



AUTISTIC REALMS

AUTISTIC ADVOCATE, AUTHOR & CONSULTANT



Helen Edgar (she/they), late-identified Autistic,
parent to two neurodivergent children.

Qualified teacher
(20yrs experience - Early Years/ Primary SEND settings
working with those with Profound and Multiple Learning Disabilities)

Founder of Autistic Realms

Published writer specialising in
Autism, Neurodivergence and
Neurodiversity Affirming Education

Providing educational training and workshops for
families and professionals

Special interests: burnout, monotropism,
radically inclusive education, learning disabilities, neuroqueer theory



helen@autisticrealms.com
www.autisticrealms.com



AUTISTIC REALMS



Providing neurodiversity-affirming training, workshops and educational resources for families and professionals to support neurodivergent people.

Guest blog writer and bespoke resource creation

Professional Training



Training for schools and organisations to explore neurodiversity-affirming ways of supporting children and young people in education. These training sessions are designed for settings in the UK and can be tailored to meet your individual needs.

Lectures/seminars and workshops are also available for organisations/teacher training/education/ health and social care course providers.

Family Support

Free resources and support for parents/ carers to support young autistic and otherwise neurodivergent people who are struggling to access the education they deserve. Support for those experiencing burnout and ways forward.

Webinars and Workshops

THE SPEECH DEN

MEET THE SPEAKER...

HELEN EDGAR

is a speaker at our Gestalt Language Processors Conference this year!



Map of Monotropic Experiences - Autistic Culture Study Hub




Helen Edgar
Autistic Realms

STIMPUNKS

Map of Monotropic Experiences



Helen Autistic Realms

Webinar
Monotropism and autistic burnout

Barriers to school attendance, monotropism and autistic burnout

How we can move forward:
Reframing autism: Monotropism
Autistic burnout
How can we support at home?
How can we support at school?
What are the alternatives?

AUTISTIC BURNOUT NETWORK

conference 2025

May 17th 2025

A virtual conference for professionals, parents of autistic children and autistic individuals



Alice McSweeney, Laura Helfeld, Dr Joanne Riordan, Clare Betson, KJ Wiseheart, Linda Tuxford Adams, Dr Alice Nicholls, Helen Edgar, Courtney Freedman Thompson, Viv Dawes, Sofia Farzana

All sessions will be recorded and available for ticket holders after the conference. For more information go to www.autisticadvocate.co.uk/autistic-burnout-conference

JOIN ME AT THE #YLBCONFERENCE2025



Helen Edgar

AUTISTIC REALMS

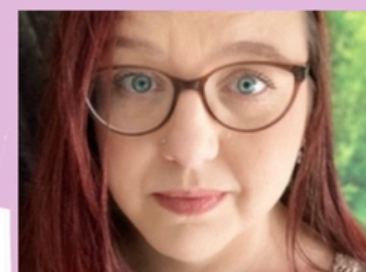
Neurodiversity Affirming

Annual Professionals' Conference

Exploring the principles of neuroaffirmative practice

13 March 2025

National Autistic Society



Helen Edgar

I'm speaking at the National Autistic Society Annual Professionals' Conference 2025

Community Conference

Navigating PANS and PANDAS - Neurodivergence, PANS and PANDAS

Discussing:

- Understanding the overlap
- Dispelling myths
- Practical tools

Thursday 2 Oct. 4pm

Helen Edgar Autism Consultant
Laura Helfeld Nurse Consultant



Join Laura Helfeld, Scott Neilson & Helen Edgar for...

Creating Safe Spaces for Autistic People

Everyday Practices for Individuals & Organisations

REGISTRATION NOW OPEN - LIMITED TICKETS AVAILABLE

Part of Neurokindred's Thriving Autistically

Monday, October 6th
FREE community event

Monotropism and Autistic Flow

Understanding attention, burnout, and the needs of families and educators

Helen Edgar (Autistic Realms)
David Gray-Hammond (Emergent Divergence)




THRIVING AUTISTIC

Discovery Programme: Welcome to Your Autistic Self:

Conceived and facilitated by Autistic professionals: Your journey, our expertise.

