

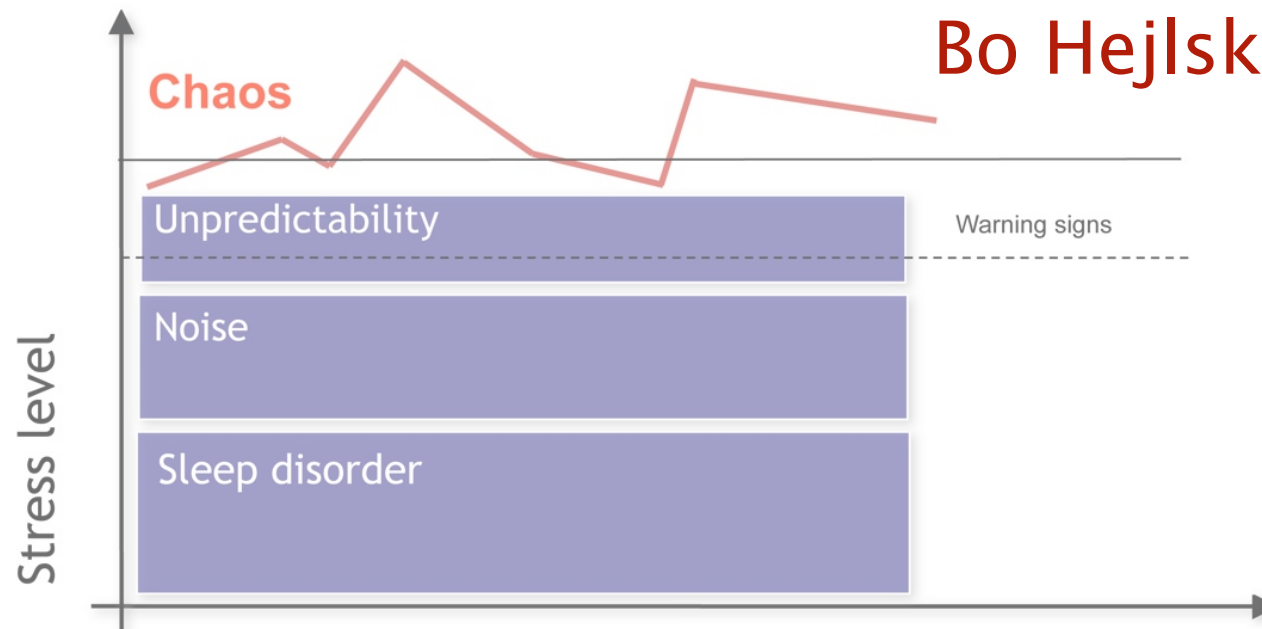
An adaptation of the stress–vulnerability model in autism

