

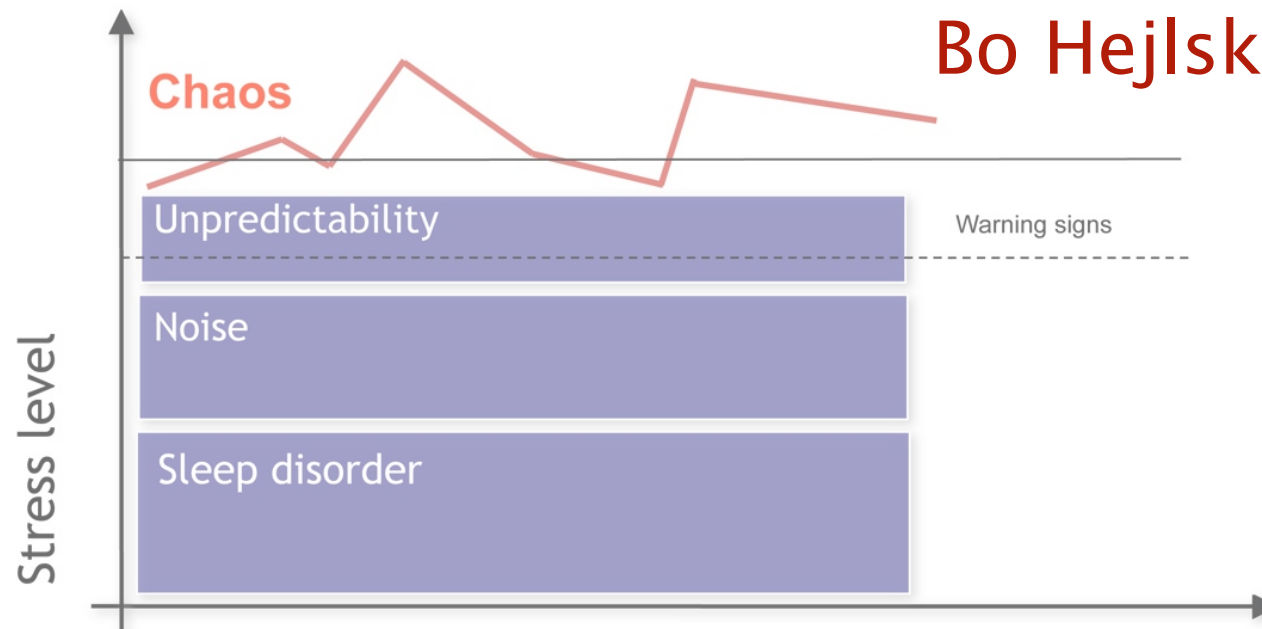
# An adaptation of the stress–vulnerability model in autism

