

[SOVEREIGN RESEARCH, LLC](http://www.sovereignresearch.com)

EXPANDED TABLE OF CONTENTS PSYCHE-SMART AUTISM

RAMI J SERHAN, MD

2011

PO BOX 95514, ALBUQUERQUE, NM, 87199-5514

PSYCHE-SMART AUTISM™

*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

© SOVEREIGN RESEARCH, LLC 2011

ISBN: 978-0-615-46501-2

Author website: <http://sovereignresearch.org>

Complete book info: <http://wp.me/P14nVD-1i>

PHONE: (206) 659-1ASD (273)

PO BOX 95514

ALBUQUERQUE, NM, 87199-5514

EXPANDED TABLE OF CONTENTS:

CHILDREN'S QUESTIONNAIRE:

ADULT QUESTIONNAIRE:

PROLOGUE

I- INTRODUCTION:

A- THOMAS JEFFERSON'S FIRST DAY AT SCHOOL

B- MR. EINSTEIN IS LOOKING FOR A JOB:

II- INNATE SENSITIVITY & AUTISM

NEUROBIOLOGIC BASIS OF INNATE SENSITIVITY IN AUTISM

BACKGROUND

EVIDENCE FOR THE 80% - 20% INSENSITIVITY – SENSITIVITY CONTINUUM IN HUMANS:

GENETIC LINK IN HUMANS: HERITABILITY OF SENSITIVITY TO STRESS

SCREENERS VS NON-SCREENERS

BEHAVIORAL CURVE BALL TRADITION

BEHAVIORAL ACTIVATION/INHIBITION SYSTEMS

HABITUATION TO NOVELTY

SENSITIVITY ACROSS EARTH DWELLERS

BEHAVIORAL CLUES TO EMOTIONAL AROUSABILITY DIFFERENCES:

Very high emotional arousability:

High emotional arousability:

Moderate emotional arousability:

Low emotional arousability:

III- BEGINNING OF LIFE TO PRE-SCHOOL:

STRESS IN THE WOMB:

FIRST 6 MONTHS OF LIFE & EARLY CHILDHOOD:

IMPACT OF STRESS ON NEWBORNS:

Immediate consequences of stress:

Increased vigilance

Indiscriminate focus

Learning while alarmed

Fear learning

Inhibition of growth

Reduced appetite

Increased cardiovascular tone:

Long-term consequences of stress:

First 6 months of life

1- Labor & delivery

2- Response to novelty:

3- Post-partum depression:

4- Consistency in care

5- Bonding & neglect

6- Financial difficulties & feuding

Early childhood & pre-school

- 1- Trust
- 2- Autonomy
- 3- Initiative & experimentation
- 4- Industriousness

A PREAMBLE ON COGNITIVE DEVELOPMENT [LEARNING] IN SENSITIVE CHILDREN:

WHAT DETERMINES THE TIMING OF THE EMERGENCE OF THE AUTISTIC PERSONALITY?

- 1- the magnitude of stress
- 2- the degree of sensitivity to stress

IV- SCHOOL AGE THROUGH ADULTHOOD

A- SCHOOL AGE [SOCIAL CHILDHOOD]

Background

Structure & discipline

Better affinity with adults than other children:

Differential learning competency:

Self-esteem

Educational system disability [Concrete vs. abstract learning]

B- PUBERTY AND TEENAGE YEARS

Rejection

Well-adjusted vs. self-adjusted:

Individual Identity vs. Extended Adolescence:

Teenagers and substance abuse:

C- COLLEGE YEARS [EARLY ADULTHOOD]

Background:

College years and rebellion:

Sociopolitical vs. academic:

Rebellion in personal life

Saving others:

On the choice of majors for college:

D- ADULTHOOD

1- Childhood during adulthood:

2- Preaching and teaching vs. conversation:

3- Solitude & maintenance:

4- Highlights on sensitive people and socializing

5- Risk of becoming a slave driver when in command:

6- How does an adult tell he or she had insecure attachment as children:

7- Forgetfulness

8- Self-confidence

9- Trust

V- HORMONAL ROLE IN ORDERLY CHILDHOOD DEVELOPMENT

A- THYROID

Physiology

Developmental effects of hypothyroidism

Developmental effects of hyperthyroidism

What can I do as a parent?

