



Validation

NeuroACT is a program aimed at empowering autistic individuals by promoting greater self-awareness and enhancing their ability to participate in various contexts based on their own preferences. This is achieved through a twelve-part course that deepens the user's knowledge about themselves, strategies, and stress.

Over the past six months, I have worked intensively to evaluate, improve, and autism-proof the material. Throughout this time, I have been consistently impressed by how well-thought-out, clear, and insightful NeuroACT is.

The course serves as an inspiring and supportive resource, placing empowerment at the center of development and progress. It consistently emphasizes strengthening individuals' unique abilities, preferences, and interests while creating a secure environment to explore learned, no longer helpful strategies.

Research and practical application have clearly demonstrated that this therapeutic approach has the potential to transform the lives of autistic individuals by promoting self-esteem, independence, and enhanced confidence. By encouraging active participation in life decisions, the therapy provides the tools to flourish and become strong advocates for one's own needs.

In summary, NeuroACT is a program designed to improve the lives of autistics and give them more influence in their daily lives. This is done respectfully and with an understanding of individuals' diverse ways of relating to the world.

Appearance and Design

The twelve sessions take place in groups, either physically or digitally. Each session has a clear theme, forming a coherent thread that is easy to follow and understand. A visual map illustrates how the course content is distributed, and color coding, as well as symbols, are frequently used to clarify different sections.

With minimalist graphics and a muted color scheme, it is easy to distinguish between informational text and various types of exercises. Participants alternate between listening, writing, and active participation, all facilitated by a discussion leader, allowing them to share thoughts with fellow participants.

The course includes elements like emotional education, which I believe will be crucial for improving the mental health of many individuals. The level is consistently high but inclusive, with simple concepts explained and clarified with examples and texts where necessary.

Personal Impressions

I perceive NeuroACT as an explanation of all the secondary symptoms associated with an autistic life: stress, overload, avoidance of difficult situations, to name a few. Besides explaining WHY these problematic behaviors arise, NeuroACT also invites participants to draw their own conclusions on how to change them—*if* they wish to.

The course clearly demonstrates how one can improve their quality of life with simple means—without ever mentioning "musts" or "shoulds" or things that "most" people consider important to do. Nowhere does the material impose normative demands on what a life should contain—on the contrary, it opens up for users to analyze what constitutes a good life and how to achieve it.

I want to emphasize the powerful positive impact that this therapeutic approach can have on autistic individuals.

Where the Material Can Be Used

I see NeuroACT as filled with potential to change how society approaches therapy, diagnoses, mental health, and neurodiversity. It highlights strengths as well as weaknesses for a vulnerable group and provides a foundation for support in a way I have never encountered before—without singling out a specific group or diagnosis.

I believe the course can be applied in various settings such as schools, special habilitation accommodations, workplaces, and different types of youth activities, sports, etc.

The autistic perspective has been considered in both content and form, and I personally appreciate the meticulous attention to autistic detail.

I recommend everyone to take the course - have your support personnel find out - or Google yourself - how to access the course. You will not regret it!

Currently, I am continuing to advise on how the material can be made even more accessible in the form of a stripped-down, simplified version for individuals who, for various reasons (age, functional level, language skills), would benefit from an easier version of the course.

Quotes from colleagues to whom I have presented parts of the material:

"Very good and clear material."

"I would gladly take the course!"

"I believe this would greatly improve my self-esteem and self-awareness compared to where they are today."

"Wonderful not to feel judged or pigeon-holed even once."

Jill Carlberg Faulkner
Autistic Entrepreneur, Educator, and Author