

# How Hypnotherapy Can Help with Autism Spectrum Disorders



**Hypnotherapy** can be a valuable support tool if you are on the autism spectrum by helping with anxiety, emotional regulation, sensory sensitivity, social confidence, and self-acceptance. Whilst it does not "treat" autism itself, it can help you manage challenges and develop coping strategies in a way that aligns with your unique strengths and experiences.

The important thing to remember about autism is that it is a spectrum on a sliding scale. That means that one person might have a mild form of autism and hardly be aware of it, while another could experience intense and severe symptoms.

Some people on the autism spectrum are described as high functioning. That means they are able to function normally in society, hiding or disguising their autistic traits from others.

## Hypnotherapy can help in the following ways:

### Reduce Anxiety & Overwhelm

Many people with autism spectrum disorders experience **heightened anxiety** due to sensory overload, social situations, or unpredictability.

- Hypnosis helps **activate the parasympathetic nervous system**, inducing deep relaxation.
- Guided imagery can provide a **safe mental retreat** for when the outside world feels overwhelming.

### Help Manage Sensory Sensitivities

- Hypnosis can help the brain **filter out overwhelming stimuli**, making sensory experiences more manageable.
- It can train the mind to **adjust emotional responses** to sounds, textures, or lights that trigger discomfort.

### Enhance Emotional Regulation

- People on the autism spectrum may **struggle with meltdowns, shutdowns or difficulty identifying emotions**
- Hypnotherapy helps to develop **emotional awareness** and **self-soothing techniques**.

### Boost Social Confidence & Communication

- Social interactions can be **stressful** for people on the autism spectrum, due to difficulties with eye contact, small talk, or unspoken rules.
- Hypnosis can reinforce **positive social experiences** and **reduce fear of judgment**.

### Support Sleep & Routine Flexibility

- Sleep difficulties are common in autism, and hypnotherapy can help with **relaxation and sleep patterns**.
- It can also increase **tolerance for changes in routine** by reinforcing adaptability in a safe, subconscious way.