



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 9-11, 2024

Clinic Summary Notes

Clinic Topic: A Spectrum of Possibilities: Teaching Guests with ASD - Mary Ellen Whitney

1. The CDC (Center for disease Control) keeps up to date information and stats on ASD:
<http://www.cdc.gov/ncbddd/autism/index.html>.
2. Understand basic definitions, and traits (characteristics) – Watch this short video - Dr. Doreen Granpeesheh breaks down the autism diagnosis criteria in the new DSM-V (Diagnostic and Statistical Manual of Mental Disorders) <https://www.youtube.com/watch?v=ILiX9gGd0Ik>.
3. There are tons of YouTube videos on causal theories and controversies on the web: Here's a condensed version that makes sense : https://www.youtube.com/watch?v=yxwW57_dEUI.
4. Dual diagnoses are increasingly common in our snowsports schools' guests, where an individual is diagnosed with ASD and a second major disability diagnosis. Dual diagnoses are common. Good article:<http://autismnow.org/articles/dual-diagnosis-people-with-autism-and-dealing-with-mental-health-challenges>.
5. All Behavior is Communication – recognize signs that your students' sensory issues are beginning to overwhelm him/her and take fast action to remove the stimuli that may escalate to crisis.
6. Make Environments predictable; prepare, long in advance, for transitions or change.
7. Temple Grandin, diagnosed with profound ASD, is an American professor of animal science at Colorado State University, best-selling author, autism activist and consultant to the livestock industry on animal behavior. There are dozens of videos online about Dr. Temple Grandin and her thoughts on how people with ASD think. Watch her lectures: https://www.youtube.com/watch?v=IA4tE3_2qmI and read this article to find her TED lectures and bio https://www.ted.com/speakers/temple_grandin.
8. The more you know and understand how people with ASD think, behave and communicate, the easier it is to help them learn our sport! Keep learning yourself!