Trine Uhrskov

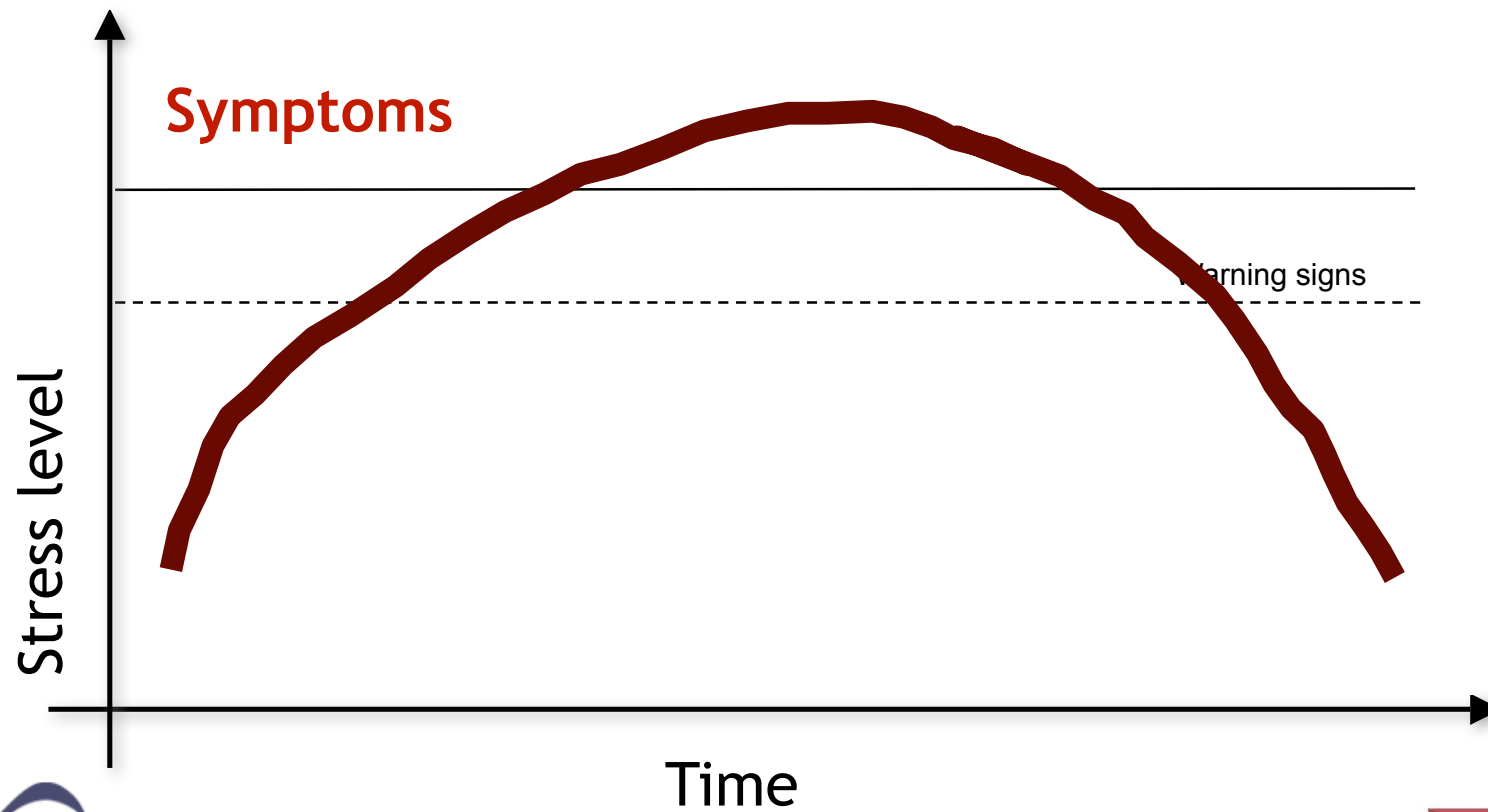
Aspergers Ressource Center

Bo Hejlskov Jørgensen

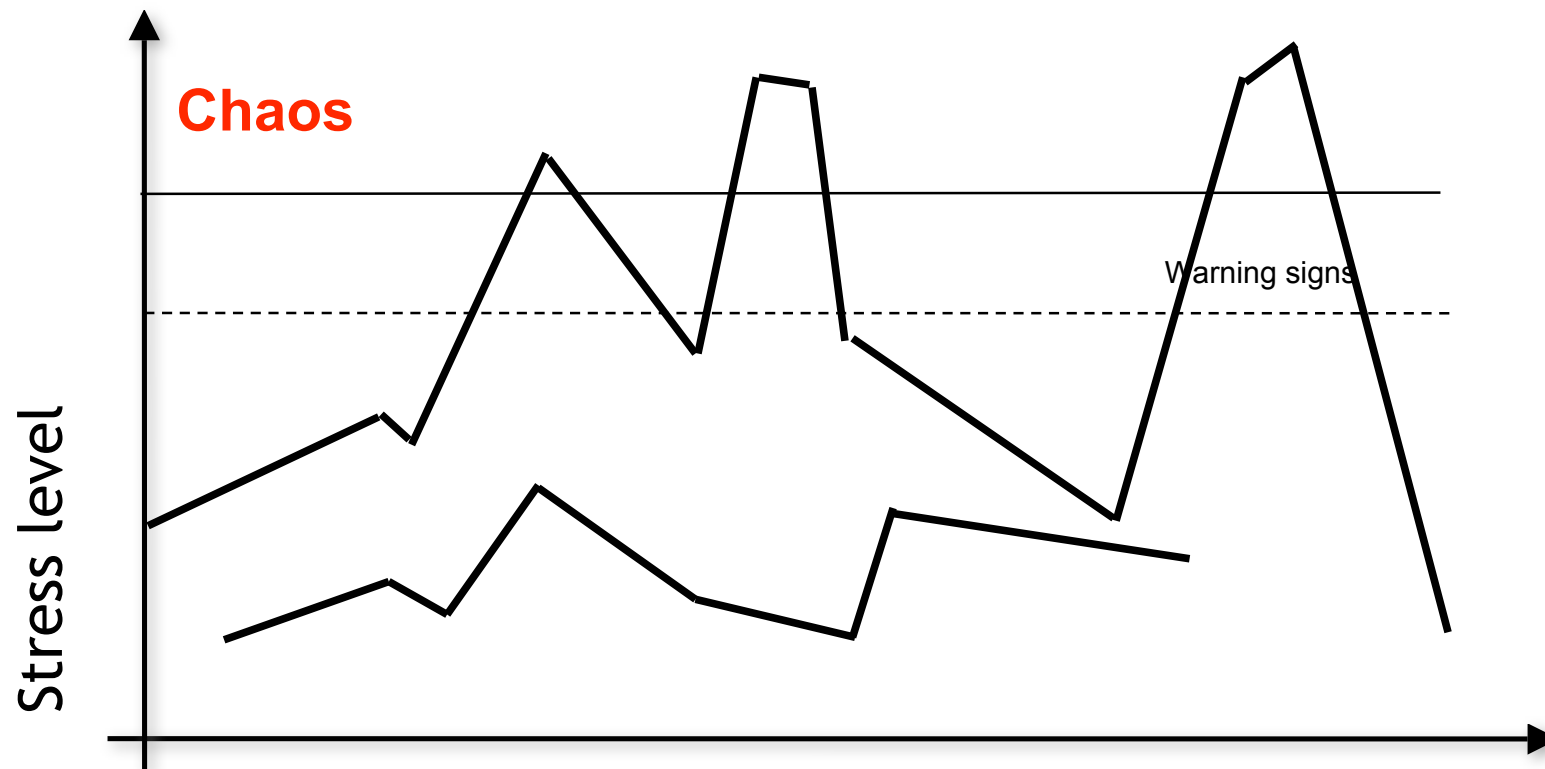