Trine Uhrskov

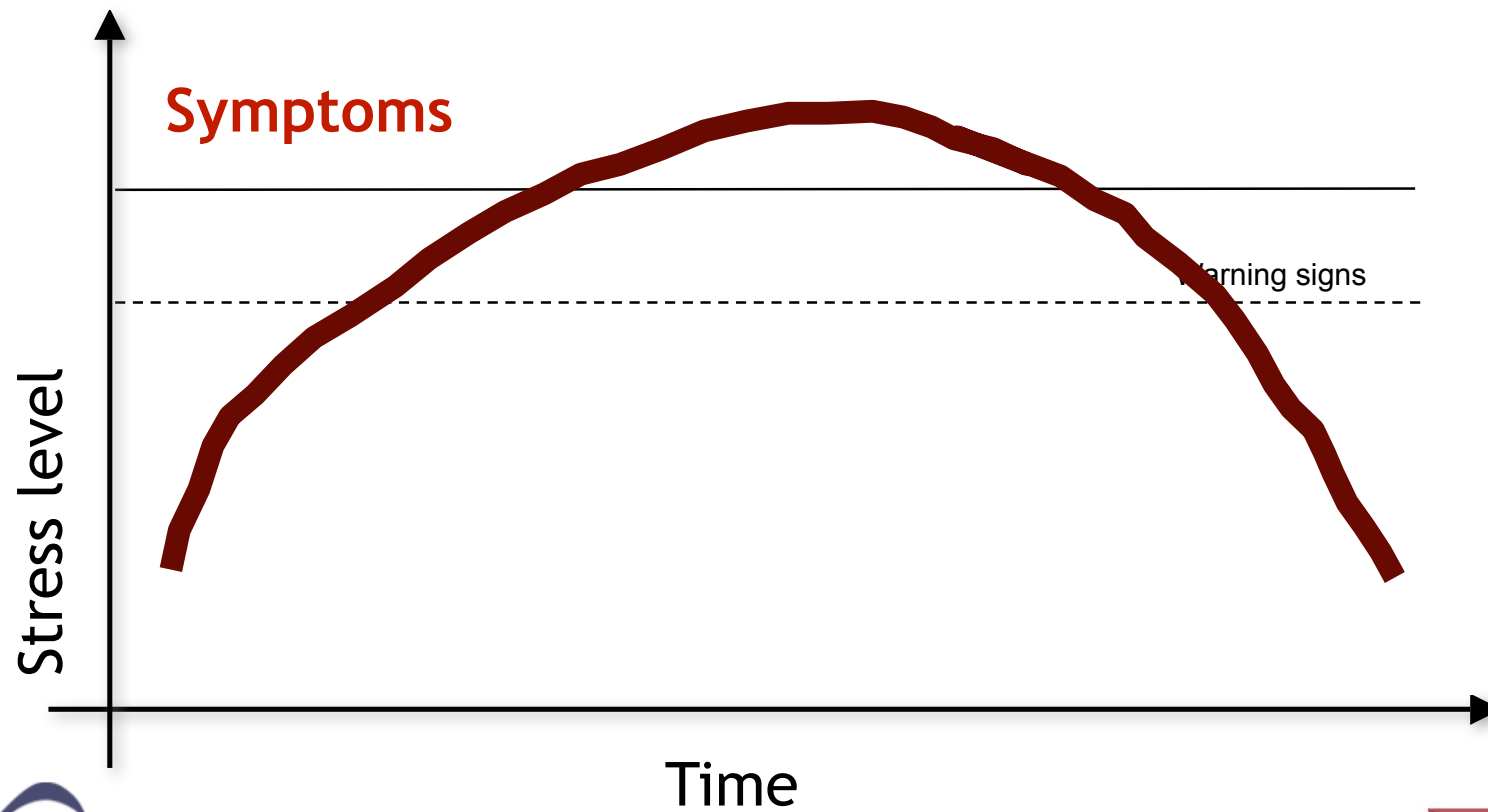
*Aspergers Ressource Center*

Bo Hejlskov Jørgensen

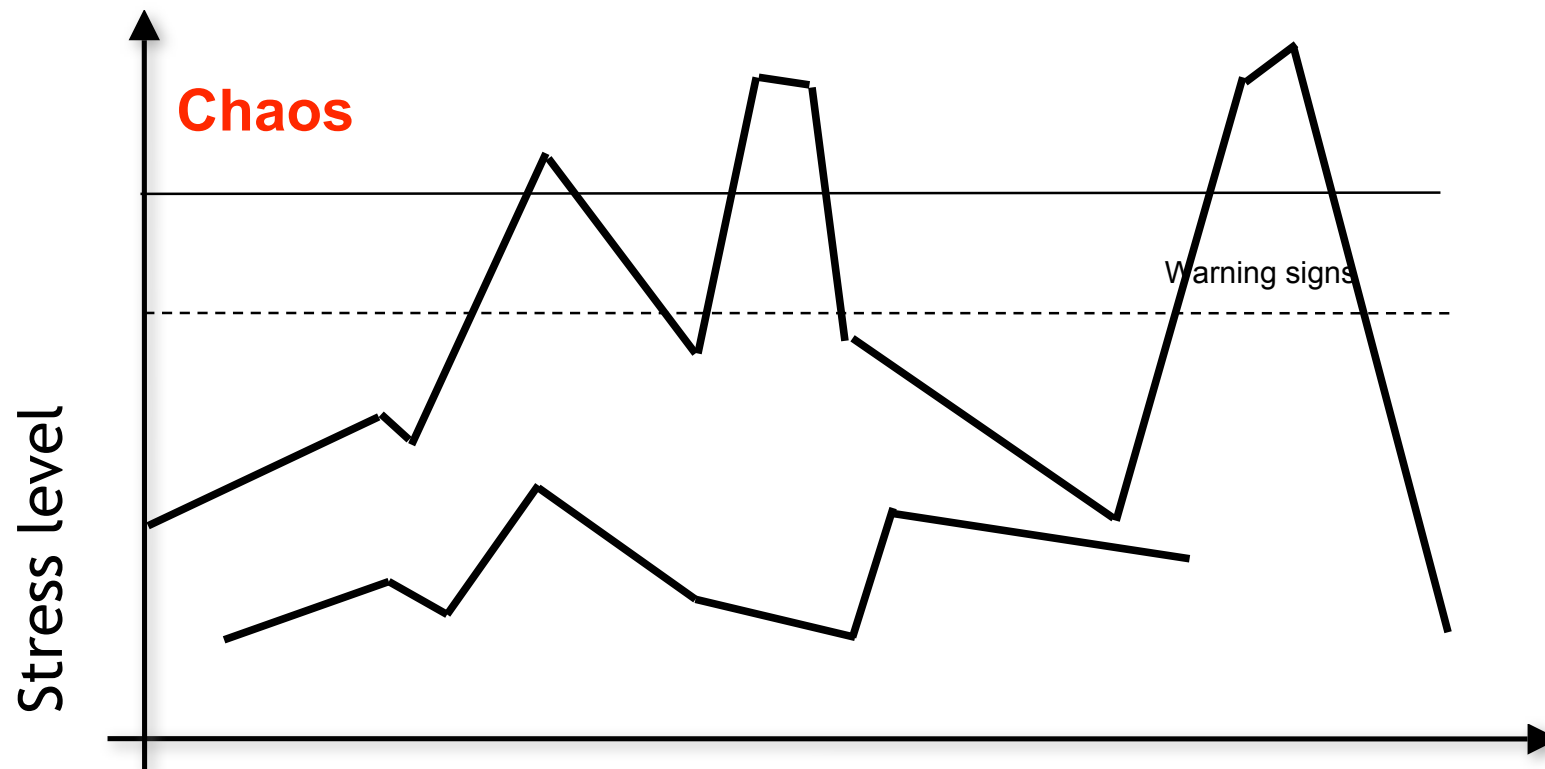
*PsykologCompagniet*



