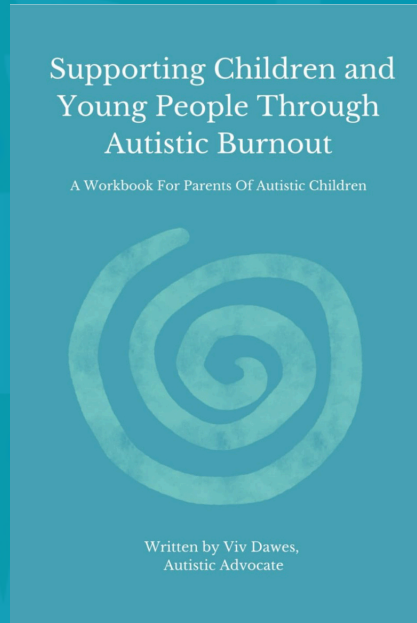
[Autistic burnout and the mismatch of support](#)

[Free resources for parents](#)

Autistic Burnout Resources



[Purchase](#)



[Purchase](#)



Helen Edgar

Embracing
Monotropism
and
Supporting
Young People
To Help Prevent
Autistic Burnout

[Purchase](#)



[Purchase](#)



Dr Joanne Ltd.

THE CALMING GUIDE TO MANAGING YOUR CHILD'S MELTDOWNS

Helping parents
(and carers) go
from feeling
overwhelmed and
stressed to calm
and connected,
when it comes to
meltdowns.

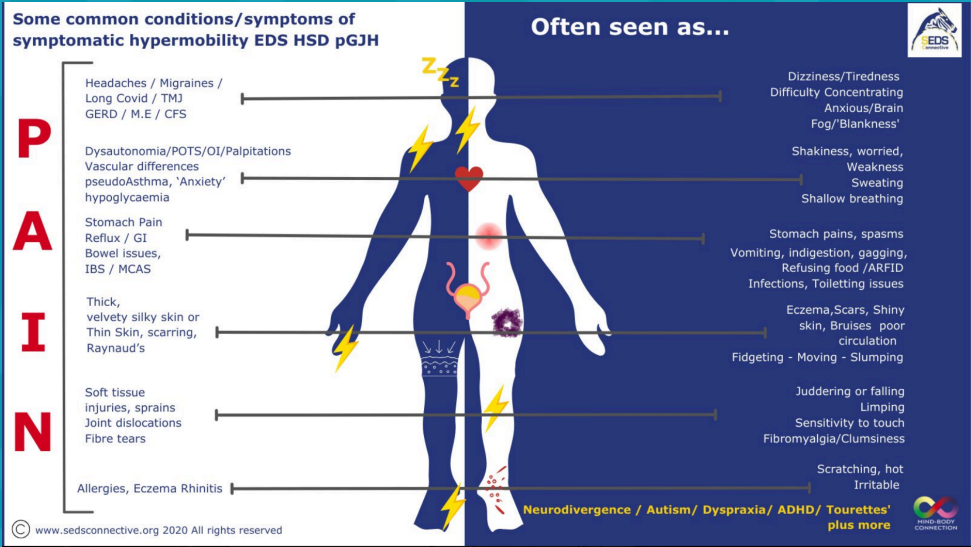


*Dr Joanne Riordan –
Neurodivergent
Educational
Psychologist*

www.DrJoanne.co.uk

[Download](#)

Information about common co-occurring physical conditions



www.sedsconnective.org

<https://www.ehlers-danlos.com>

www.potsuk.org

Information about PANS/PANDAS

Is it Neurodivergent Burnout or could it be PANS/PANDAS?

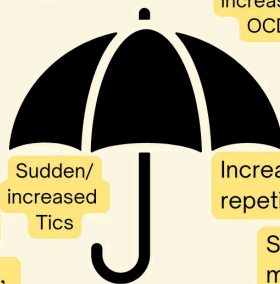
Signs of both may include:

Motor & sensory challenges & changes

Restricted eating/
Changes to eating pattern

Heightened anxiety, fears & panic

Language/communication changes



Sudden/increased Tics

Exhaustion

Sudden/increased OCD

Changes in mood/emotional regulation

Increased repetitive behaviours

Suddenly struggling in many activities & areas of life, including school & relationships

Insomnia/sleep difficulties

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PANS/PANDAS is a medical condition. If your neurodivergent child is experiencing PANS/PANDAS or/and in Burnout they will need support. They will need more rest, more time stimming, lower demands, and more time to engage in their passions to help recover.

Key information: PANS/PANDAS follows illness, and have a sudden onset or escalation of struggles/symptoms. Seek medical advice.

If you are a parent/carer or professional and suspect PANS/PANDAS, visit www.panspandasuk.org for information and support.

Be curious.....Explore before you conclude!



What are PANS/PANDAS?

How could they be relevant to a neurodivergent child who is struggling?



PANS:

Paediatric Acute-onset Neuropsychiatric Syndrome

PANDAS:

Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections

- 💧 PANS and PANDAS are neuropsychiatric conditions. This means they are medical conditions which have both neurological (eg. difficulties with thinking or moving) and psychiatric (ie. mental health) symptoms.
- 💧 Both conditions can begin quite suddenly, and symptoms may come and go over time.
- 💧 It may be difficult to recognise PANS/PANDAS in neurodivergent children, as many of the symptoms of Neurodivergent Burnout may overlap with PANS/PANDAS.
- 💧 It is important to raise awareness and start discussions around PANS/PANDAS & neurodivergent children/people, so that they have a greater chance of accessing the correct treatment and support if needed.

For information and support for parents/carers and professionals visit www.panspandasuk.org

Be curious.....Explore before you conclude!



Neurodivergent Burnout & PANS/PANDAS



3/3

BURNOUT: 'demands of life exceeding a person's resources' (Judy Endow 2015)

PANS:

Paediatric Acute-onset Neuropsychiatric Syndrome

PANDAS:

Paediatric Autoimmune Neuropsychiatric Disorders
Associated with Streptococcal Infections



Remember neurodivergent burnout and PANS/PANDAS may co-occur, symptoms and signs may overlap.



PANS/PANDAS requires medical support. It is typically triggered by infections which require treatment to reduce the symptoms.

For information and support for parents/carers and professionals visit www.panspandasuk.org

Be curious.....Explore before you conclude!



Crisis Support in UK

If you are in crisis, if you or some one you care for are experiencing suicidal thoughts, there are people you can communicate with:

Papyrus HOPELINE 247

If you are having thoughts of suicide or are concerned for a **young person** who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Samaritans

Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.

Call: 116 123

Write the Samaritans an email. Sometimes writing down your thoughts and feelings can help you understand them better.

jo@samaritans.org

Response time: It may take several days to get a response by email

Thank you!



AUTISTIC BURNOUT NETWORK

If you are a neurodivergent professional and would like to find out more about the Autistic Burnout Network and join us, please click on this link

[The Autistic Burnout Network](#)