This 6-week programme has been carefully curated to provide a welcome orientation for those who have recently identified as Autistic.

MEET HELEN - AUTISM ADVOCATE, PARENT, AND EDUCATOR

Drawing from her personal and professional journey, as a late identified autistic and a parent to neurodivergent children, Helen brings her lived experience to discuss why autistic burnout is so common. She will be discussing autistic burnout is so common. She will be discussing warning signs to look out for and strategies to help at school. Plus, you'll receive a summarising the work of neurodiversity-affirming resources.

FRIDAY 19TH APRIL 9.30-1PM

GUEST SPEAKER, HELEN FROM AUTISTIC REALMS IS LATE-IDENTIFIED AUTISTIC, A PARENT TO TWO NEURODIVERGENT CHILDREN, AND A FORMER TEACHER (SEND EARLY YEARS / PRIMARY SETTINGS).

Helen will be sharing the benefits of understanding the neurodiversity-affirming theory of monotropism for neurodivergent families with young people facing barriers to education. Helen will share her lived experience as a teacher and parent and discuss why we need to go with the flow of monotropism and not against it to support well-being.

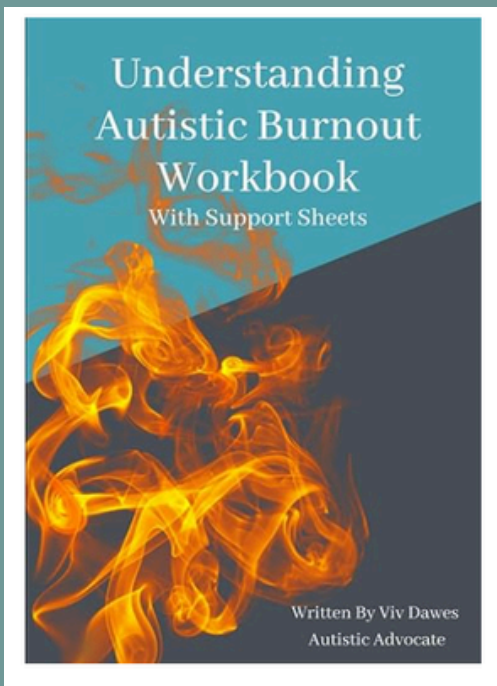
Note, speakers may be joining us live or through recording depending on personal capacity and communication preferences.

