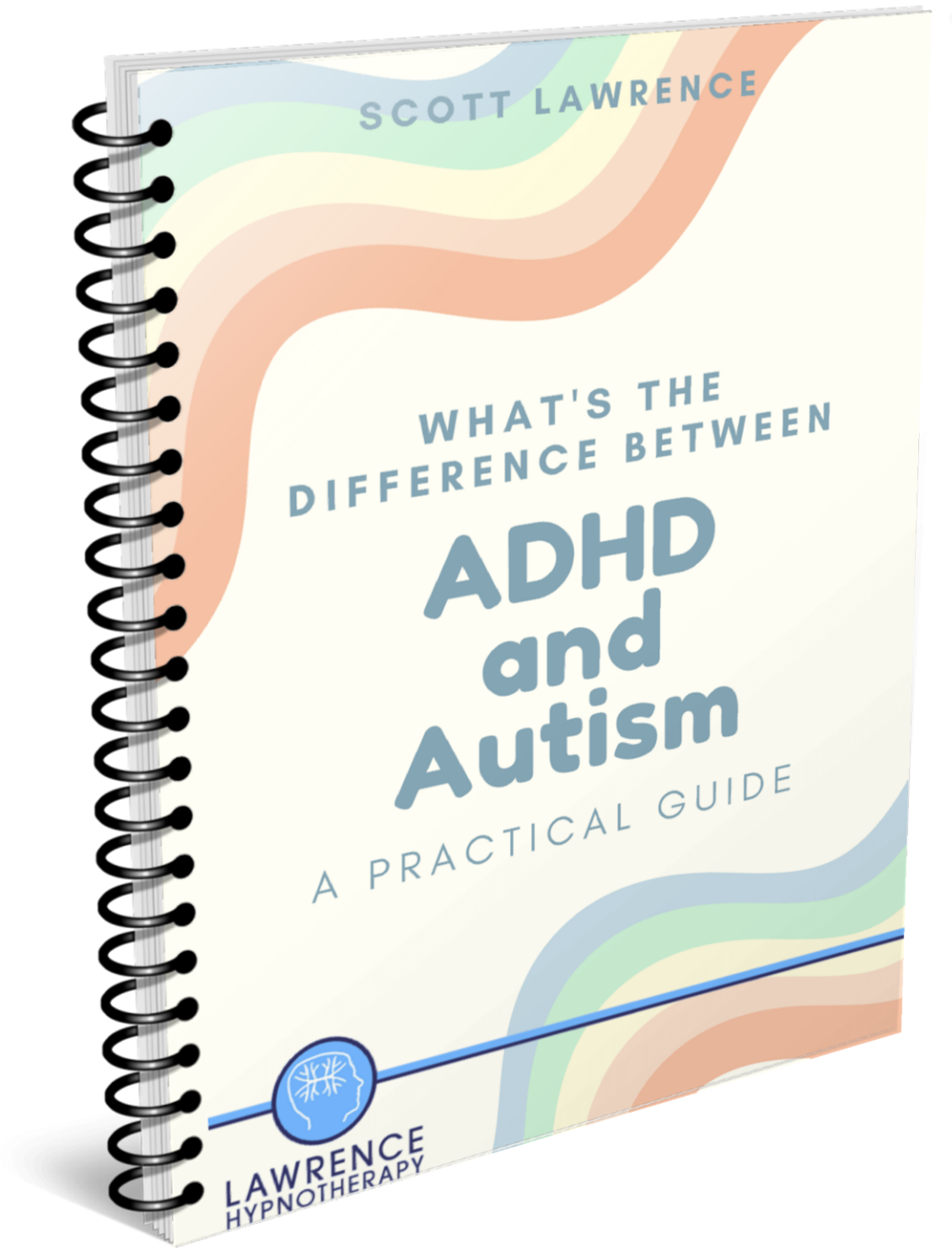
SCOTT LAWRENCE
WHAT'S THE DIFFERENCE BETWEEN
ADHD and Autism
A PRACTICAL GUIDE
LAWRENCE HYPNOTHERAPY



**I have been blessed to be a full-time clinical hypnotherapist since January of 2010, a Lecturer at the Academy of Hypnotic Science teaching Hypnotherapy and Business to Diploma Students and have seen over 4,000 clinical hypnotherapy clients in the past 11 years and frequently appear on National Radio.**

**Are you curious about Mental Health?**

**Are you looking for a clear description about ADHD and Autism?**

**Or**

**Are you a Service Provider,**

**Case Worker or Help others in Mental Health?**

**Or are you Just Curious to Learn More about Yourself?**

**In this short eBook, we're going to Explore ADHD and Autism in a practical way with simple steps and diagrams.**

# What Should I do about ADHD and Autism?

There's a lot say on the topic, but just to simplify in advance, if you're aiming to treat either of these neurological conditions with medication, then you need to see a Registered Psychiatrist. This eBook is in no way a replacement for medical advice.

For those of you who are wondering what the best Non-Medical treatments and remedies are for ADHD and Autism, well, it can be summed up like this….

*You treat ADHD with Preparation and an*

*Executive Friendly Environment*

*And*

*You treat Autism with Education and Behaviour Mapping*

Yes, this is an over simplification, and we're going to dive deeper into the key differences, what to do about them and how to recognise if you have either of these conditions, but for a quick treatment summary, preparation for ADHD and education for Autism makes a lot of sense.

# The Big Difference between the two

Many people muddle up ADHD and Autism.

Yes, the two can have some overlaps, but here's the basics.

**ADHD** isn't just about having a short attention span.

**ADHD** is about having the inability to regulate attention. This doesn't mean that somebody with ADHD can't focus for hours on end on a topic that they enjoy. If the person is emotionally stimulated by a topic, they can get hyper focused and appear to the outside world to have an amazing attention span.

The trouble with **ADHD** is that unless the topic is emotionally charged, the person struggles for focus for long periods of time. This is why someone with **ADHD** can struggle to focus in a class room, but still manage to play video games or go fishing for long periods of time.