PsykologCompagniet



The Nuechterlein and Dawson stress-vulnerability model in schizophrenia



The Hejlskov Uhrskov Stress Model in Autism



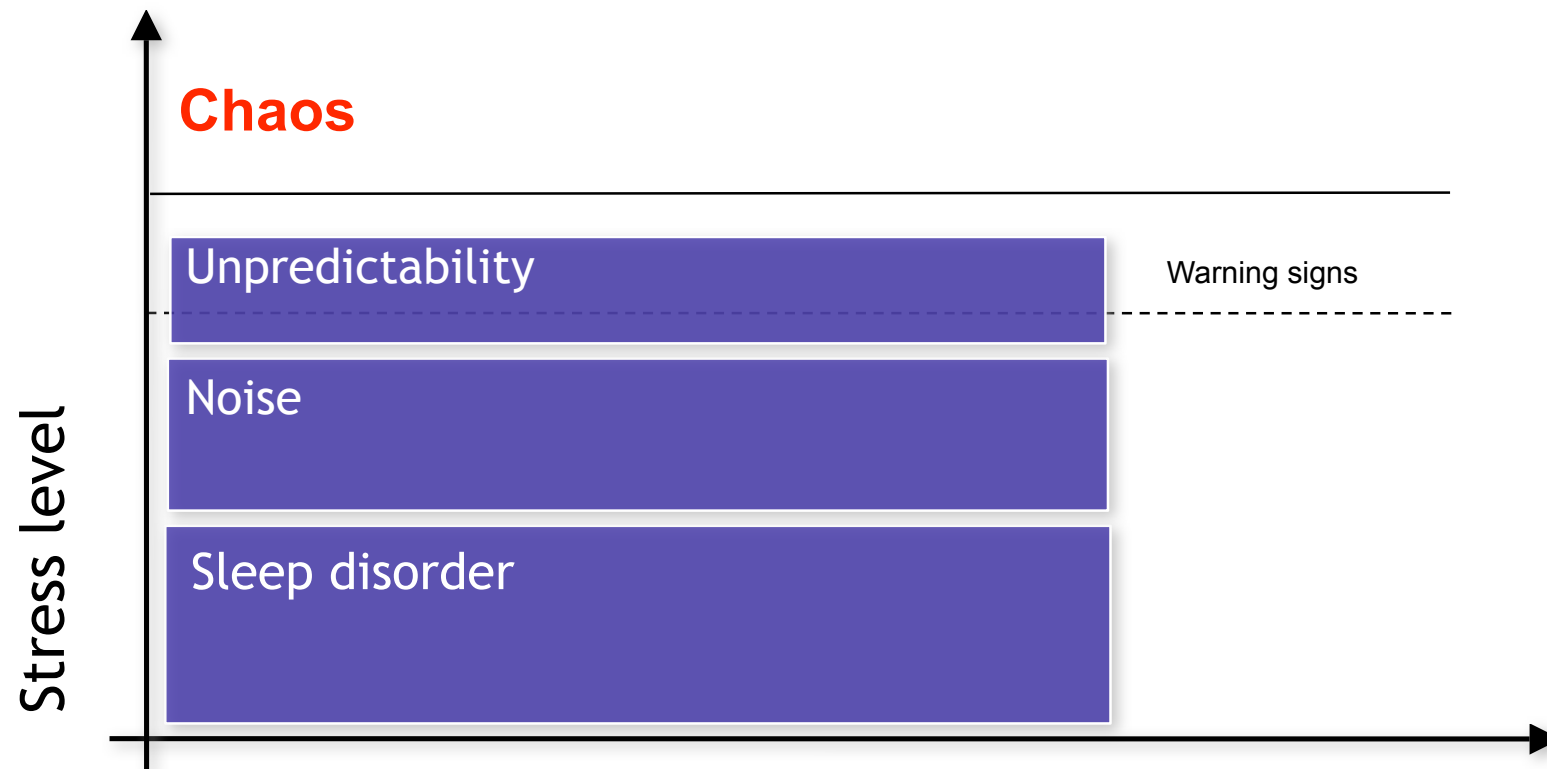
Stress factors

Two types of stress factors

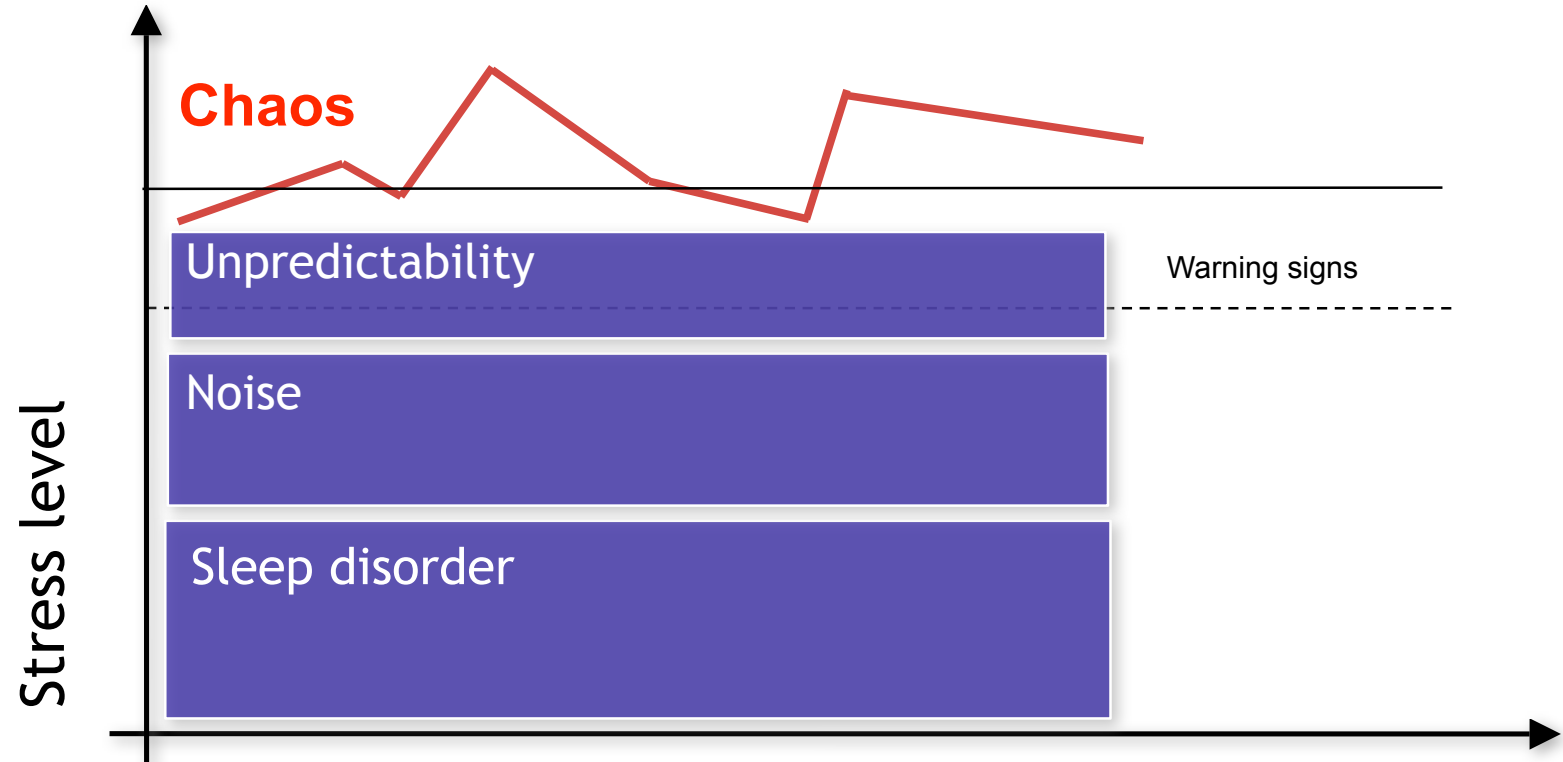
Situational