B- GROWTH HORMONE (GH)

Physiology & deficiency

What about GH excess

C- BABY FACE PERSISTENCE:

D- THE STRESS RESPONSE:

Overview of the stress system: focus on LHPA [limbic hypothalamic pituitary adrenal] axis

Stress & stressors:

Description of the stress response:

Functional anatomy of the stress system cascade:

1- Perception and Realization of Stressor:

2- Central Stress Response Discharge:

3- Peripheral Stress Response Implementation:

4- Tissue-specific Stress Response Differentiation:

5- Loop completion – negative feedback:

The inappropriate stress response:

Overview of the stress system: focus on Sympathetic / Parasympathetic system:

E- BRIEF PREAMBLE ON THE ROLE OF SEX HORMONES IN CHILD DEVELOPMENT:

Dissecting the science behind the “topic”:

VI- WHAT CAN YOU DO: THE 3-STEP WHOLISTIC APPROACH

ACKNOWLEDGE

CELEBRATE

REDIRECT & GROW

Some BEHAVIORAL requirements for growth

1- The bond:

2- Risk in neglect:

3- Introducing family & friends into your child’s life:

4- Introducing strangers into your child’s life:

5- Is it “normal” for babies to cry?

6- What if your child does not smile at you?

7- Making eye contact:

8- Designing a suitable bedroom for your baby

9- A sense of purpose:

10- Semi-automatic brain:

11- Attention span

12- Little justice vs. big justice:

13- curiosity:

14- Gender exclusivity in raising children:

15- Encouraging and embracing failure:

16- First impressions

17- Lack of conformity to uniformity

18- What if things don’t go our way?

19- Freedom of expression:

- 20- Sensitive children and IQ:
- 21- Sleep in children:
- 22- “Picky” eating:
- 23- Tough love:
- 24- Your son vs. your father:
- 25- Never use threats to “control” your child:
- 26- Teach your child never to please or apologize:
- 27- Never use any definition of normal:
- 28- Never compare your child to anyone else:
- 29- Never use your child for entertaining:
- 30- Professional help vs. loving care:
- 31- Applied Behavior Analysis:
- 32- The happy sensitive child/adult:
- Some MEDICAL requirements for growth:
 - 1- Stress management:
 - 2- Hormonal hierarchy & order:
 - 3- Neurotransmitters:
 - 4- Parasites and other gastrointestinal problems
 - 5- Food sensitivities:
 - 6- provocative skin conductance test:
 - 7- toxicity:
- Some Dietary & exercise requirements for growth:
 - 1- Diet
 - 2- Exercise

VII- ADULT & INTERPERSONAL ISSUES MANAGEMENT

HOW TO CORRECT FOR AND CONQUER A TRAUMATIC PAST EXPERIENCE:

ON MEETING STRANGERS

INTRODUCTION TO PARTNERS, RELATIONSHIPS & SEXUALITY

ON DATING

ON INTIMACY

ON THE CHOICE OF PARTNERS

SENSITIVE & INSENSITIVE IN A RELATIONSHIP

ON WEDDINGS

SENSITIVE WOMEN & MOTHERHOOD:

ON LIBIDO

SEXUALITY

General state of emotional arousal

Task specific state of arousal (sexual arousal)

Women’s inorgasmia (orgasmic problems):

Male specific issues

IS SENSITIVITY SYNONYMOUS WITH BEING LESBISN/GAY?