A person with **ADHD** is like a fast-moving car with no steering wheel. If the car it self represents focus, then the missing steering wheel represents the lack of control over that focus.

Some things that may suffer, or be forgotten about with ADHD could be

- Showering
- Making the bed
- Boring every day tasks
- Eating regularly
- Work Tasks

Later in this eBook, we'll talk about non-medical stimulants that can assist a person with ADHD to focus, including Fidgets, Executive Friendly Environments and Preparation.

So that's **ADHD** in simple terms. The person is not in control of their attention span and can easily become distracted with something that they find more interesting or more emotionally charged.

If that's **ADHD**, then what is **Autism**?

Well, **Autism** takes quite a bit more explanation than what **ADHD** does. And often the two can have overlaps, or can be confused with each other.

I recommend watching this YouTube video for a thorough explanation.

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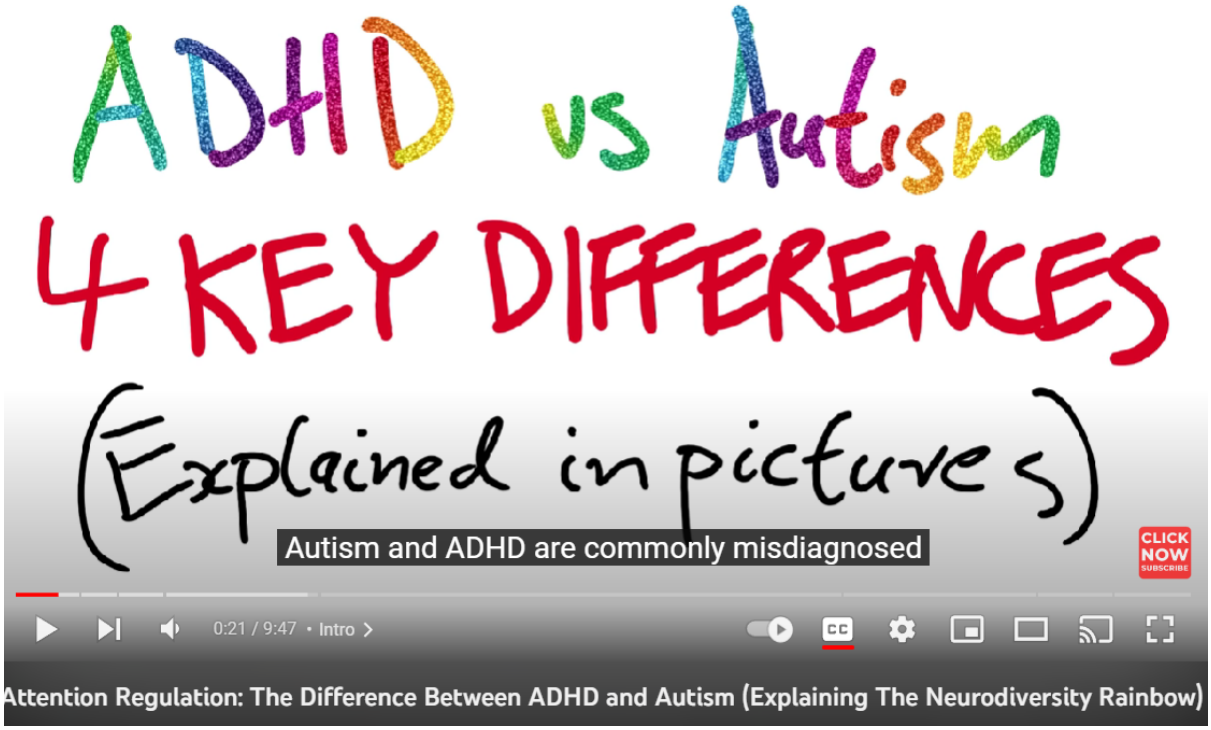


Common symptoms of **Autism** can be, not being able to read social situations, hyper fixation on topics that interest them, sensory seeking behaviours and sensory avoiding behaviours.

If I were to attempt to explain ASD (Autism Spectrum Disorder) in simple terms, then it would be this…

Autism causes the brain to take it's cues from a different set of rules than their more **neurotypical** friends or family do.

While a neurotypical brain takes it's cues mostly from social cues, the **Autistic** brain almost creates a social environment out of details rather than with people.

Here a few famous quotes to demonstrate what I mean.

*"Although people with autism look like other people physically, we are in face very different in many ways. We are more like travellers from the distant, distant past. And if, by being here, we could help the people of the world remember what truly matters for the Earth, that would give us quite a pleasure."*

- *Naoki Higashida*

*"Everyone has a mountain to climb and autism has not been my mountain, it has been my opportunity for victory"*

- *Rachel Barcellona*

*"People on the spectrum experience the neurotypical world as relentlessly unpredictable and chaotic, perpetually turned up too loud, and full of people who have little respect for personal space."*

- *Steve Silberman*

*“I would play with numbers in a way that other kids would play with their friends.”*

- *Daniel Tammet*

*“I have Asperger’s syndrome and that means I’m sometimes a bit different from the norm. And – given the right circumstances – being different is a superpower.”*

- *Greta Thunberg*

*“One of the main things I like to explain is that people with autism have varied abilities and character traits, there’s not one single experience of autism.”*

- *Zoran Bekric*

Can you see how Autism has a lot more variation in how it presents than ADHD?

While a person with ADHD can have impulse control and trouble regulating their attention, the Autistic brain has a lot more variation, however the common themes are always to do with; Social Cues, Hyper Focus, and an altered relationship with their sensory world.

To to sum up the difference, we could say that while both are neurologically different from neuro typical, and both can present as an issue with attention regulation issies, Autism can present as an neurological issue with each of the other areas, including; Language and development, emotional regulation, memory issues, sensory processing issues and sensory processing.

# What is ADHD?

ADHD is basically an inability to regulate attention.

In the following video Tim Urban describes ‘Inside the Mind of a Procrastinator’. He demonstrates how logic fails to motivate people early, so they end up being motivated by panic later on.