Basic

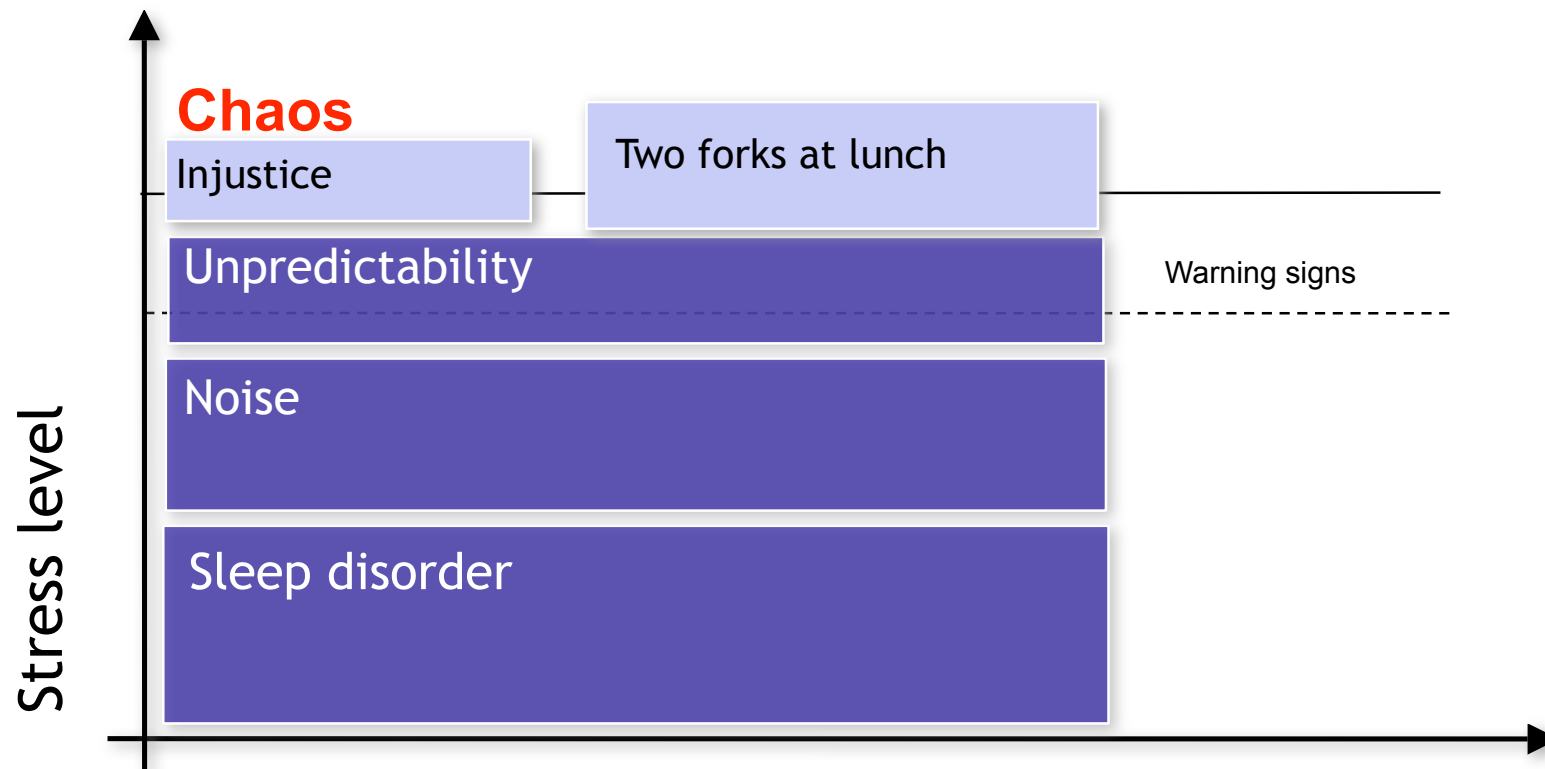
Basic stress factors



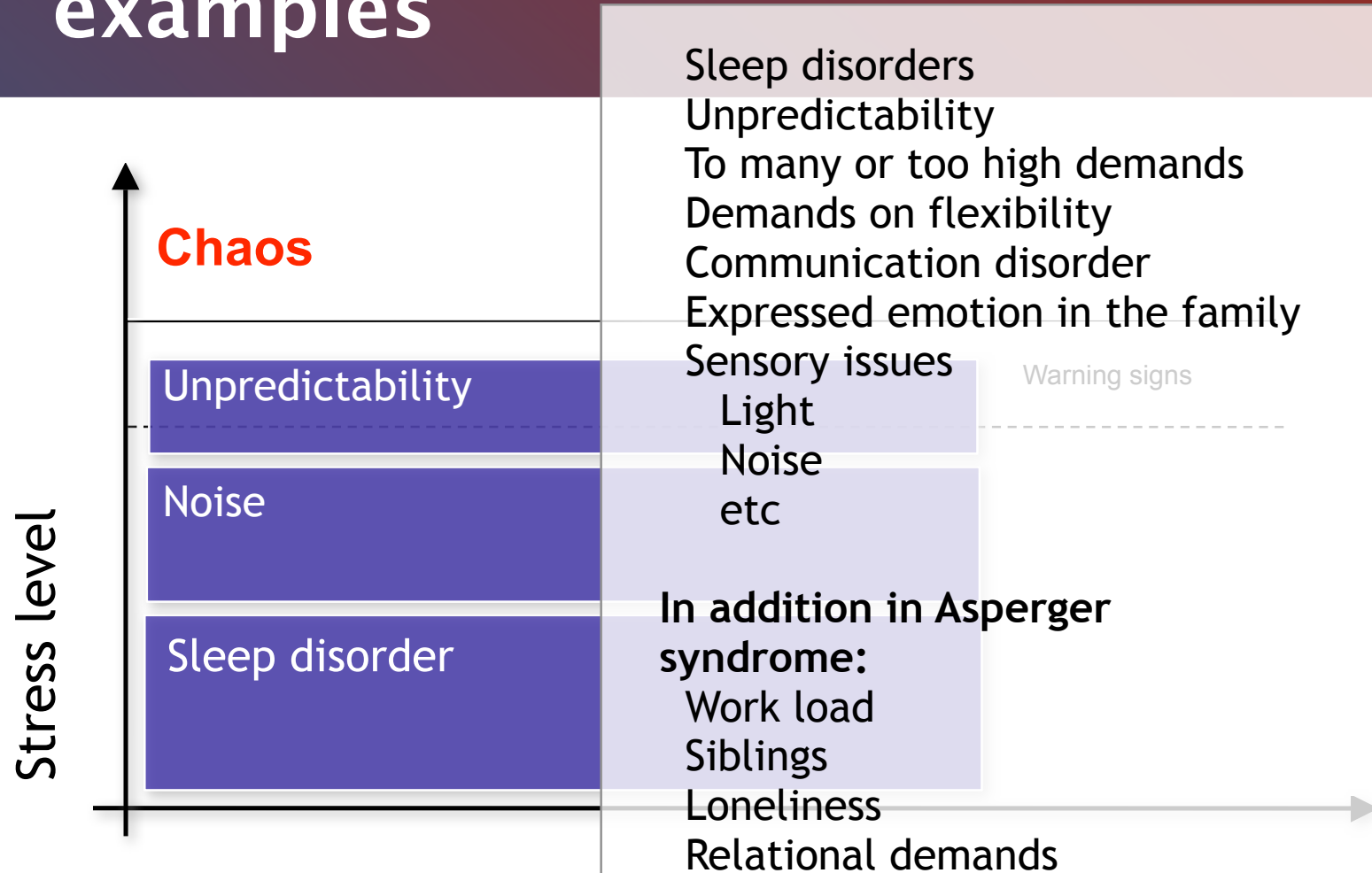
Situational stress factors