# The Nuechterlein and Dawson stress-vulnerability model in schizophrenia



# The Hejlskov Uhrskov Stress Model in Autism



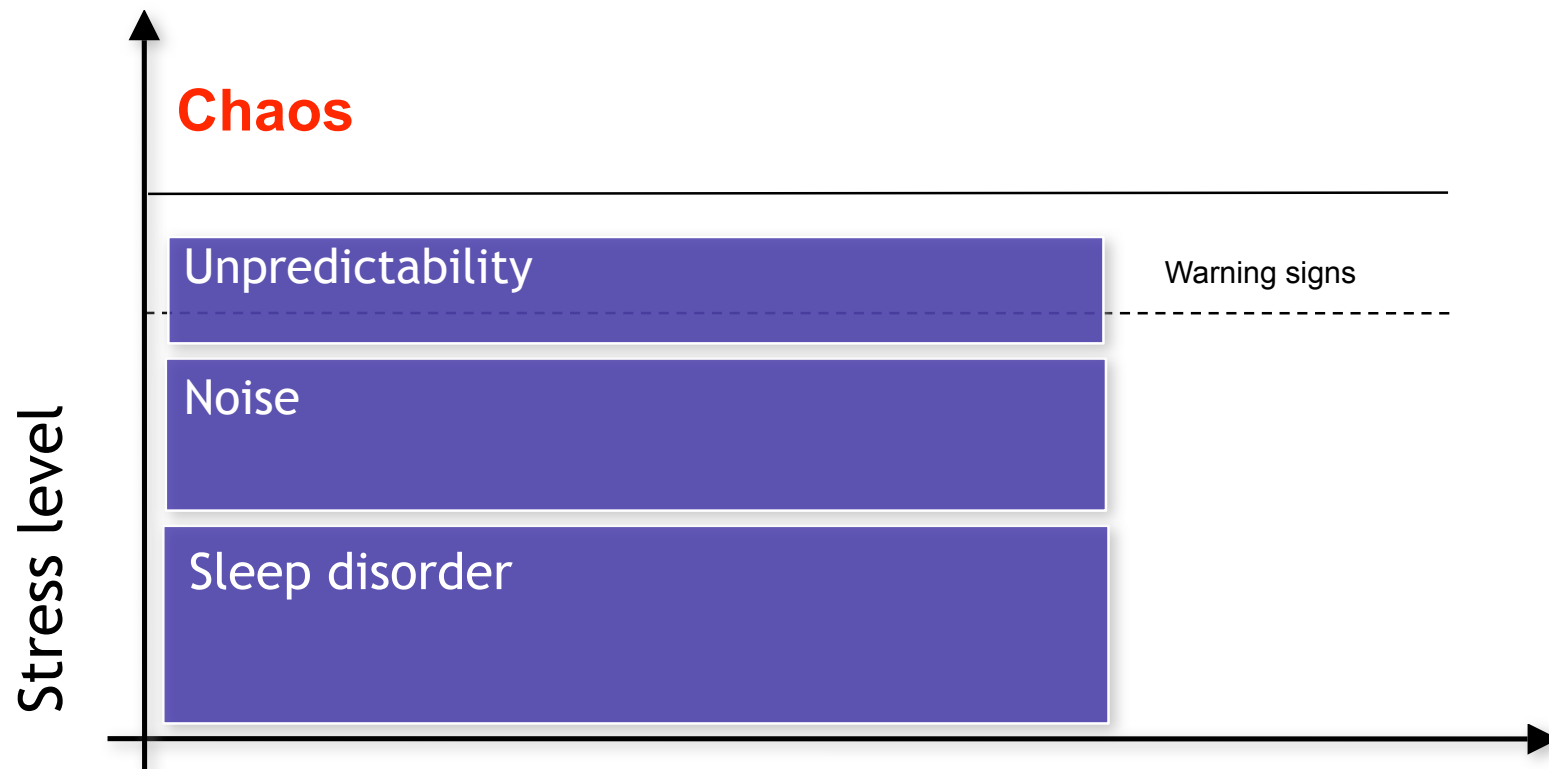
# Stress factors

Two types of stress factors