@nda.cen

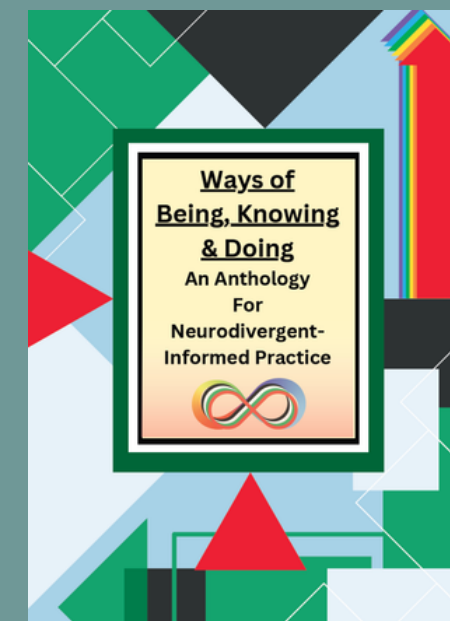
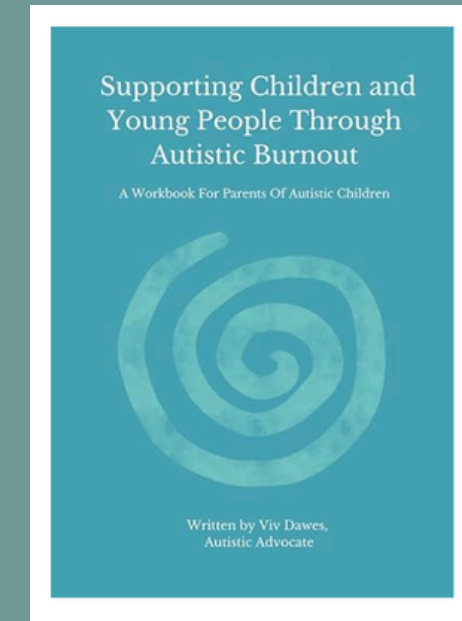
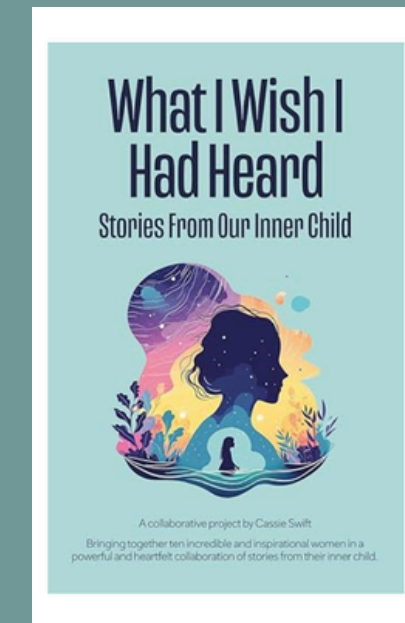