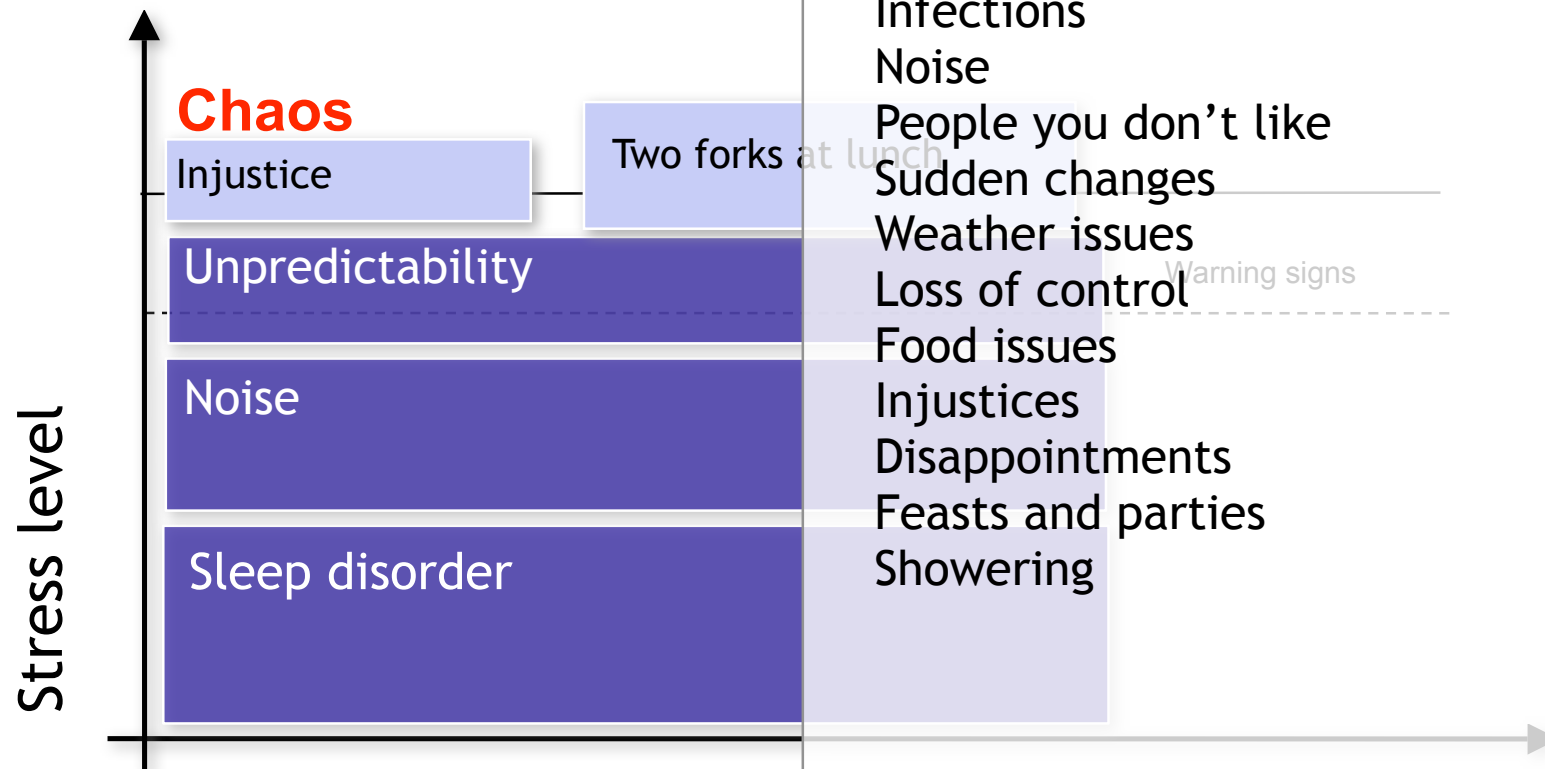
Situational stress factors



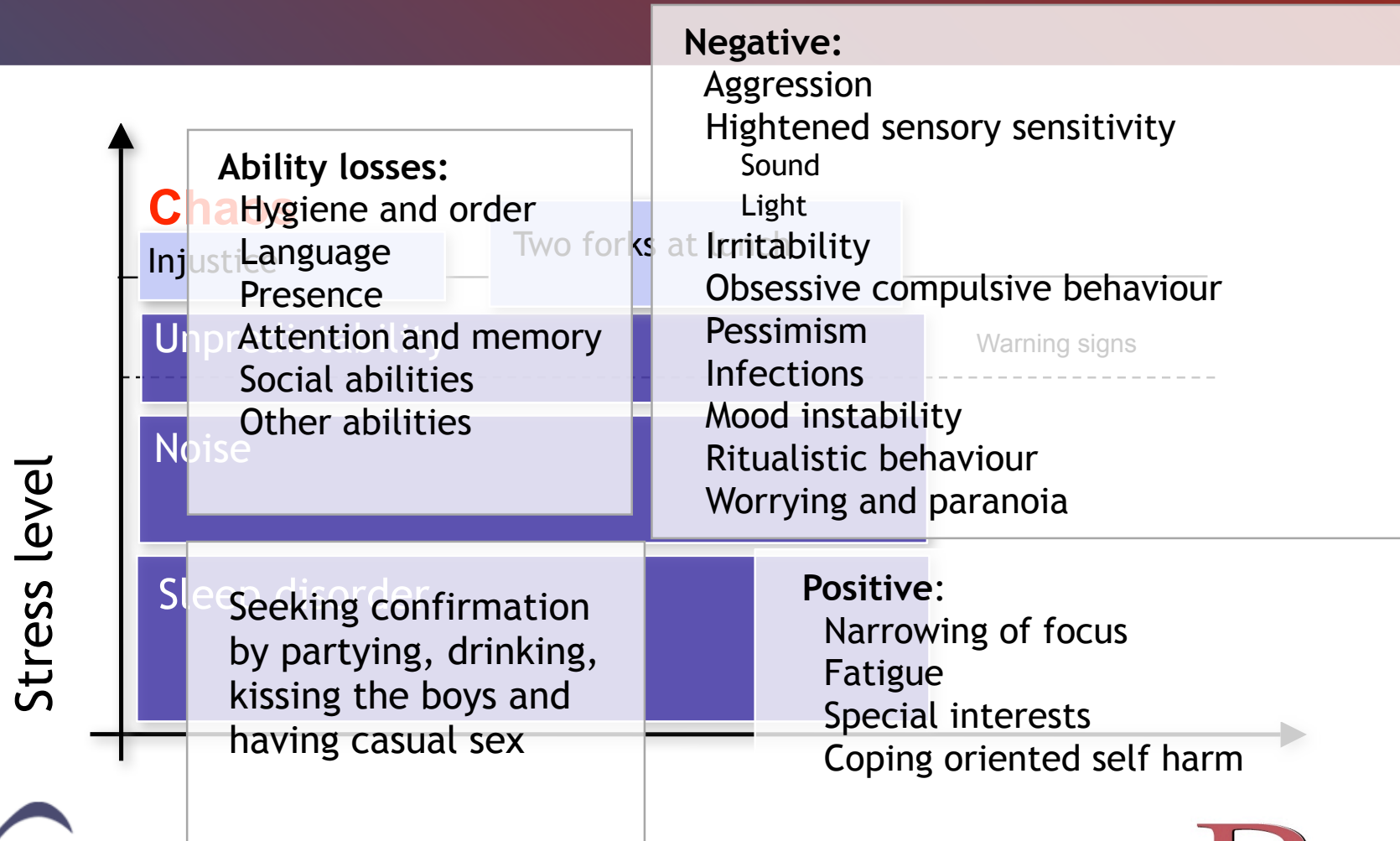
Basic stress factors – examples



