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# PSYCHE-SMART AUTISM

## BRIEF DESCRIPTION OF BOOK CONTENTS

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## PSYCHE-SMART AUTISM TM

*THE INTEGRATIVE APPROACH TO AUTISTIC, ASPERGER'S & SENSITIVE  
PERSONALITIES FROM THE WOMB TO LONGEVITY*

*Empowering parents and caregivers of autistic children, sensitive or autistic adults, and  
doctors*

**BY RAMI J SERHAN, MD**

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## BOOK HIGHLIGHTS AND LEARNING OBJECTIVES:

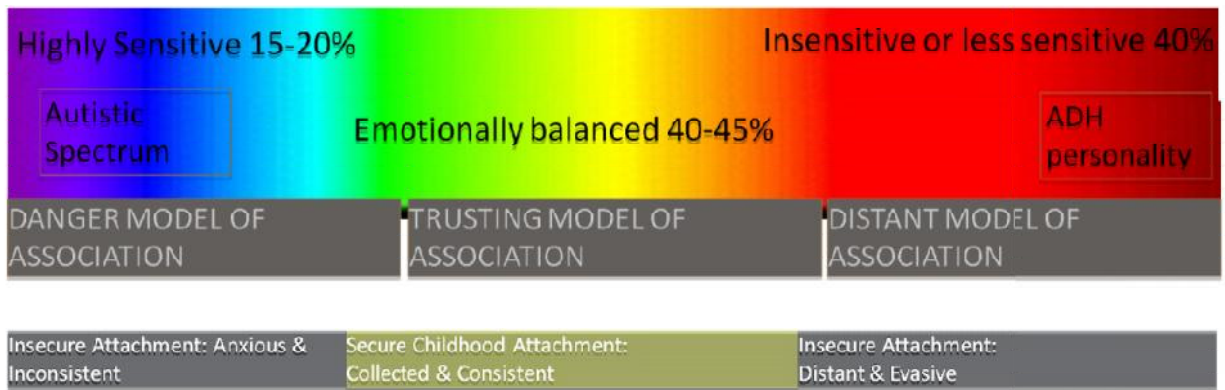
- FROM A HIGHLY SENSITIVE DOCTOR ON A JOURNEY OF SELF-DISCOVERY, UNLOCK AUTISM SECRETS:
- A REACHABLE GOAL: AUTISTIC, COMMUNICATIVE, CONSISTENT, CONGENIAL, HAPPY & THRIVING... ALL IN ONE PERSON!
- PRACTICAL EASY-TO-PERFORM SCREENING TOOL FOR AUTISM AS EARLY AS 2 MONTHS OF AGE AND THROUGHOUT LIFE
- WHEN AND HOW AUTISTIC CHILDREN/ADULTS THRIVE
- HOW TO DELAY THE APPEARANCE OF AUTISM – LEARN THE TRIGGERS YOU NEED TO AVOID AND THE BEHAVIORS YOU NEED TO ADOPT
- SUBSTANTIAL EMOTIONAL RELIEF TO STRUGGLING PARENTS: WHY AUTISTICS BEHAVE THE WAY THEY DO
- A PARADIGM SHIFT IN PARENT-CHILD RELATIONSHIP FROM CAREGIVER FOR A SICK CHILD TO PROUD PARENT OF A QUIRKY CHILD WHO CONSTANTLY CRAVES LEARNING!
- STEP-BY-STEP INTEGRATED APPROACH, INCLUDING UNIQUE BEHAVIORAL TOOLS NECESSARY TO RAISE AUTISTIC CHILDREN FROM PREGNANCY TO WELL-ADJUSTED, SOCIAL ADULTS
- STEP-BY-STEP APPROACH TO MEDICAL AND NUTRITIONAL CARE FOR AUTISTIC CHILDREN & ADULTS
- COMPREHENSIVE PRACTICAL ADVICE ON SOCIAL AND INTERPERSONAL ISSUES MANAGEMENT FROM PUBERTY TO OLD AGE
- REVEALING INSIGHTS ON ADHD & PTSD

BRIEF DESCRIPTION OF THE CONTENTS AND FLOW OF THE BOOK:

Beginning – easing in and inherent sensitivity:

We begin with a portrayal of a semi-literary storytelling of an autistic child and an autistic adult attempting to navigate major junctures in their lives. The author goes on afterwards to describe the main premise of the book, inherent sensitiveness and its subset, autism. This personality complex of a significant minority in society is described and explained. We then move on attempting to prove the genetic basis of sensitivity and its presence across many species on earth.

**PERSONALITY SPECTRUM TM:**



Lifelong perspective of the autistic personality:

The next two chapters delve into the life of autistic people, starting from the womb, through early childhood, school years, puberty, college years and adulthood. We shall explore relevant developmental components of the lives of autistic children growing up. I focus on mental and social development of sensitive children knowing that mainstream pediatricians cover physical development impeccably. The requirements of raising an autistic child that may not come naturally or through parental experience are explored. Here I describe the autistic personality through life's stages. I also attempt to explain the reasons behind typical autistic behavior. In addition, we begin to make discoveries into behavioral and medical tools available for optimizing social and personal functioning.

### Hormones & autism:

This chapter is a bit heavier. I describe the importance of hormones in child development. We explore stress, thyroid, growth and sex hormones and their impact on the developing child.

### Holistic approach to autism:

This chapter describes at length the integrated approach of raising an autistic child to become a happy and functioning adult. I touch on behavioral, medical and nutritional requirements and so much more. The behavioral and medical requirements are extensive and inclusive. I do not present rigid dietary recommendations since I do not believe a single diet fits all autistic people. I do however present a rational approach to choosing the diet that works best for your child as an individual. All ideas are presented in a step-by-step employable approach. There are many surprises for parents and plenty of suggestions that challenge conventional wisdom. I draw on my personal history, the available medical literature and most importantly on my experience as a medical consultant.

### Interpersonal issues:

Next I explore the social, communicative and personal issues surrounding the life of an autistic individual, from puberty through adulthood. The issues raised are applicable to autistic, Asperger's and highly sensitive individuals in general. This is the largest chapter of the book as it is chronically ignored in literature and society alike. Recovering from past traumas, meeting strangers, dating, emotional intimacy, sex, depression and anxiety, work and retirement are among the topics explored.

### Autism correlates, medical and behavioral; and a window into ADHD & PTSD:

The next six more compact chapters delve into post-traumatic stress and a few medical problems common to autism and Asperger's. I describe a case study of a submissive young man as a classic example of adult autism and its origins in childhood. This is followed by a discussion of

myths about autism and sensitivity. After that I explore vaccines in autism. This is followed by a beautiful chapter in the form of a liberation prayer for the autistic soul that sums up the whole book. I end this section with a chapter on attention deficit and hyperactivity.

Last words:

The appendix consists of a section on the merits of saliva testing, followed by a section on food intolerances and allergies. There are also a few autobiographical pages. The end is a compiled group of references and suggested further readings. This is followed by the glossary, an integral part of the text. Finally the subject index is presented to lead the reader to where significant areas of interest. The subject index is not available in all versions of the book.

Please note the word ‘mother’, employed frequently throughout the text, is figurative for the parent, male or female, who holds the primary bond with a child and who is responsible for the majority of nurturing.