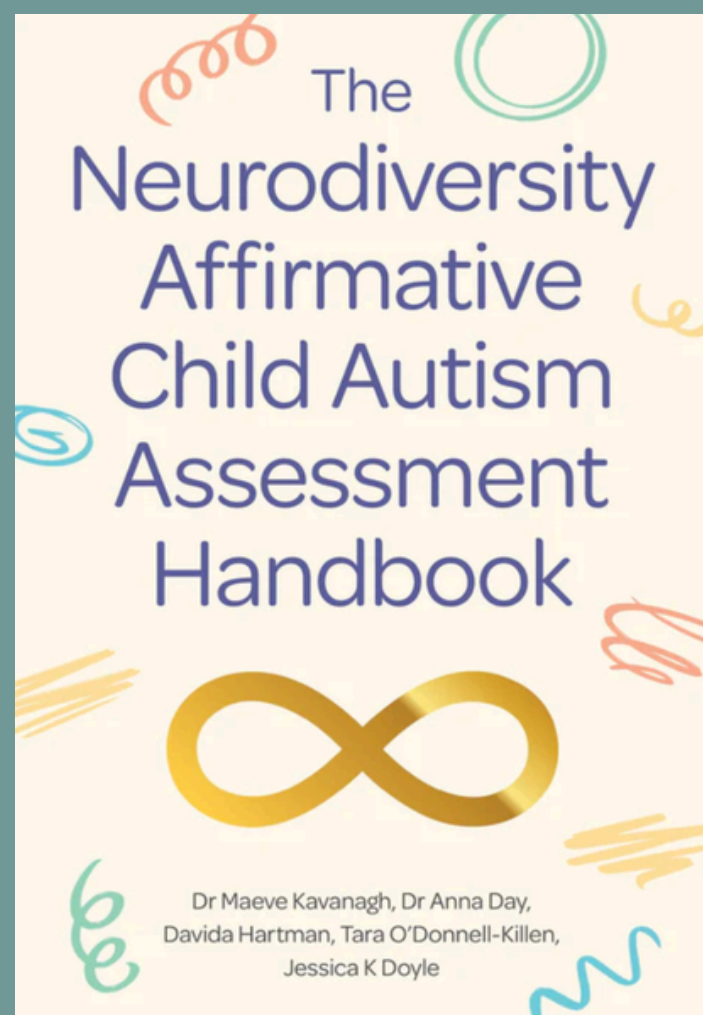
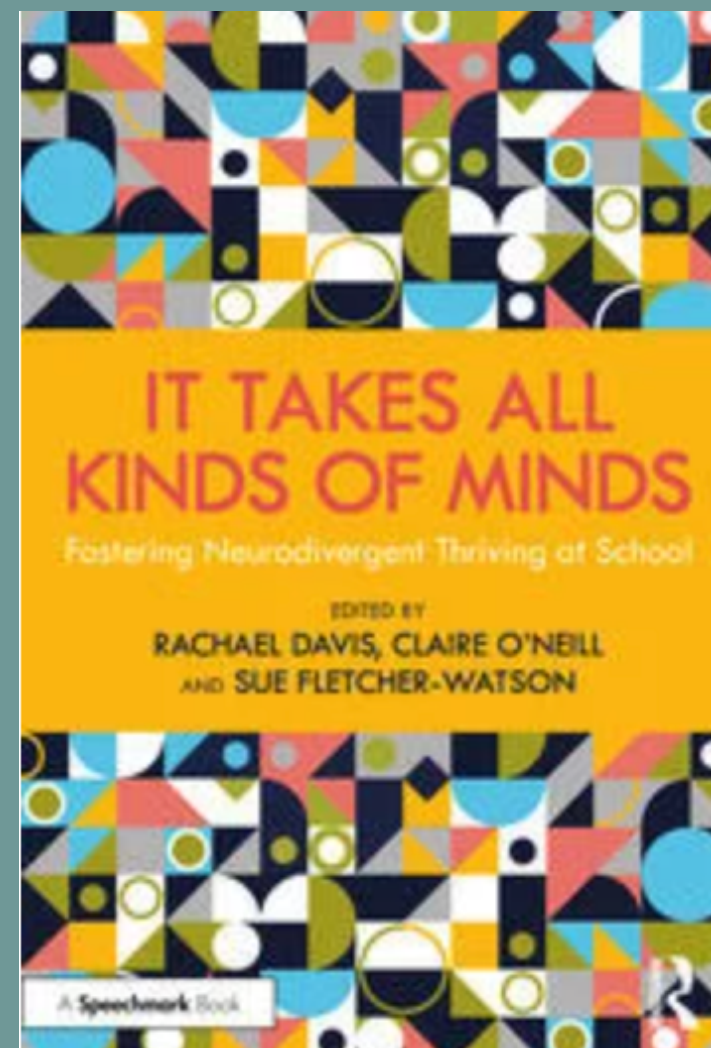
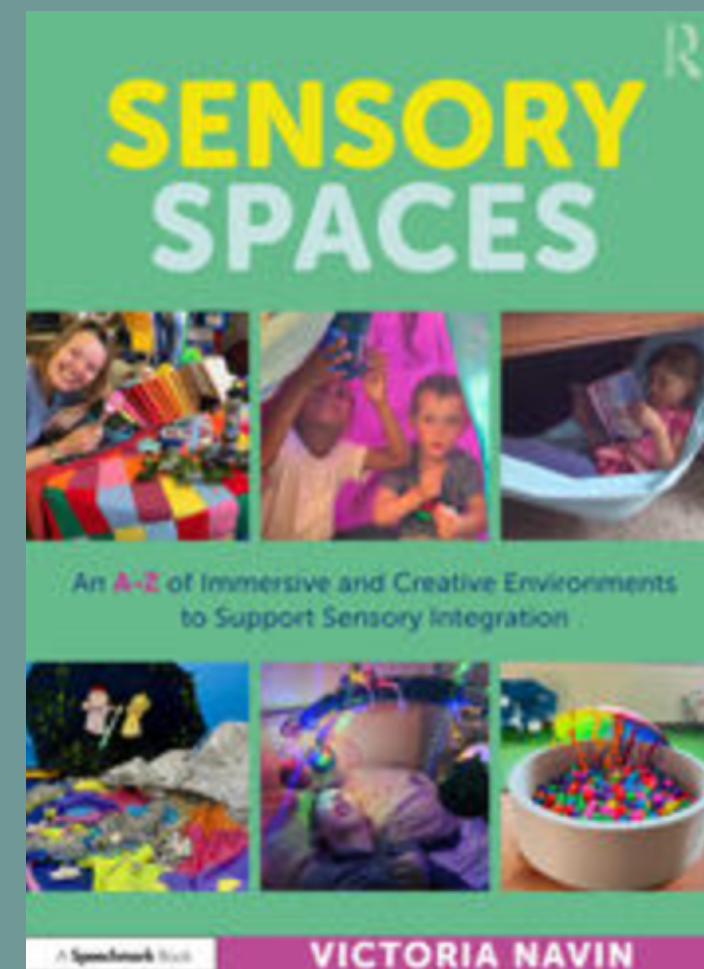
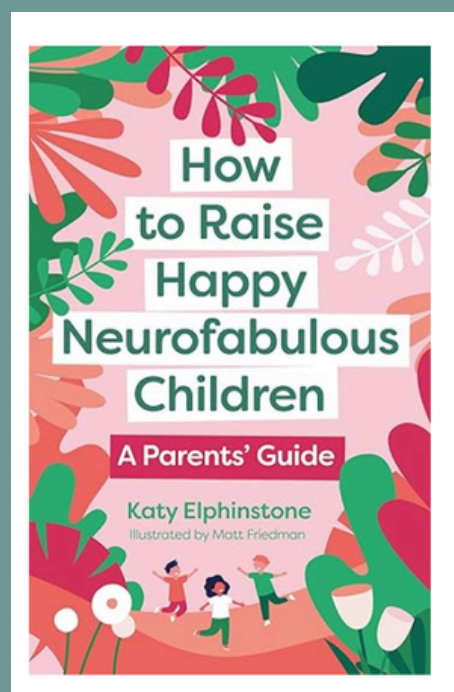