DIVERSE TOPICS IN INTERPERSONAL RELATIONSHIPS:

- 1- Regression to childhood behavior on distress:
- 2- Selective Competitiveness:
- 3- Longing and yearning:

- 4- Logic ‘it’s a gift & a curse!’
- 5- perceived vs. actual threat:
- 6- What if things don’t go our way?
- 7- Idioms, subtleties and body language:
- 8- building alliances:
- 9- when sensitive people thrive – sense of mission:
- 10- anxiety on demand for performance:
- 11- on being advisors:
- 12- Work, Money and Wealth:
- 13- Means of corporate enslavement & discrimination against sensitive people:
- 14- quitting and starting over:
- 15- retirement
- 16- hunches & intuitions:
- 17- sleep & dreams
- 18- High rollers:
- 19- Worrying
- 20- Physical and Social Clumsiness
- 21- fatigue:
- 22- on invisibility & being ignored:
- 23- Anger
- 24- depression & anti-depressants:
- 25- therapy:
- 26- pain & somatization
- 27- when the shoe is on the other foot: Sensitives overwhelm others [parental behavior]:
- 28- Judgment and wisdom
- 29- Risk in opposing natural tendencies
- 30- sensitive people, altruism & the evening joke:
- 31- creating & drawing controversy
- 32- SHAME, PRIDE & SELF-VALIDATION:
- 33- An introvert or an extravert:

VIII- OTHER PHYSIOLOGIC CORRELATES OF AUTISM:

- 1- DEHYDRATION
- 2- FUNCTIONAL URINARY FREQUENCY
- 3- MIGRAINES & TENSION HEADACHES
- 4- SEASONAL AFFECTIVE TRANSFORMATION, THE WAR WITHIN
- 5- FIBROMYALGIA
- 6- HYPERSENSITIVE AIRWAYS
- 7- EXERCISE TOLERANCE
- 8- URINARY INCONTINENCE (ENURESIS); FECAL INCONTINENCE
- 9- PSORIASIS
- 10- HYPOGLYCEMIA:
- 11- CONSTIPATION:
- 12- RISK OF PARKINSON’S:
- 13- PTSD [POST-TRAUMATIC STRESS DISORDER]

IX- SUBMISSIVE YOUNG MEN PHENOMENON:

BACKGROUND & CASE PRESENTATION

EARLY CHILDHOOD

AGE 6-10

AGE 11-15

AGE 16-18

AGE 19

AGE 20-23

AGE 24-CURRENT

X- MYTHS DISPELLED

MYTH 1: AUTISTIC PEOPLE OBSERVE ALL RULES TO THE DEGREE OF OBSESSION:

MYTH 2: AUTISTIC PEOPLE LACK EMOTION:

MYTH 3: AUTISTIC PEOPLE LACK EMPATHY [CANNOT PUT THEMSELVES IN SOMEONE ELSE’S SHOES]:

MYTH 4: AUTISTIC PEOPLE ARE INFERIOR HUMANS:

MYTH 5: AUTISTIC PEOPLE ARE BORING:

MYTH 6: AUTISTIC PEOPLE LACK IMAGINATION:

MYTH 7: AUTISTIC PEOPLE ARE NOT SOCIAL BEINGS:

MYTH 8: AUTISM IS A “DISORDER”, MAINLY OF BOYS:

MYTH 9: AUTISTIC PEOPLE HAVE NO SENSE OF HUMOR

XI- AUTISM AND VACCINES

XII- AUTISTIC LIBERATION PRAYER:

XIII- A WORD ON ADH PERSONALITY [SYMPATHETIC DOMINANCE EFFECTS]

GENERAL & BACKGROUND

SPECIFIC CASE FOR GIRLS

EPILOGUE

XIV- APPENDIX

A-SALIVARY TESTING OF HORMONES:

B- FOOD INTOLERANCE AND ALLERGIES

C- ABOUT THE AUTHOR:

XV- SELECTED REFERENCES & FURTHER READING

XVI- GLOSSARY:

XVII- SUBJECT INDEX: