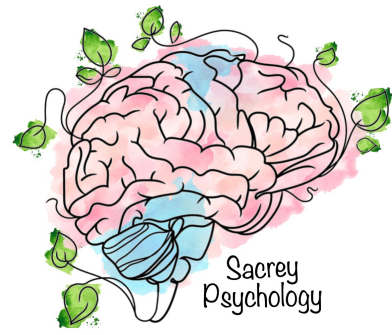


Newsletter



Welcome to my seasonal newsletter – a very brief update on things that I find or create that may be of interest to you. For fall 2023, I have three updates:

First – I have launched my personal psychology website, www.sacreypsychology.com where you can find information on resources, neurodiversity, and strategies, amongst others. I am always adding new things, so check back frequently. I also take requests, so if you have a topic that you would like me to write about, let me know!

Some recent topics I have written about include:

Autistic Burnout: <https://www.sacreypsychology.com/autistic-burnout>

Glimpse: “Autistic burnout” has been used for a long time by members of the autistic community to describe the negative impact of living in a world set-up for neurotypical people. Although it has been discussed within the autistic community for a long time, research into autistic burnout is relatively new (Mantzalas et al., 2022a). The first research study of burnout from the perspective of autistic adults was in 2020 (!!), with the second in 2021...”

Sensory Differences: <https://www.sacreypsychology.com/sensory-differences>

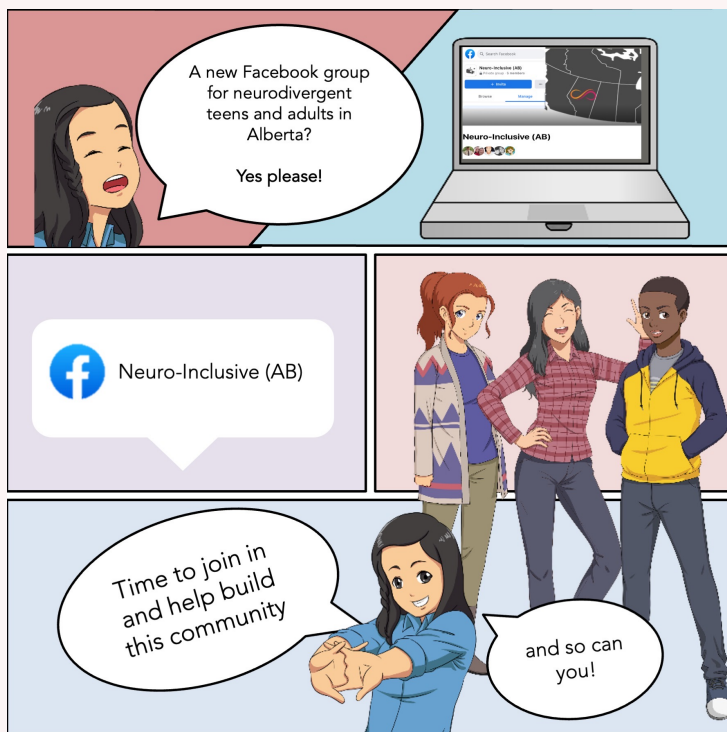
Glimpse: “All information our brain takes in is sensory in nature. If brains attended to 100% of the information coming in, we would be constantly overwhelmed. Because of this, humans come with filtering systems to decrease the amount of information coming in. The filtering system of neurodivergent brains can be different from those of neurotypical/allistic brains in two ways:

- 1. The filter lets in comparatively more sensory information*
- 2. The filter lets in comparatively less sensory information...”*

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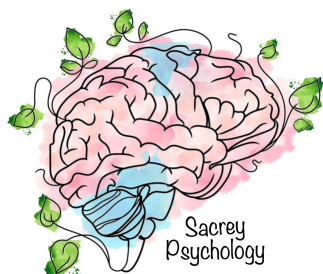
Second – My friend and autistic advocate launched a new social group on Facebook that you may be interested in joining if you are looking to build your social network. It is set up to be a place to connect with other neurodivergent folks and allies. It's called **Neuro-Inclusive (AB)**

Feel free to join if you feel this might be a place for you.



Third – My friend and I are planning to launch a social group in Edmonton for neurodivergent folks (and allies). There is no agenda, apart from being a place to come together. We will provide a loose organizational structure to encourage socialization (trivia groups, board games) but the content and activities will be driven by group suggestions.

If this might be of interest to you, please let me know.



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