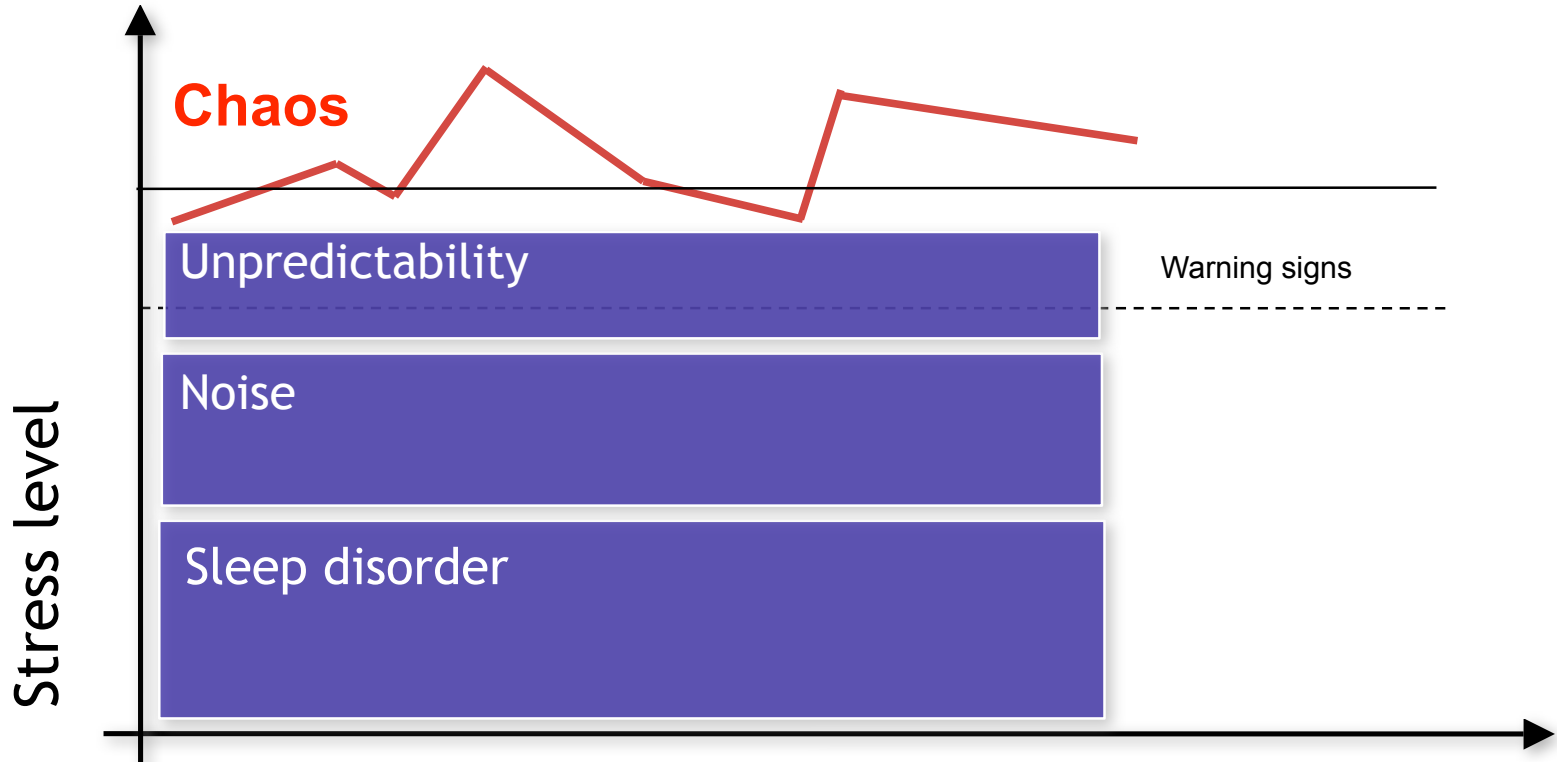
**Situational**

**Basic**

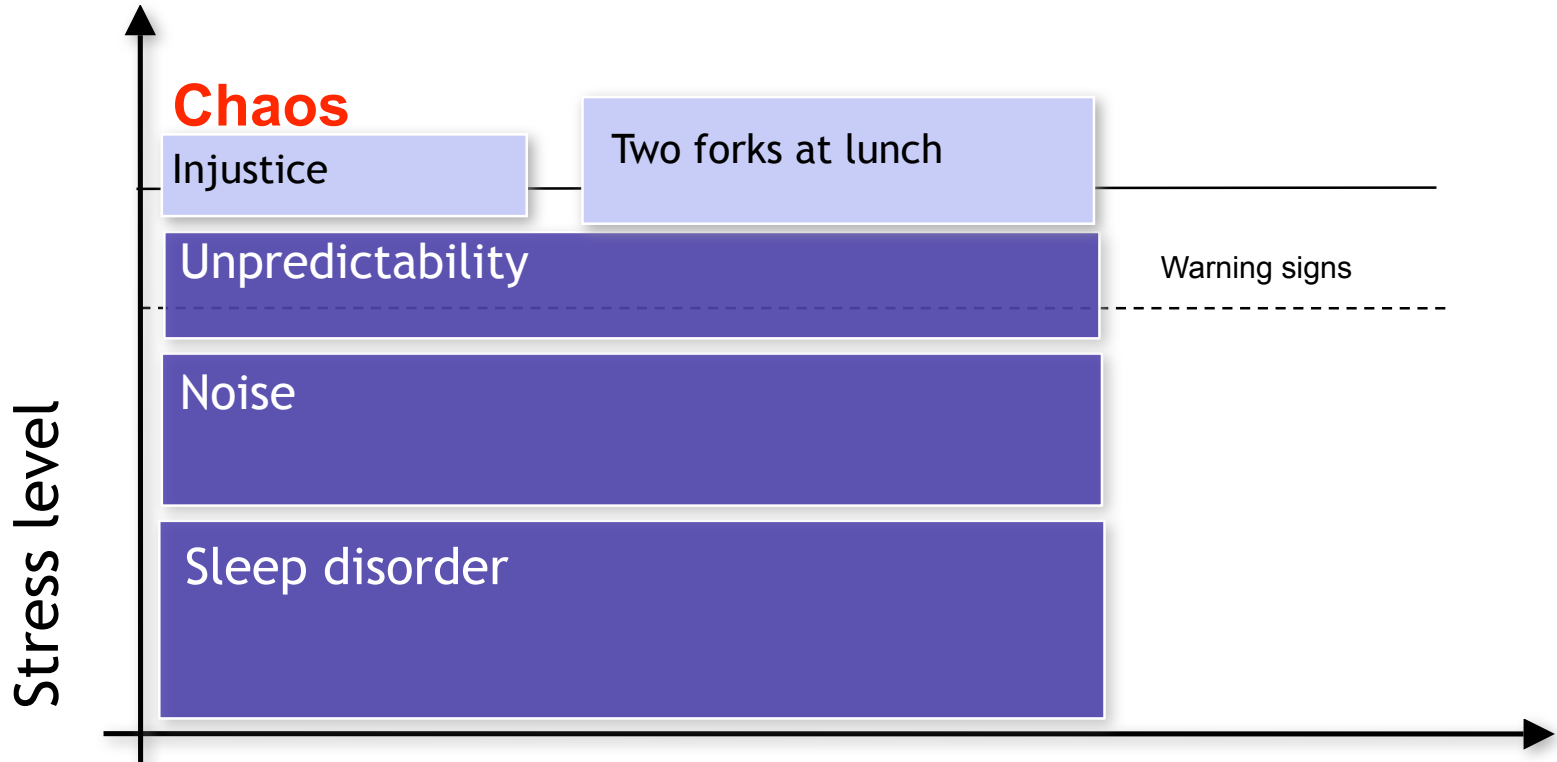
# Basic stress factors



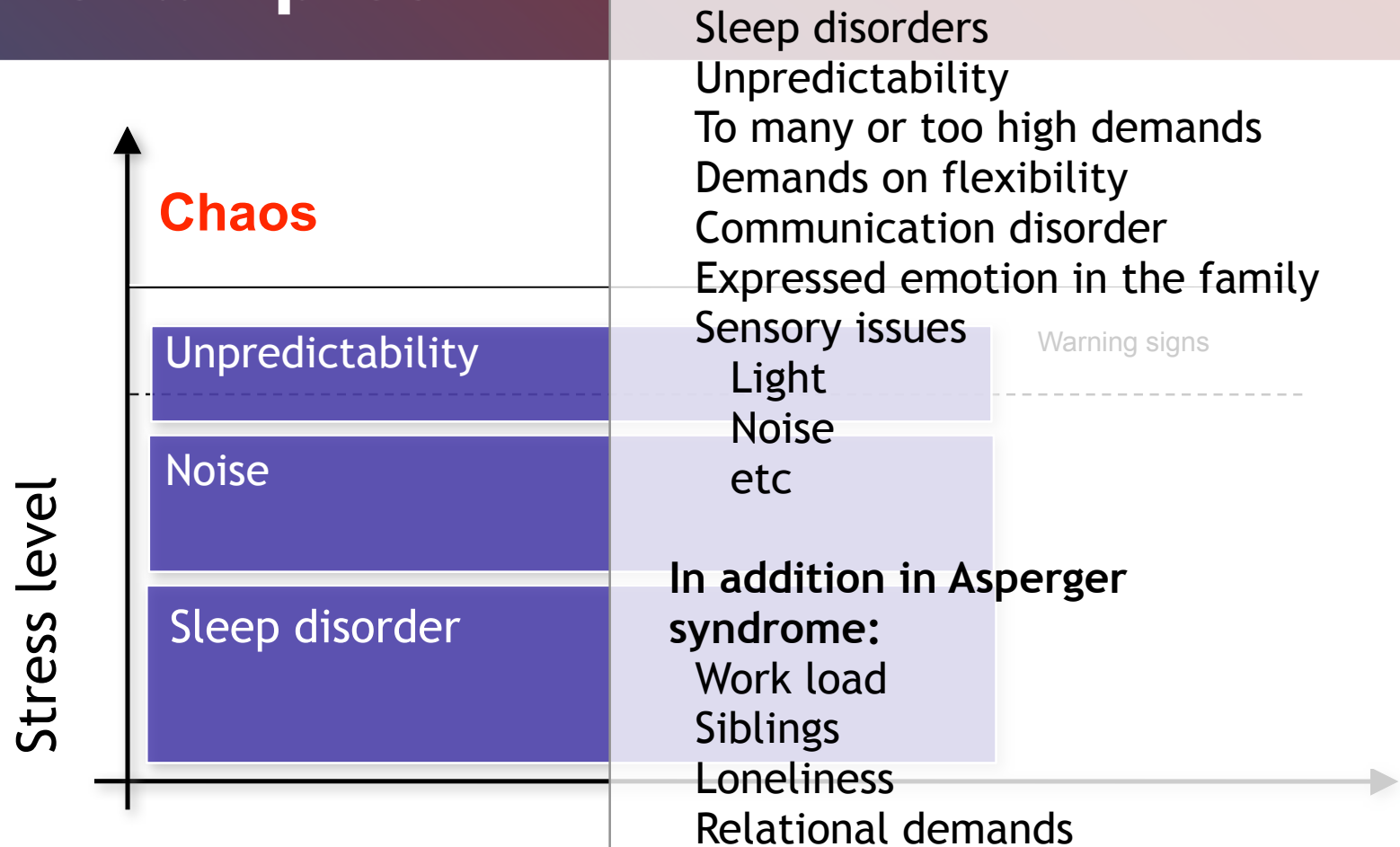
