



The Sky is the Limit: Autism Lights Up the World!
By Kerin Bellak Adams
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Until approximately 2019, Autism was viewed as an impediment to living a productive and fulfilling life. All that changed with an amazing film in 2021 produced by CBS and called “Recruiting the Talent on the Autism Spectrum.” From that segment, the author Kerin Bellak Adams, who writes both books and articles on this subject, was inspired to write this article.

Today the sky is the limit because although not much is expected of many nonverbal autistic people, they can often do amazing things that no one thought was possible. Statistically, 1 in 50 individuals are diagnosed with Autism. That number used to be much lower. This also appears to be true of ADHD, where the number of people diagnosed has also increased.

Our climate has affected all of life, both human and animal. Chemicals and the foods we eat also play a role in our lives and our chemistry. Still, for those who have nonverbal sons or daughters, there are many reasons to be hopeful. Eventually-- should the world of science do extensive studies on nutrition – this too will offer hope.

2023- A divorced father started bringing his nonverbal autistic son to our house of worship, and I was the only one to run to get the boy a folding chair. Only after a few months of doing that, one day, when I was standing by his dad, the boy pulled me by my right arm as close as about 12 inches from his face, and with his beautiful brown eyes looked right into mine, as if to say, “Thank you for caring about me.” The father was so touched that he left with his son before lunch was served, which was not the usual protocol. He said, “I wish I could cry.” He then requested that I find him a ghost writer so that his story could be told, and I did find him such a writer.

Employment

Large corporations are constantly thinking of new ways to interview those on the Spectrum. Some include a method that entails placing cubes before an applicant and timing how long it takes to assemble them in a puzzle format. Any and all of the newest forms of interviews are sensitive to those who cannot interact in the way we take for granted.

Some autistic people have acute imaginations, visual memories, and exceptional thought processes. Their brilliance enables them to find unique solutions to cybersecurity and data analysis. As a result, these individuals may command a six-figure salary. They can become independent and live on their own.

In the past several years, many large companies such as Microsoft, Ernst and Young, and SAP in the UK have become aware of the benefits of hiring autistic employees for their special abilities. One

high functioning autistic individual created the Kepler Telescope. He built an interactive software program called Filtergraph, which was featured in a segment on CBS, "Recruiting the Talent on the Autism Spectrum." That led to NASA signing a license agreement with the inventor.

For those living outside the United States, large companies are not bound by the same regulations as in the U.S. HR departments can perhaps use the CAT (Children's Apperception Test-Human Edition) and BAT (for psychologists to use with teenagers and adults) to stimulate their prospects' imaginations, which can help individualize the work atmosphere for each applicant who is accepted for a job. For instance, during the interpretation a person may need to take frequent breaks while being shown various cards. That might show he has attention issues. There's also the question of work style preference: Does the employee work best individually in a quiet room or as part of a team in a shared space? CAT- H card # 2 may be interpreted as a "struggle" or competition between the humans. Card #8 might be interpreted as the humans being "too close for comfort."

Assessment Tools

For decades, the CAT- A (animals) has been used by clinical psychologists and clinical neurologists along with other assessments, such as ADOS, to diagnose Autism. The CAT is used to determine social dynamics and emotional regulation. CAT-A, which was created in color in 2012, might very well prove to ignite more emotions than the original black and white version. The CAT and BAT (Bellak Apperception Test) can help caregivers and families and be used by psychologists, doctoral students, and mental health providers. Just as the CAT has been used by students for dissertations, so too can the BAT. The CAT and BAT projective cards ignite the imagination, depicting real-life situations. The BAT, the latest assessment tool, comes in both black and white and color and will be available in the first few months of 2023.

The history of the CAT

This global assessment was originally created by Dr. Leopold Bellak in the early 1950's. Not until 2014, however, was a film produced using the CAT with Autism. It's a short, 53-minute film called *The Kangaroo Complex*, an educational documentary on Autism (Brussels: Plexus Productions). [Please visit www.cpspublishinginc.com for details.] The film shows a single mother of an autistic son presenting the 10 CAT cards to three other single mothers. The mother happens to be a psychologist and asks the parents which cards they relate to most. This leads to a discussion of their individual struggles and hopes for the future. In hospitals or clinics or private practice, the CAT can be used as a metaphorical "can opener" in group and individual therapy. For those wishing to view a 5-minute clip of the Kangaroo Complex, please email CPSPsych2@aol.com; and for those wanting to view the film, it can be seen on YouTube with English subtitles. The company website in Brussels, shown on our website, mentions how to purchase the film. Just make sure it has English subtitles! All rights reserved.

Leo the Lion and The Kangaroos

The book [now in search of a publisher] has a "soft" approach to the subject of Autism, depicting kangaroo families struggling with this condition. The book contains 5 CAT card illustrations and can be read together with the 10 cards from the complete CAT set. In the book, as in the film, the cards encourage the kangaroo parents of autistic babies to be open to potential new lifestyles.

HOPE comes in many ways

Not everyone's son or daughter or relative may end up like the famous Kobe Lee, a blind, autistic boy who won America's Got Talent in 2022, after performing on the piano with his amazing voice and later had his own show in Las Vegas. Or on YouTube, another blind autistic young boy -- who was adopted at birth because his mom was a drug addict. When he was introduced to the audience and

his age was mentioned, he corrected his dad by saying he was 17, not 15, and the whole audience laughed out loud.

Those with Autism might just be the ones who become scientists and predict climate changes faster than others. Not everyone will be an Elon Musk, but his eight children may inherit his genius. The great Albert Einstein was thought to have been slightly damaged. He had a stutter and could not process information well. His mother was his saving grace. To give Einstein something to enhance his life, she introduced him to classical music, which calmed him down throughout his life. He probably did a vast number of his calculations while listening to music. There is a saying, "We don't give up 5 minutes before any miracle." It's just about matching the mind to whatever will turn the key in the right direction.

About the Author

Kerin Bellak Adams, is the daughter of the late Dr. Leopold Bellak, who was a pioneer in ADHD, recognizing its genetic basis. She received her BA in psychology at Hofstra University and is the author of ADHD Success! Solutions To Boosting Self Esteem: The Diary Method Ages 7-17 on www.reachbeyondADD.com. She began her career in mental health in 2003. In 2005 she became the CEO of CPS.

She is the creator of the CAT- A in color and the CAT-H color edition. In 2021 she co-developed the BAT assessment. She is the author of "Secrets and Psychoanalysis - The Story of Dr. Leopold Bellak's Life and Work(s)," which is awaiting an interested publisher. She has also written a few other books, still to be published, including "Light at the End of the Tunnel" (three short stories on ADHD, Borderline Personality, and Depression) and "The Rabbi, The Priest, and the Wizard - Hurt People Hurt People."

See CPS website for research opportunities for students and/or clinicians. For more information on global developments in Autism see AATG, listed on the CPS website.