

自闭症游戏治疗肯定神经多样性观念

AutPlay® Therapy Neurodiversity Affirming Constructs

1、神经多样性意味着没有所谓正常的大脑。神经变化是自然的，没有对错之分。记住这句话：“我和你工作，不是为了改变你是谁，而是协助你获得你想要的、你需要的。” Neurodiversity means there is no such thing as a normal brain. Variation in neurology is natural, and none is more right or wrong than another. Remember the phrase “I’m not going to work with you on changing who you are, I’m going to work with you on how to help you get what you want or need.”

2、神经多样性儿童（自闭症、感官差异、多动症等）接受游戏治疗并不是因为他们的神经多样性，而是因为他们有诸如焦虑、挑战规则、创伤问题、社交需求、亲子关系问题等需求。要对儿童的神经多样性有所觉察，这可能意味着治疗师需要以不同的，匹配儿童神经类型的方法实施游戏治疗。 Neurodivergent children (autistic, sensory differences, ADHD, etc.) are not in play therapy because they are neurodivergent. They are in therapy because they have needs such as anxiety, regulation challenges, trauma issues, social needs, parent/child relationship issues, etc. Being neurodivergent is understand as awareness of the child which may require different methods of implementing play therapy to match the child’s neurotype.

3、了解儿童的游戏偏好和特殊兴趣。所有的神经多样性儿童都会游戏，并且有多种游戏类型和方式。应该尊重每个孩子的游戏偏好，不应该强迫神经多样性儿童以特定方式游戏。 Understand the child’s play preferences and interests. All neurodivergent children play and there are multiple types and ways to play. Each child’s play preferences should be respected and neurodivergent children should not be forced to play a specific way.

4、在决定治疗过程、需求和目标时，应听取和重视儿童的意见。儿童对他们想要解决的问题应拥有发言权。 Children’s voices should be heard and valued in deciding on processes, needs, and goals. Children should have a say in what needs they want to address.

5、避免使用那些促进掩蔽和语码转换的方法。要关注儿童的优势，帮助他们识别已经做得好的地方；帮助他们利用自己的长处满足自己的需求。【译者注：掩蔽：为了适应社会上神经典型的大多数而对外在残障症状进行隐藏。语码转换：为了增加他人的舒适感以换取公平待遇而对自己的

言谈风格、外表、行为和举止进行调整。】 Avoid play interventions that promote masking and code switching. Instead, focus on strengths and helping children recognize what they already do well; help them utilize their strengths to address their needs.

6、与众不同并非坏事、错事或是问题，我们支持儿童以不同的方式应对生活。我们绝不试图改变神经多样性儿童，让他们“看起来”符合神经典型的标准。 Different is okay, different is not bad, wrong, or a problem, navigating differently is supported. The focus is never on trying to change a neurodivergent child to “look” like a neurotypical standard.

7、关系发展是自闭症游戏治疗的核心过程。治疗关系是与神经多样性儿童及其家庭开展工作的关键，关系的发展始于第一次接触，直至治疗结束。 Relationship development is a core process in AutPlay Therapy. Therapeutic relationship is key to working with neurodivergent children and their families and should begin with first contact and continue until termination.

8、游戏是儿童天然的语言。游戏治愈力是自闭症游戏治疗的基本原则。游戏是致变因子，而不是达成变化的操纵控制手段。不应该为了让儿童听话或服从，不准他们游戏或把游戏作为奖励手段。
◦ Play is the natural language of children. The therapeutic powers of play are a grounding principle in AutPlay Therapy. Play is the change agent and not a manipulative to get to a change agent. Play is not withheld or used as a reward to gain compliance.

9、游戏治疗过程可能需要解决当事人自我价值方面的挣扎，协助他们理解身份认同，社会上的障碍模式，发展自我拥护、自我主张的能力。 The play therapy process may involve addressing self-worth struggles, understanding identity, the social model of disability, and self-advocacy development.

10、游戏治疗过程可能包括非指令性的方法、指令性的方法，或整合、处方式的方法。应该基于对孩子表现的谱系式理解，针对他们独一无二的神经类型，个性化地选择与实施治疗方法和过程。
◦ The play therapy process may involve nondirective methods, directive methods, or an integrative or prescriptive approach. The therapy approach and process should be individualized to the unique neurotype of each child understanding their spectrum of presentation.