# Situational stress factors



# Situational stress factors

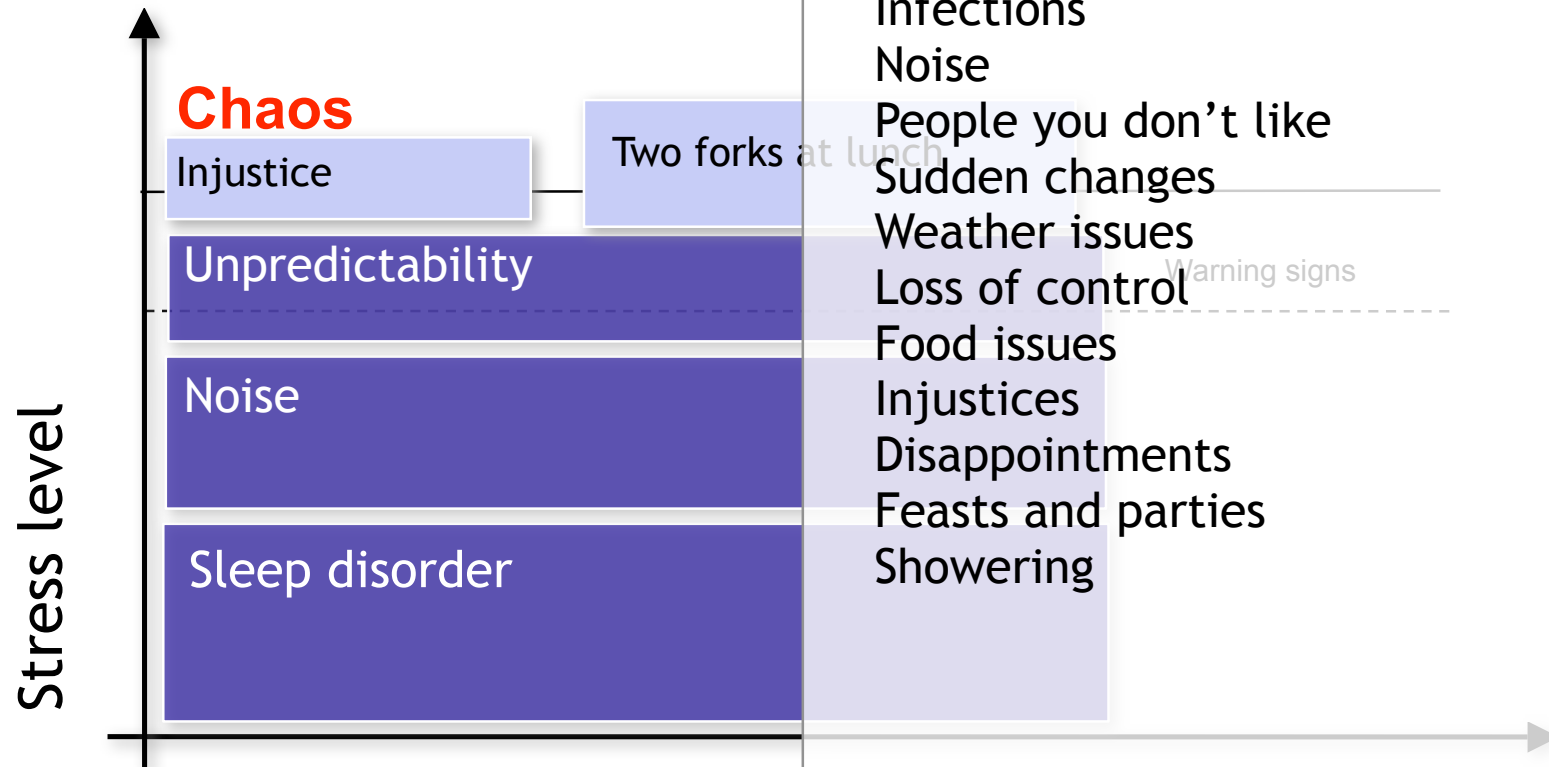


# Basic stress factors – examples

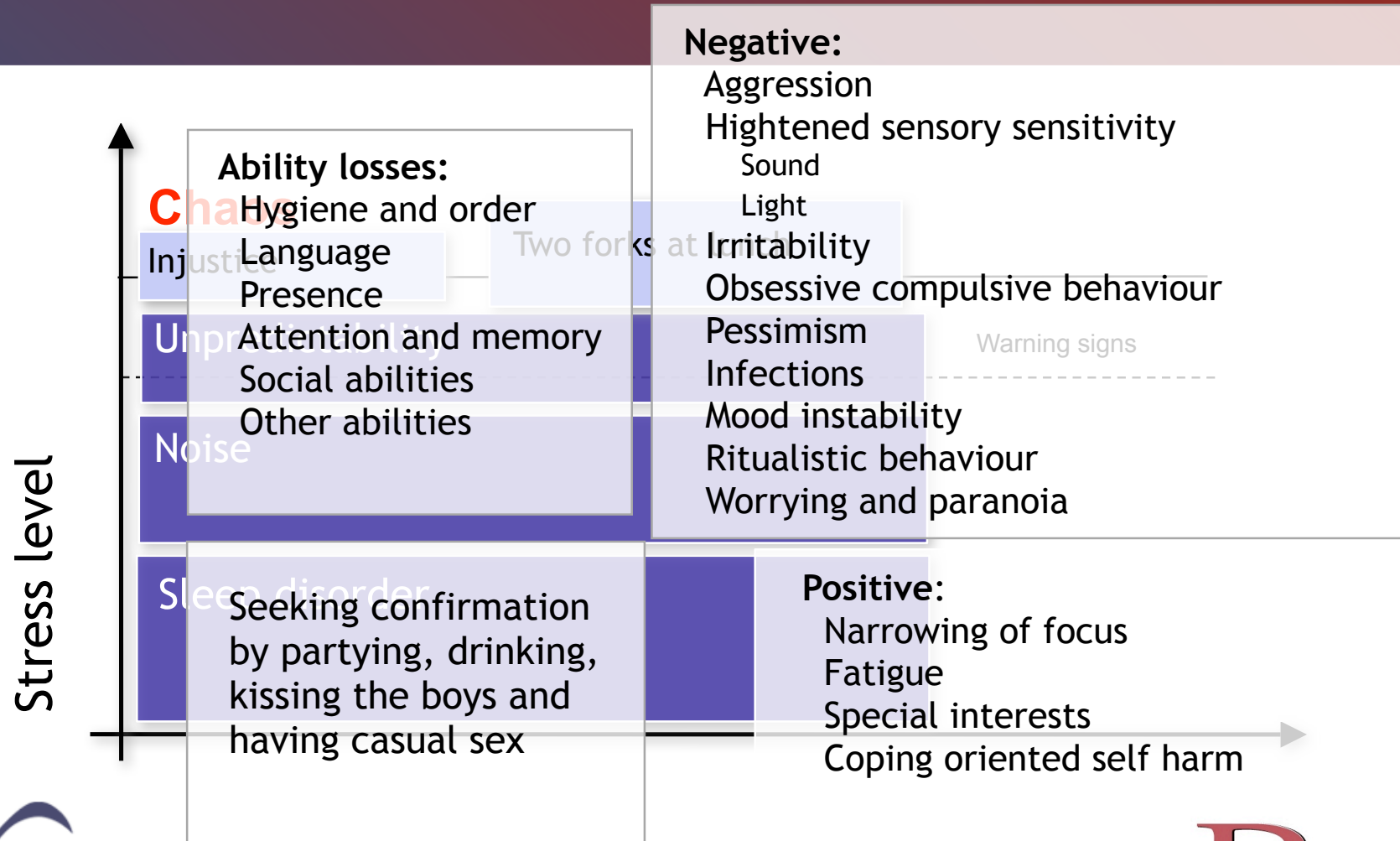




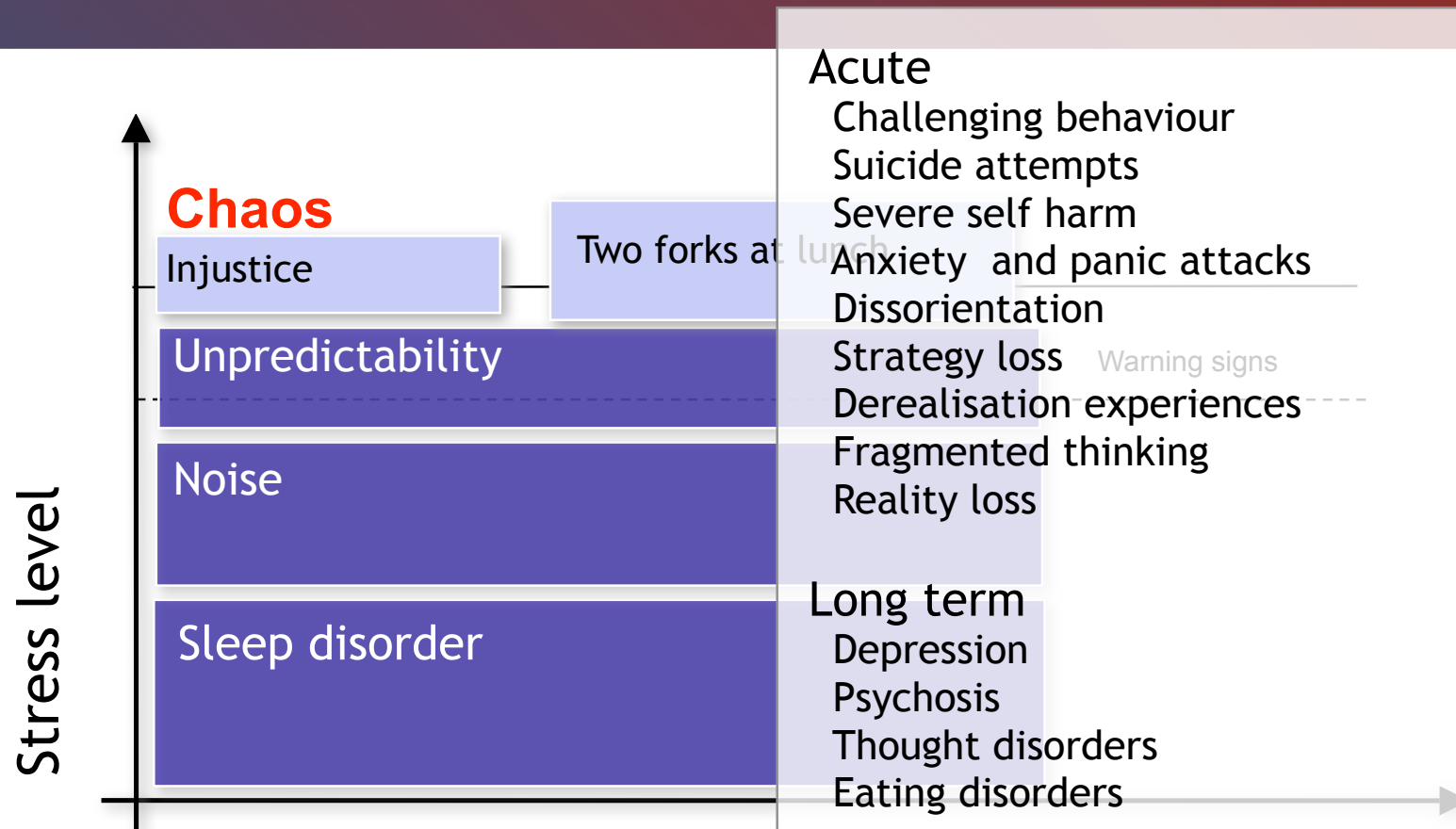