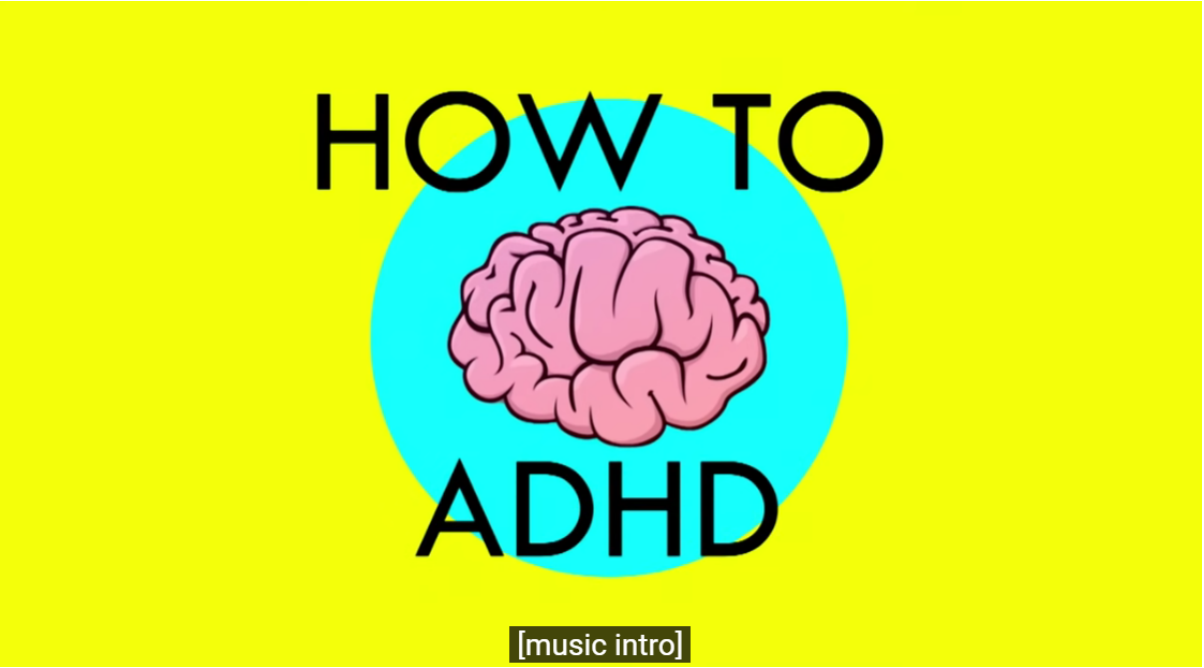

When you have ADHD, you often have trouble starting a task.

While Tim Urban describes one system that could be how a typical ADHD person organises their time, there is another way, and it does not have to involve medications, (although, if you use medications or not is completely between you and your doctor or psychiatrist.)

Our understanding of ADHD has come a long way in the past 10 years.

We now know that it’s not a behavioural issue, and it’s not the ADHD persons fault either.

Again, it’s not their fault. The prefrontal cortex of the brain is the section of brain responsible for focus. And the neurotypical brains prefrontal cortex will light up when they try to focus, read a book, or concentrate on important tasks. A person with ADHDs prefrontal cortex will flicker or even decrease in energy as they try to focus, with the exception of topics that really interest them.




**ADHD** needs to be managed just as much as any other condition.

I know that I had said that **Autism** presents in many more various ways than what **ADHD** does, however that doesn’t mean that ADHD, if left unmanaged, can’t cause just as many issues.

Two non-medical treatments of ADHD are executive friendly environments and fidgets.

Think of an executive friendly environment for ADHD similar to how a person in a wheel chair relies on ramps, handles and other work arounds to help them live a fully functional life style.

# Executive Friendly Environments

Executive Friendly basically means that the part of the brain that makes executive decisions doesn't have to do too much preparation right before the ADHD person starts their task.

Imagine that you want to play your guitar, but it's under the house, dusty, needs to be restored, restrung and tuned. By the time that you're gotten the guitar into a condition to start playing, the ADHD brain has moved onto a different impulse to do something else. An executive friendly guitar is one that is ready to play now, all of the time.

Watch this video to see what I mean.




The key to executive friendly environments is to keep prepping your environment in advance so that you actually catch your impulses ready to go to make progress as the feeling comes up.

# Fidgets for ADHD

Fidgets are just any (non-sexual) toy for adults that keeps their brain stimulated throughout a task.




In previous years, children at school who had ADHD were never allowed to fidget. But back then, we didn't realise that fidgeting actually improved their focus and concentration.

Have you ever known anyone who can draw, colour in or trim their garden and still talk to you at the same time? These people are often using the task as a fidget to improve their ability to socialise.

While fidgeting can sometimes be translated as a sign of nervous energy, or seen as a distraction, the ADHD brain will rely on a fidget to carry their focus through a task.

# An Executive Friendly Life for ADHD

Let me tell you 2 quick stories about real therapy clients.

## **Client 1.** Let's call him Bob.

Bob was a smoker.

He bought a quit smoking program for $395.

But Bob was also going through a divorce and was stressing about loosing his 5 year old daughter forever.

Bob managed to quit smoking, but then called to ask if I help with stress. When ever he thought about losing his daughter, he wasn't able to focus on his work and couldn't even eat. Smoking used to be his main source of 'me time' or stress management.

As a therapist who only see our client for one session at a time, get to detach from our clients situation as soon as the client isn't in front of us. But our client is so close to their situation, that they sometimes just need a new perspective to help them to get unstuck.

5 was living a transactional life. Everything that he did was to achieve a result. At the gym, this made sense. At work, this made sense.

But in Bobs relationships, people were getting a little bit sick of his transactional energy. He hadn't learned to just 'BE' in someone's presence without trying to control something. It was exhausting for the people around him.

Bob wanted to improve his friends lives, improve his families lives and always wanted to help. But as much as Bob gave, Bob had high expectations of everybody else around him.

