

# Top Ten Tip Sheet

For effective counseling engagement with autistic student survivors

## Understand autism

- 1 Learn about and improve the climate for autistic students on campus by advocating against ableism.
  - 2 Collaborate with the disability office should a student require or ask for shared support.
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## Outreach effectively

- 3 Make outreach materials more accessible by utilizing photos and clearly communicating information.
  - 4 Communicate explicitly that counselors are aware of the needs of neurodiverse students.
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## Get ready

- 5 Ask students to share sensory feedback about the office and ask that people do not wear perfume or have scents in the space.
  - 6 Allow survivors to bring support when possible, but don't assume friendships.
  - 7 Provide written information for the first visit with a map to the building, directions to the office, and the name of the person they will be seeing.
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## In sessions

- 8 Ask if there is anything you can do to make it easier to communicate during or between sessions (such as reaching you by email, chat, phone) and discuss any limits.
- 9 Do not insist on eye contact and provide breaks during sessions as needed.
- 10 Do not assume the survivor will want to or need to take a leave of absence. Offer to help with communications (with professors for example) and other areas to reduce stress.