# Situational stress factors – examples



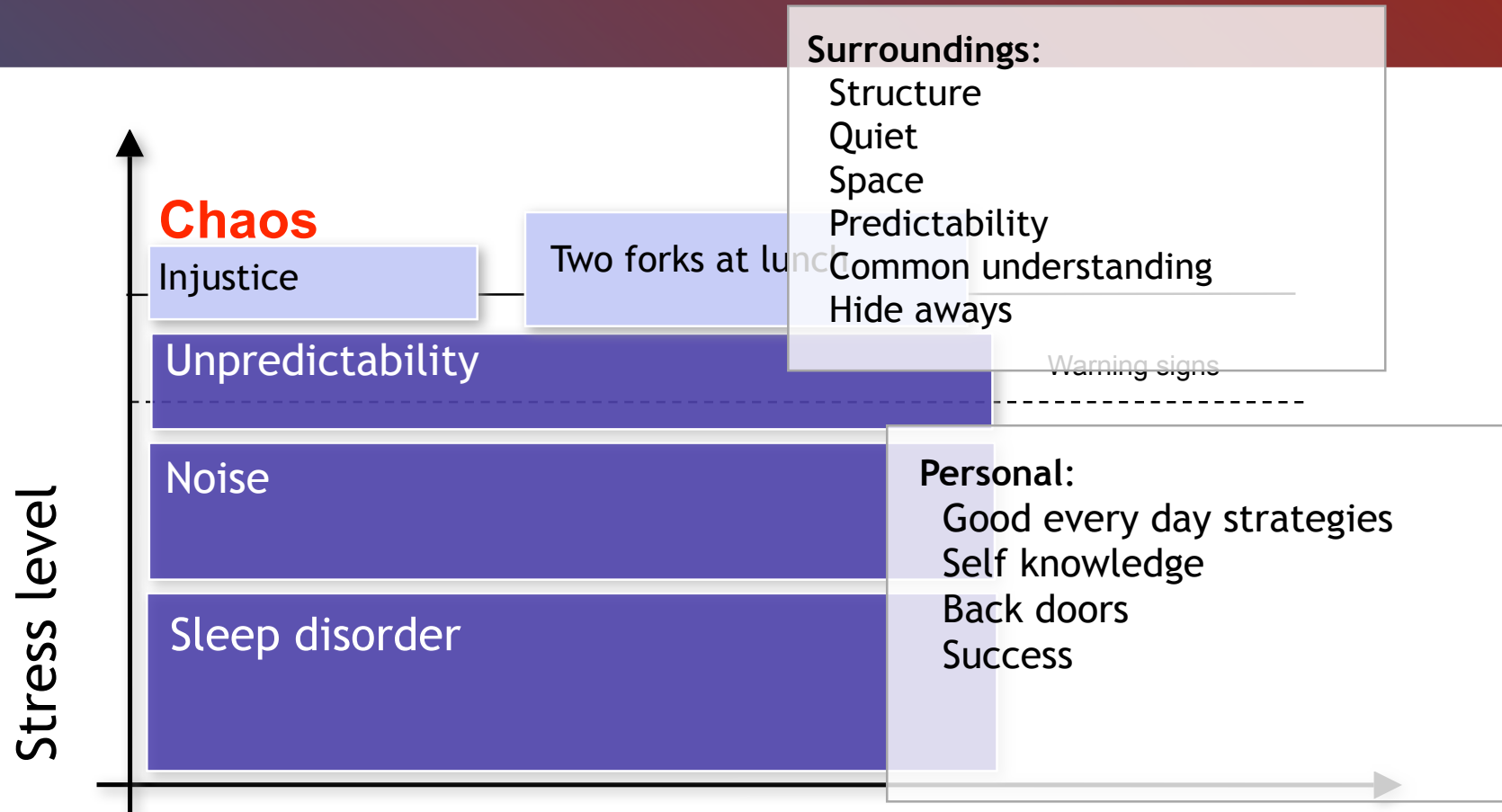
# Warning signs – examples



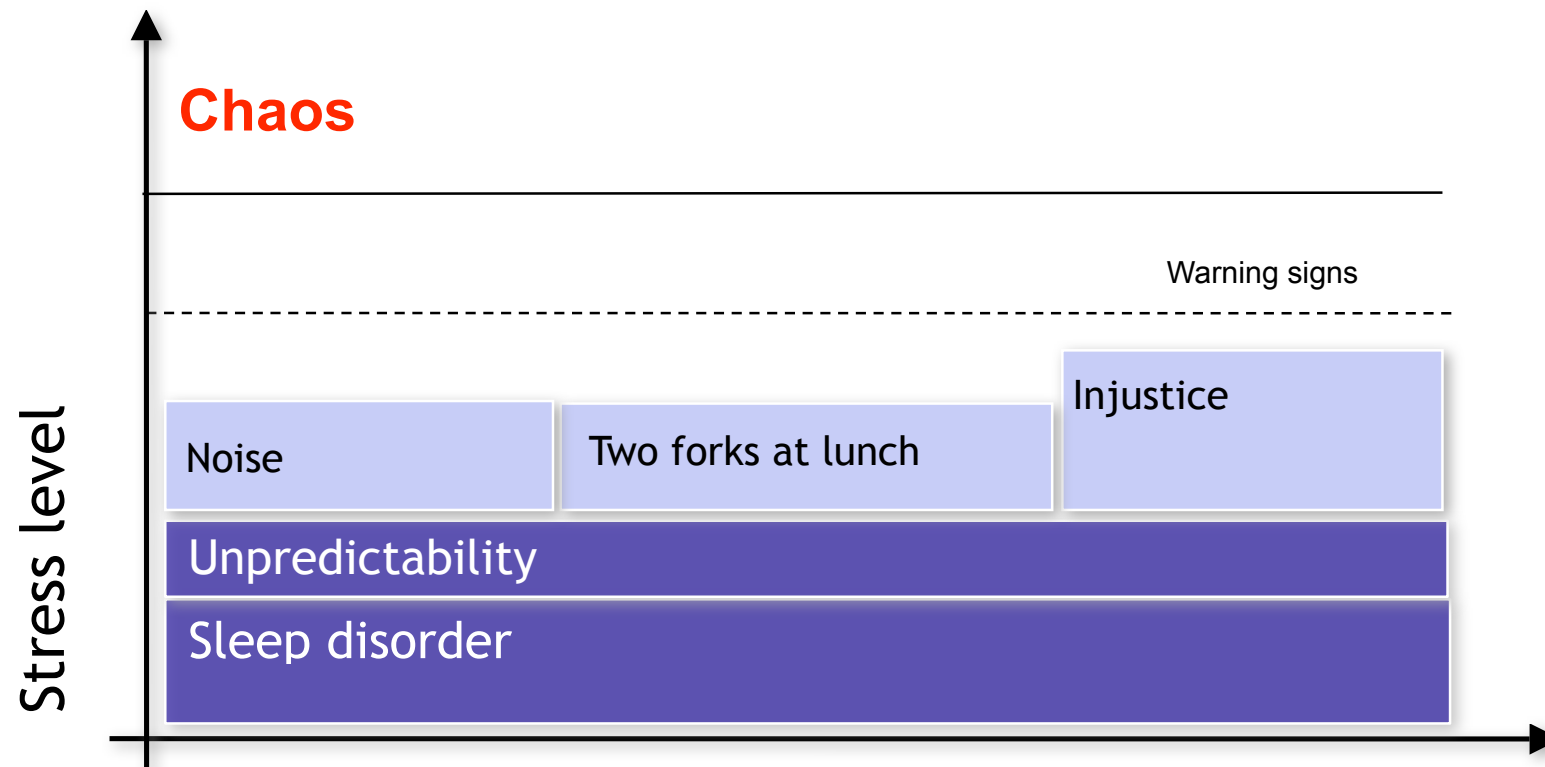
# Chaos signs – examples



# Protective factors – examples



# Below the chaos line



# Using the stress model

- Identify
  - Personal warning signs and chaos signs
  - Personal stress factors
- Minimize basic stress factors
- Vary situational stress according to warning signs
- If possible, use the model in a psychoeducational setting

# An adaptation of the stress– vulnerability model in autism

Thanks