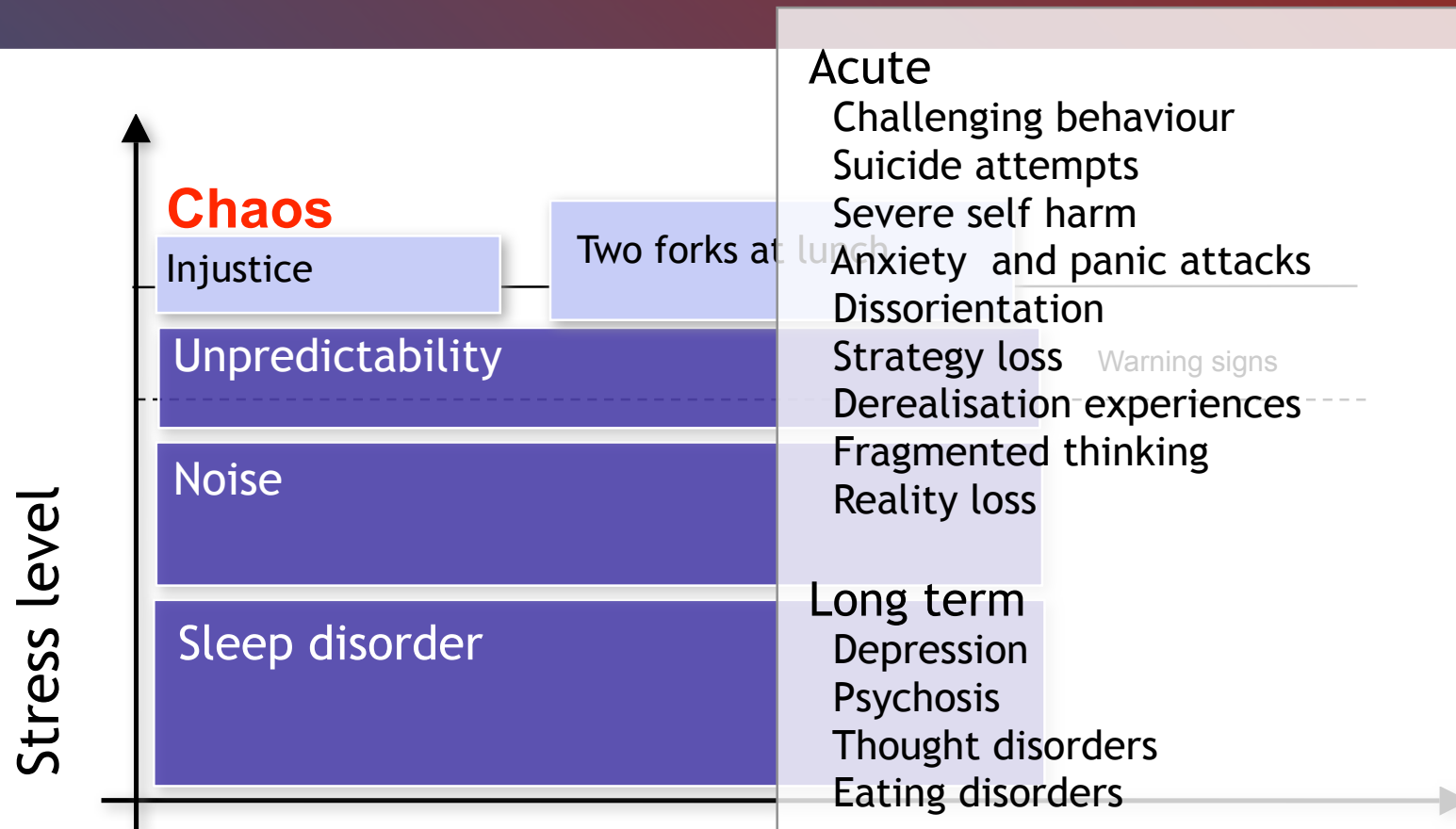
Situational stress factors – examples



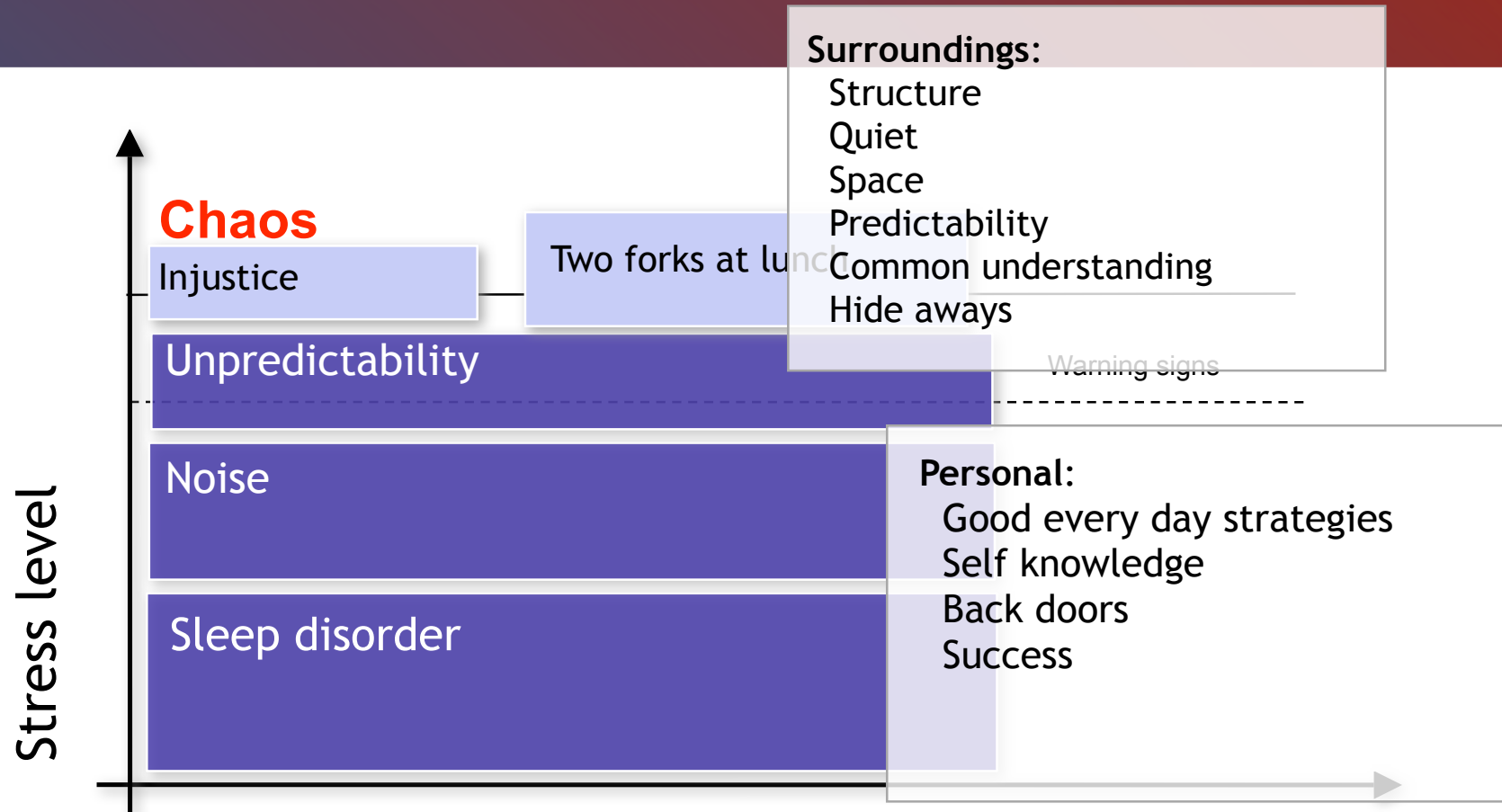