Autistic Adult Community Meetup

THRIVING AUTISTIC



Books & Journals Featured In...



MY NEURO-AFFIRMING GLOSSARY

Neuro-Affirming Glossary of Key Words and Terms (2026 Edition) by Helen Edgar
Words from our community, for our community:
e-book, card deck and free activity guide



222 key words and terms that help us understand ourselves and each other, drawn from Autistic and wider neurodivergent community knowledge.

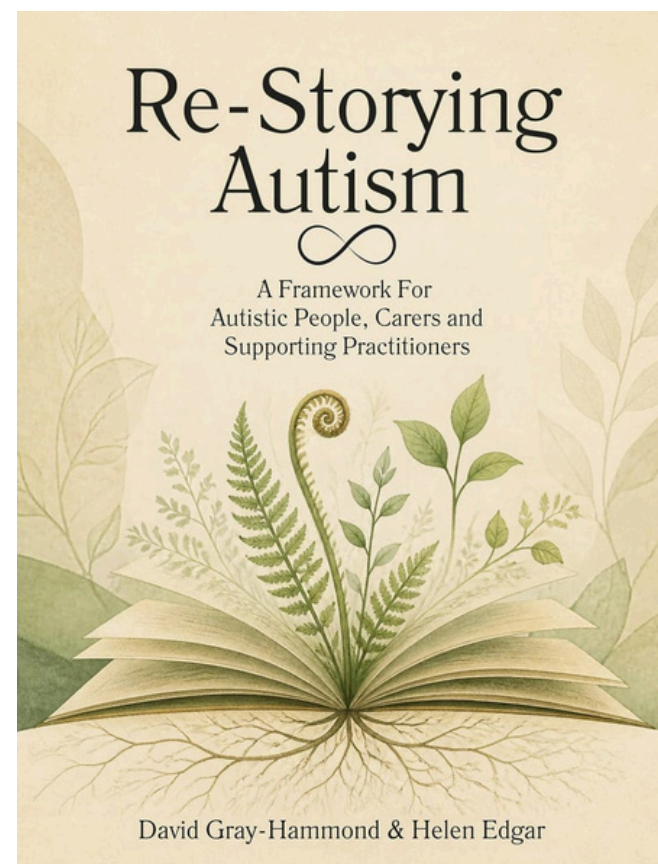
- A plain definition and a symbol for every word, with 102 references
- E-book, 2026 Edition
- Card deck: a card for every word, for training, schools and families
- Free activity guide: How to Use the Neuro-Affirming Glossary
- Read it online, with symbols and links

autisticrealms.com/guides/glossary

RE-STORYING AUTISM



With David Gray-Hammond and NeuroHub Community
Autistic-led courses, writing, tools and community on NeuroHub Horizons
horizons.neurohubcommunity.org