We talked through attachment styles, and Bob was able to realise that he was coming on so strong to the people around him, that they struggled to face his presence for long periods of time.

This was a pattern that started for Bob as a child. Once Bob was able to see his own pattern, he noticed massive changes in his relationships and stress levels when he learned to relax and to trust that the world around him would be OK even if he wasn't controlling it all the time.

He eventually was able to create a working parent relationship with his ex-wife, and was able to relax and calm his way into be a great father, a great partner for his new lover and a much happier person.

The fact that Bob learned to relax made him not only decide to do therapy more often just for the check ins and top ups, but he also referred many more people. He became a loyal client for life. Sometimes he comes a lot, sometimes not as often. But Bob was more than a once off encounter as a quit smoking client.

## **Client 2.** Let's call her Mary

Mary was also a smoker.

She bought a quit smoking program for $395.

But after she quit smoking, she asked if I could help her manage her ADHD.

ADHD is a very popular diagnosis at the moment. You may have noticed.

The two most common treatments for ADHD are medications and preparation.

I'm not a doctor, so I won't talk about the medications. Some ADHD clients seem to love the medications and others don't. But medications are outside of my scope of practice so I always liaise with their doctor.

The second effective treatment for ADHD is all to do with preparation.

The misunderstanding around ADHD is that, people think people with ADHD have a short attention span.

Sometimes it can seem that way, but that's not actually what ADHD is at all. The problem is about Attention Regulation.

They struggle to focus on some day to day tasks and then hyper-focus on other topics that interest them. Some people with ADHD have the longest attention spans that I've seen, but only in areas that they personally find interesting. The rest is a struggle.

Imagine a car.

Speed is attention.

So their car is stuck on 100 kilometres per hour. The breaks don't work and the accelerator is stuck to the floor. It's going fast.

This in it self is a problem, but now imagine that the steering wheel doesn't work. Now we can see the real problem with attention.

If they can't steel and control where their attention goes, then their day tends to become messy.

This is where preparation and Executive Friendly Tasks really helped Mary with her ADHD management.

This may sound a little bit extreme, but just go with me on this.

It can be very stressful for someone with ADHD to be told that they have to focus on something hard.

Executive Friendly tasks generally mean that every task that they need to perform is at the ‘Ready to Use’ stage.

A guitar that’s untuned, in a box under the house would never get used by somebody with ADHD. So it’s better if they keep their guitar out on a stand and tuned so that they can pick it up and play it as the impulse to play hits them.

In the kitchen, you can arrange things in a very Executive Friendly way. When Mary wanted to make coffee, she would get distracted as she had to travel to the Fridge for milk, the tap for water, the kettle to collect the water, the cupboard for the coffee, the cutlery draw for a spoon, the bench for sugar and then another cupboard for a cup.

During this time, Mary has received so much sensory data, that she’s become distracted, stopped making coffee and started and stopped 8 new tasks.

If you keep everything together so that everything that is needed for the coffee is in one spot, then Marys life is made so much easier.

Marys kitchen, and entire house was set up to be ADHD friendly.

And this brings us to our extreme technique.

Mary had a diary of things that needed to be done that day. But it always caused her stress as she couldn’t regulate her attention. So she did something that we call ‘Living 1 day in advance’.

Really go with me on this, because it may sound weird, but it's actually brilliant and very effective for anyone who struggled to direct their own attention.

One day, she not only finished her To-Do list, but she wrote tomorrows To-Do list and finished that too. She was 1 day ahead.

She had already prepped all of her meals for tomorrow, done all of the work that was due at the office tomorrow, finished tomorrows gym workout, written in her gratitude diary for tomorrow, paid any bills that were supposed to be paid tomorrow, done any shopping that wasn't due to be done until tomorrow, until her entire day tomorrow had no To-Do tasks left.

This was actually relaxing for Mary, however, from time to time as people with ADHD experience, she found that she was looking for something to do. So when tomorrow came around, she did the next days tasks.

She lived her entire live 1 day in advance.

And she had nothing that had to be done the next day.

Mary felt so relaxed each day as she woke up that she had nothing that put pressure on her attention span. Then as she felt the urge to be active, Mary simply did the next days tasks.

Mary felt like she was in heaven. She only took action when she felt like it and nothing was ever due today.

This perspective turned Mary into a client for life.

I use this technique personally. It's a life saver when it comes to dealing with stress and To-Do lists.  I live 1 day in advance.

# What is Autism

If **ADHD** is the **Under Regulation of Attention**, then **Autism** is very much the opposite of that.

**Autism** is often diagnosed as the **Over Regulation of Attention** and failing to pick up on social cues.

The Autistic brain is so Over Regulated that it develops its own cues and builds its own relationship with details and the sensory environment.

Due to this over regulation, other cues like Social Cues and Topic Fatigue are often ignored, and the result is often a struggle to fit in socially while hyper focusing on topics that interest them.

The Hyper Focus and Over Regulation of Attention that comes with ASD will often result in specialised skill sets and strengths in Memory, Music, Art, Maths, Science, or other specialised areas.

Because ASD is so diverse, and because it's a spectrum, each case of Autism can look pretty different. But it pays to understand the brains relationship with sensory stimulation.