Warning signs – examples



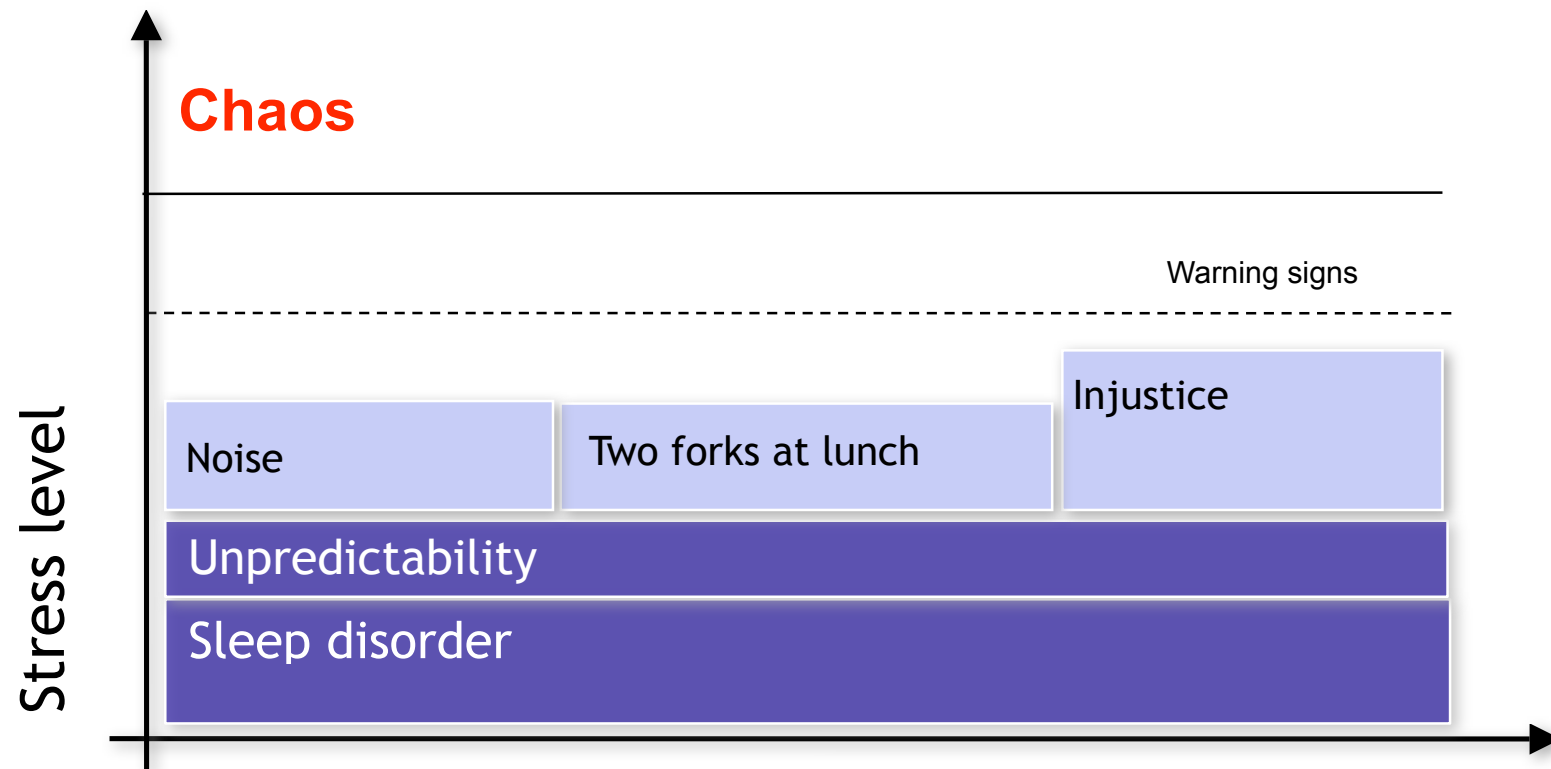
Chaos signs – examples



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