



# People with Autism Behaving Badly: Helping People with ASD Move On from Behavioral and Emotional Challenges

*John Clements*

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People with autism spectrum conditions may often behave in ways that cause difficulties for themselves and those who care for them. *People with Autism Behaving Badly* offers effective, long-term strategies to help resolve common problem behaviors such as physical aggression, self-injury, verbal abuse, rudeness and property damage.

The book is organized around the common messages conveyed by behaviors and some of the underlying issues that drive these messages. Practical ideas for intervention are provided and illustrated by case examples. A range of exercises help to build understanding of the issues and detail appropriate plans. A log book helps to track what has been tried and what has been learned. In addition the author explores the role of relationship 'styles' that can help reduce challenging behaviors and encourage positive ones. Realistic information about working together with individuals, families and outside agencies, and about the pros and cons of medication, is also included.

This hands-on, practical manual is indispensable for families, carers and anyone involved with autistic people who need help with behavioral or emotional challenges.

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