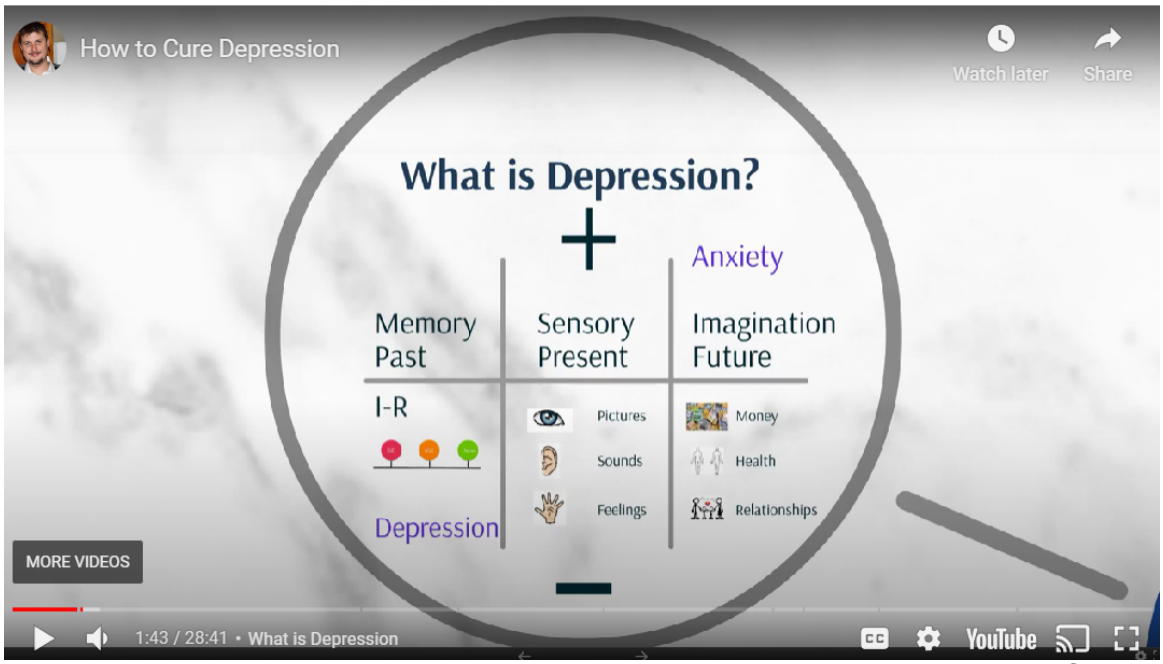
Sensory stimulation is related to how people experience both Anxiety and Depression.

All suffering comes through the 5 languages of the senses, Sight, Sound, Touch, Taste and Smell. But the brain processes most pain as Sight or Touch sensations, and a little bit as Sound.

# The Sensory Brain

Please check out my (free) short course on how depression works.

This will give the best explanation of the Sensory Brain.




In this picture, you can see that I've created three columns. The first column is about the Past (also memory), the second column is about the Sensory Present and the last column is about the Future Imagination.

When people suffer with thoughts about the past, it tends to be Depression, Greif, Shame, Embarrassment, Trauma, Nostalgia or Guilt.

When people suffer with thoughts about the Future, it tends to be Worry, Anxiety, Fears, Phobias, Panic, Stress or Overwhelm.

Do you remember how we talked about the difference between **ADHD** and **Autism** as **ADHD** has an **Under Regulated** Attention and **Autism** has an **Over Regulated Attention**?

Well, when a neuro typical person suffers or has a bad morning, they usually get distracted or feel better by the afternoon. However, the Autistic person still hasn't cleared out their buffer and is usually holding on to a lot more sensory data than the average neurotypical person.

This makes it vitally important that the Autistic person learns techniques and skills to self-regulate because nature has not provided them with a way to clear their metaphorical desk between traumatic events.

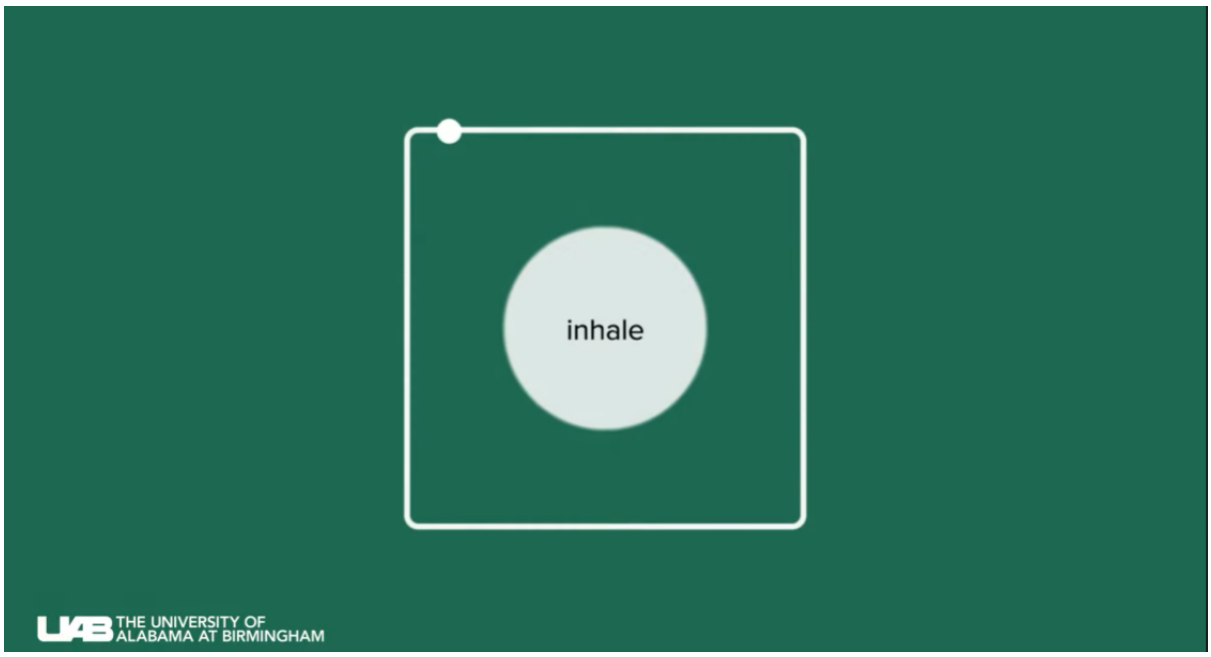
A way that many people with Autism like to clear their buffer is to either imagine their time line, or to physically draw it out on a piece of paper. When they physically move something from their timeline to somewhere else, it can actually give them the permission to relax that they couldn't find by distracting them selves in any other way.