An Autistic-led video course and workbook for Autistic people, carers and supporting practitioners, co-created by Helen Edgar and David Gray-Hammond.

- 7 modules, 63 lessons, about 4.5 hours of video
- Accompanying companion workbook and a certificate
- Monotropism, identity and language, the eight-sense bodymind, play and learning, burnout, trauma and safety, and lessons from the Autistic community
- Self-paced, with no deadlines.

restoryingautism.co.uk



Also on NeuroHub Horizons:

- Building a Positive Autistic Identity course
- The Wider Existence, essays with David
- Autistic-led webinars
- NeuroHub Compass and Phoenix
- NeuroHub Publishing, Zine and community

MORE REALMS



My space for more speculative writing:
neuroqueer, posthuman and more-than-human ways of knowing.
Somewhere in the margins, another realm unfolds...

Sibling sites

Cavendish Space – cavendish.space

Monotropic Map – monotropicmap.org

NeuroHub Horizons – horizons.neurohubcommunity.org

NeuroHub Journal – news.neurohubcommunity.org

Penguin Pebbling – penguinpebbling.app

Positive Autistic Identity – autistic-identity.online

Queering Earth – queering.earth

Re-Storying Autism – restoryingautism.co.uk

Star Stuff – starstuff.earth

Stimpunks World – stimpunks.world

The Wider Existence – thewiderexistence.co.uk

Writing the Dawn – writingthedawn.com



Autistic Burnout Resource Reviews

Review AUTISTIC BURNOUT: A FAMILY GUIDE



" I love it, It could be such a valuable resource. I think it's absolutely brilliant - I really enjoyed it and feel that it could be something that many families will find super useful - well done!"



Dr. Luke Beardon
Senior Lecturer in Autism
2023



Autistic Burnout: A Family Guide

Developing understanding & opening up conversations to support children and young people through Autistic Burnout.

Helen Edgar
www.autisticrealms.com

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Review AUTISTIC BURNOUT: A FAMILY GUIDE



As a Neurodivergent family, this book provides amazing insight, understanding, advice and skills, to help manage, cope, or support with Autistic Burnout.

The information is easy to read, with very helpful pictures/infographics and succinct explanations into all sorts of Neurodivergent life



Lou, parent
(June 2023)



Review AUTISTIC BURNOUT: A FAMILY GUIDE



A clear and compassionate overview of the concept of autistic burnout, summarising current thinking, research and lived experiences. It is a go-to, practical guide for parents, carers, families and professionals, bursting with beautiful infographics, that both capture key points, and are designed for sharing.

Helen's book invites discussion. It respects individuals as knowers, interpreters and providers of information. In this way the book is both guide and companion; reassuring us that we are not alone.



Lisa Chapman, Mum to ND kids, Speech and Language Therapist, Sensory Integration Advanced Practitioner, & Former teacher
(May 2023)



Review AUTISTIC BURNOUT: A FAMILY GUIDE



This booklet is invaluable in helping parents understand autistic burnout, what it looks like and what you can do to help. It has the communication tools to help you explore it with your child through visual memes and so many great links to help you really understand the theoretical and lived experiences that contribute to our understanding of burnout. With so many children dropping out of education, utterly exhausted, this is such a helpful resource.



Lynn McCann, Reachout ASC
(2023).

Review AUTISTIC BURNOUT: A FAMILY GUIDE



You've succeeded in putting together a huge range of complex ideas into a very easy to read resource.