**Visual learners**, when they suffer, they tend to see everything as too close and claustrophobic. An excellent technique for an autistic person to clear their visual buffer is to imagine that they're in a larger room and that their problems can physically move away, perhaps a meter or two.

The problem with this technique on it's own for someone with **Autism**, is that they can't use it until they've given them selves permission to feel better. Imagine that you're trying to meditate while the house is burning down around you. That's what it's like to try to meditate while a person with Autism is still distressed about an upsetting change in their environment. While these distressing changes may seem trivial to the neurotypical person, somebody with Autism is struggling to let go of their attention to the topic. That's why the time line exercise usually has to come first before the visual distance technique.

**Kinaesthetic learners**, or people who learn through touch and feeling will often keep tension and stress stored in their body.

A brilliant way to sooth the physical body is to give it a rhythmic square breathing exercise.



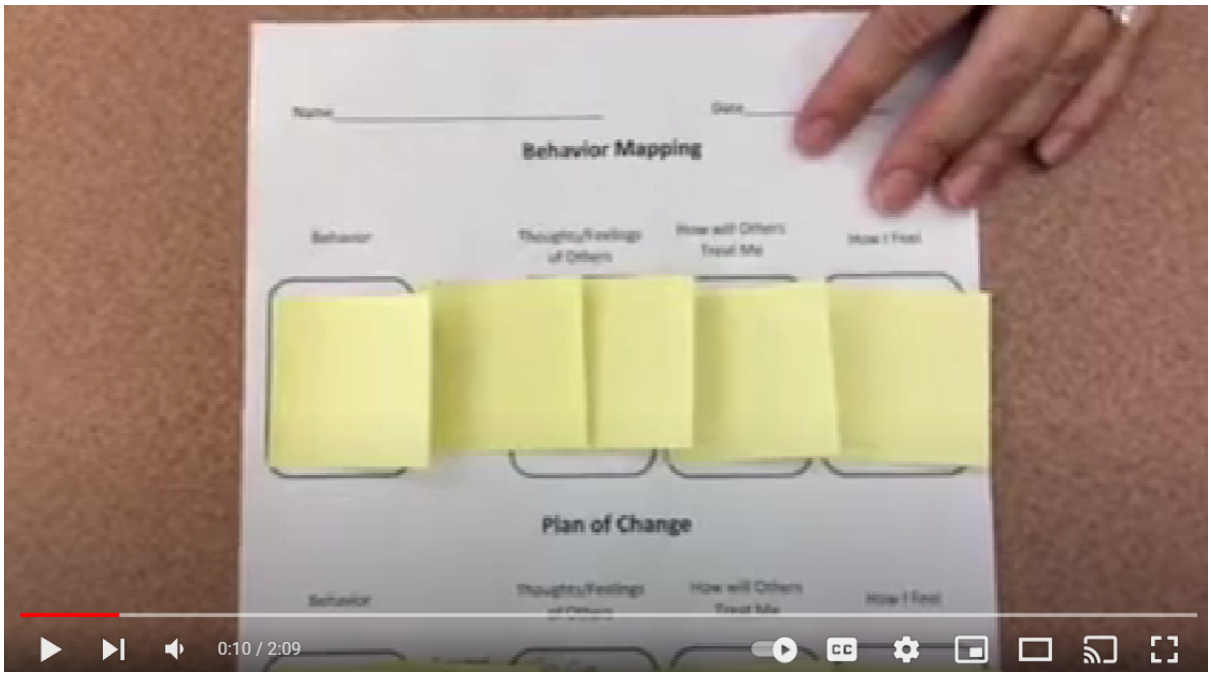

Again, this technique works best after the permission to feel better has been created. The beauty of the square breathing exercise is that it creates a physical rhythm. Imagine that a baby is being rocked gently to sleep. The trick is to keep a rhythm where the time spent rocking them to the left is equal to the time spent rocking them to the right. This is how the square breathing calms the nervous system. It lulls the body into a natural calm.

Both the visual distance technique and the rhythmic breathing technique are survival techniques for a person who is struggling to let go of their attention to a disturbing topic.

But the permission technique has to happen first. If somebody with ASD can write down their entire To-Do list for the day before they meditate, and then set an alarm for maybe 10 or 15 minutes for when they need to get back to their To-Do list, then they've given them selves permission to meditate. Click Here for 3 Journal Templates.

# What is Behaviour / Trigger Mapping?

Check out this quick video. It's only 2:09 long.




This is just one version of what behavioural mapping could be. Yes, this example is for little children to gain awareness of their behaviour, however, there are adult versions too.

Remember that people with Autism are often diagnosed with failing to pick up on social cues. So as simple as this video may appear, it could actually be useful to help somebody with ASD to connect the dots with cause and effect.

# Cause and Effect for Autism and Behavioural Mapping.

Maybe it's not the right word to say that it's 'Convenient', but it does play to your advantage that a person with Autism, when they get angry, melt down or experience anxiety will usually exhibit a repetitive pattern.

By this I mean, people on the Autistic Spectrum will often show a pattern of behaviour, which gives you the opportunity to provide them with a pattern of solution. Does this make sense?

A child with Autism may ask why they need to go to bed. In their case, it may be a good investment to explain your answer to them.

However, a neurotypical child who asks you why they need to go to bed is probably just trying to stretch out their bedtime, and it's a bad investment to keep explaining the same information to them.

If you can see a pattern of Bad Behaviour or Anxiety in your client, child or even if you are the one with ASD, then try to list all of the events that lead up to the Behaviour or Anxiety.

It may look like this.

Step 1. They are asked to reschedule their appointment to 3pm.

Step 2. They already have an appointment at 3pm and can't do both.

Step 3. They start to experience overwhelm.

Step 4. They either shut down communication or become aggressive.

# Avoiding a Nervous Breakdown.

A person with **ADHD** would benefit from using systems to **regulate their attention** and people with Autism would benefit from using systems to **De-Regulate their Attention**.

Both **ADHD** and **Autism** can look pretty similar from the outside, because both can just seem like an inability to function at first. But when you look at the difference in how they present, then you can offer a better solution to keep both types of brains calm, happy and productive.

I recommend giving these Hypnotherapy MP3s a listen to while going to sleep at night. Don't listen to them while driving or operating dangerous machinery. These will help a lot to create a calm and regulated nervous system.

## Hypnotherapy Recordings to listen to while sleeping

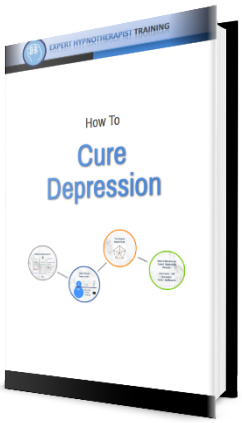
Disc 1

https://www.dropbox.com/s/7qb5fmycol4md8g/Scott%20Lawrence%20CD1%20Anxiety%20Master.mp3?dl=0

Disc 2

https://www.dropbox.com/s/i35fptdmzokffu0/Scott%20Lawrence%20CD2%20Anxiety%20Master.mp3?dl=0

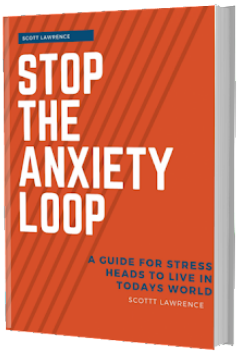
# Anxiety and Depression



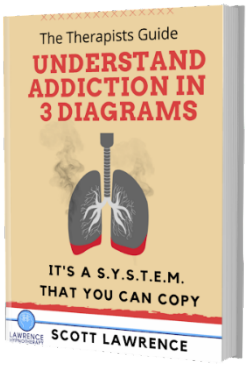

**Anxiety** is like too much energy, while focusing on the future.

And **Depression** is like not enough energy while focusing on the past.

Often, a person is just trying to get back to the present where their symptoms of grief, phobias, worry or shame will disappear.




Again, please click on these eBooks to read them for free. I've spent more time in each book dissecting each topic separately, from 'How to Cure Depression', 'How to Stop the Anxiety Loop' and 'How to Understand Addiction in 3 Diagrams.



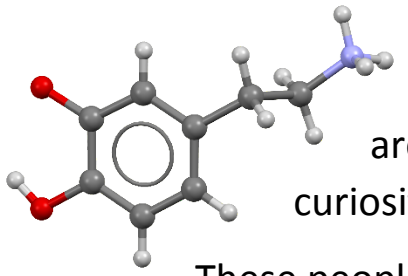

The more a person knows about their own brain, and how they are personally suffering, the easier it will be for them to find treatment that suits them.

Do you remember when I talked about the sensory brain? Do you remember the part about Visual Anxiety vs. Somatic / Body anxiety?

When a person knows what their method of suffering is, they can then manage those symptoms and use the right technique to treat or cure them. But it's all about mapping out the client (or yourself if you are the client) to know what is normal for you.

# The 4 Hormones that Drive Character

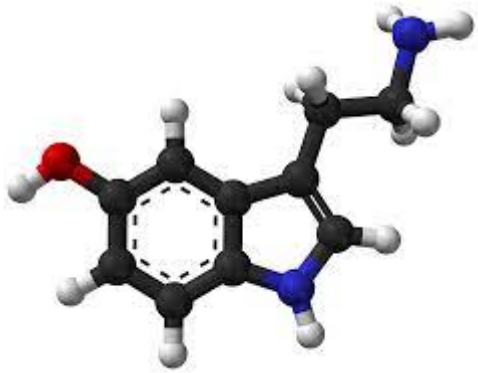
In the book 'Why Him Why Her' by Helen Fisher PHD, she describes how, even though the human body has many hormones, only four hormones are directly responsible for influencing your character.



**Dopamine – The Explorer:**

People who are mostly driven by Dopamine are driven by Shiny Object Syndrome, novelty, curiosity and flexibility.

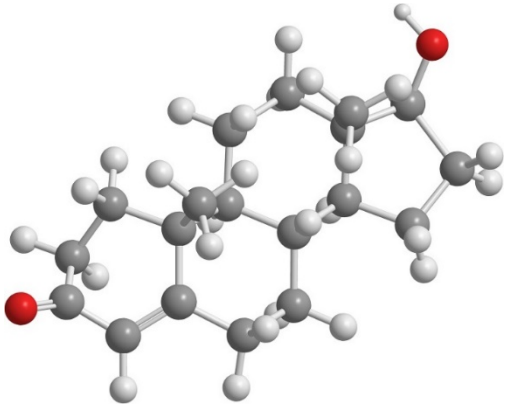
These people are more likely to get along with other explorers and other people who are driven by Dopamine.



**Serotonin – The Builder:**

People who are mostly driven by Serotonin are driven by Networking, Stability, Maintenance, being Calm, being Orderly and Following Norms.

These people are more likely to get along with other builders who are driven by serotonin. They save money and would rather pay their bills then go on an exciting holiday.



**Testosterone – The Director**

People who are mostly driven by Testosterone can be great Strategists, Decisive, Direct, Understand Complexity and Remain Focused. These people are more likely to get along with negotiators (Estrogen Driven) and people who are caring.



**Estrogen – The Negotiator**

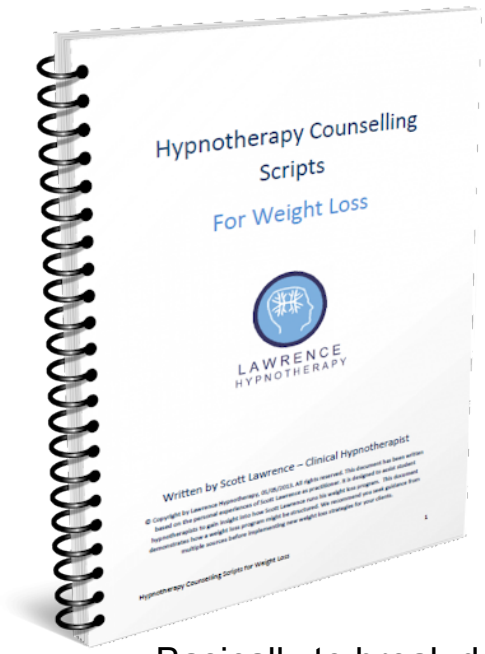
People who are mostly driven by Estrogen can be Big Picture Thinkers, Intuitive and Caring.

These people are more likely to get along with Directors (Testosterone Driven) and people who are decisive.

Builders tend to get along with Builders better and Explorers seem to get along with Explores better, however, Directors and Negotiators seem to get along with their opposites more so than with their own dominant hormone type.

The interesting thing about these four behaviour types is that they are permanent and aren't going away any time soon. They're not linked to nurture, culture or upbringing as much as they develop into personality styles during times of hormone saturation. For example, during conception, puberty and sometimes during a life trauma.

# Hypnotherapy Treatment




I have been a clinical hypnotherapist full time since 2010. I have seen over 4,000 clients for various reasons and I've always found that the hypnosis part at the end of the session to not only be the most enjoyable and relaxing, but the most useful part of the process.

Please click on the image to watch / read my free eBooks and courses on hypnotherapy.

Basically to break down what hypnotherapy is, it's basically just teaching the brain to create new and useful pathways while in a relaxed and suggestable state.

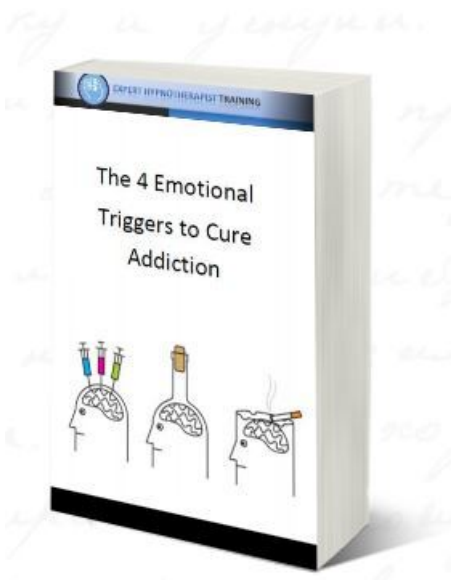
Sometimes people need to do a mental rehearsal of an upcoming challenge, or to release and let go of a trauma somatically because their body and nervous system still remembers the pain that their conscious mind has forgotten.

Please feel free to check out my other trainings by clicking the link. I hope that they give you an insight as to training the brain to create a better life, whether you are a Service Provider, a Case Manager or just want to improve your own life. These skills are gold.

I love the fact that you can't overdose on hypnotherapy.

It's not a drug. It's a wonderful tool that heals many people.

# 4 Emotional Needs

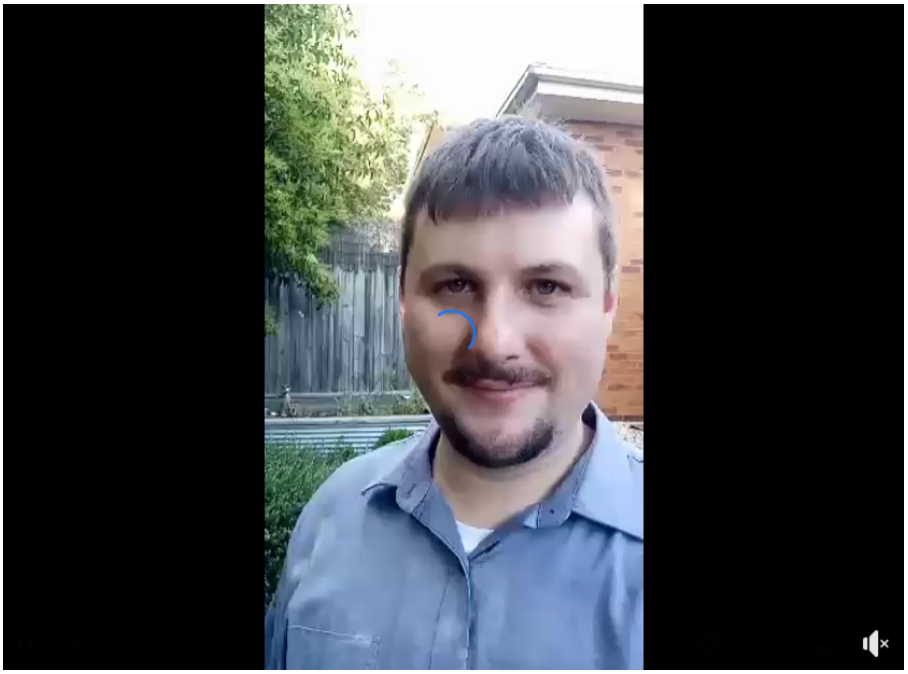



In another one of my eBooks, I describe 4 emotional needs that drive behaviour in the short term.

This is what we call the ABCD of human needs. **Achievement, Breaks, Connection and Discovery.**

**Achievement** is that feeling of needing to finish your To-Do list.

**Breaks** is when you've had enough and just need time out.



**Connection** is the need to be loved or part of a tribe and

**Discovery** is the desire for variety or reward.

Please watch this short video for a more in depth explanation of the ABCD of human needs.

In our hypnotherapy clinic, we have found that understanding these four human emotional needs has not only lead to curing addiction, but also has been instrumental in understanding the needs of a person with either ADHD or Autism.

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Do you either Run Out of Funding or Struggle to get Approved for Services that you Actually Need?

We’re running a Free Open Night, to help you to;

- Match your NDIS Services with your Real Life Needs
- Help you to Get Services Approved on the NDIS and to
- Build a Focus community to assist you with Symptom Management and Career Momentum.
- And, Access to ongoing Classes, where we invite Service Providers of Your Choice.
- If you've found that your Case Worker or the NDIS in general are too busy to help you with tough problems, we are keen to assist you to make sure that you're getting the absolute best out of your fund.

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