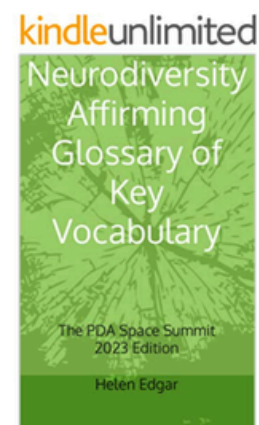
Laura The Neurodivergent Nurse
(May 2023).



Best Sellers in Education Reference

Top 100 Paid Top 100 Free

#1



Neurodiversity Affirming Glossary of Key...

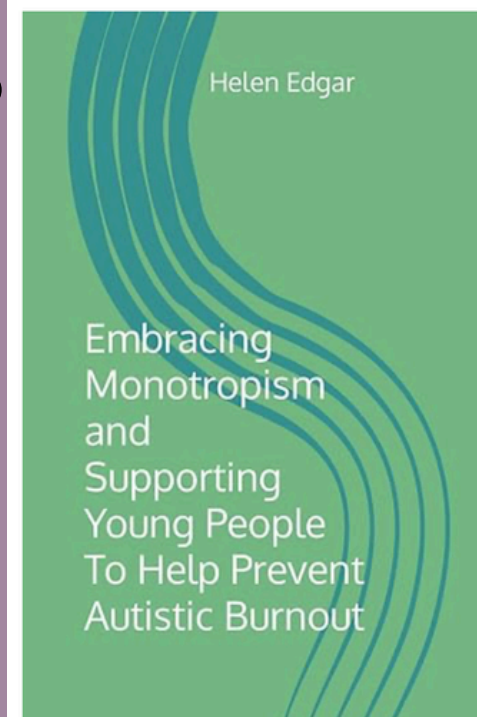
Book Reviews

Book Review



An excellent small guide on
monotropism and how to
prevent autistic burnout.

Embracing Monotropism and Supporting Young
People To Help Prevent Autistic Burnout
by Helen Edgar
2023



Embracing Monotropism and Supporting Young People To Help Prevent Autistic Burnout Paperback – 28

Oct. 2023

by [Helen Edgar](#) (Author)

4.2 ★★★★★ 7 ratings

[See all formats and editions](#)

Monotropism is a neurodiversity-affirming theory that provides a deeper understanding of inner autistic experiences.

Embracing monotropism can lead to exciting new possibilities; it allows the potential for deep knowledge, new skills, and the engagement of flow states, which supports sensory regulation and good mental health for monotropic people.

This book will provide a brief overview of the theory of monotropism, how it impacts people and ideas to provide support at home and other settings such as school to help prevent burnout.

[Report an issue with this product](#)

Book Review



This is a lovely little book that will be
valuable for parents, teachers, clinicians,
and Autistic people themselves to help
them understand their monotropic
nervous system and how to work with it
rather than against it.

Embracing Monotropism and Supporting Young People
To Help Prevent Autistic Burnout
by Helen Edgar
2023

Book Review



Great for parents and practitioners alike.
Deepened my understanding of monotropism
whilst adding in ways to support and work
with monotropic individuals.

A must read for educators and health
professionals working with autistic people.

Embracing Monotropism and Supporting Young People
To Help Prevent Autistic Burnout
by Helen Edgar
2023

Best
Seller

Available Now on Kindle
ThePDASpaceSummit

Neurodiversity
Affirming
Glossary of
Key
Vocabulary

The PDA Space Summit
2023 Edition
Helen Edgar



*This book should be in every
classroom, medial organisation,
therapy room ... literally
everywhere.*

*Well laid out and hugely
informative.*



www.autisticrealms.com
www.thepdaspace.com



Helen Edgar

Autistic Realms



**Autistic Advocate,
Autism Consultant**

**Qualified Teacher
Parent & Neurodivergent Family**

**Published Writer,
Educational Training Provider
Guest Lecturer
Resource Creator**

**Neurodiversity Affirming
Neurodivergent Education
Specialist**



EMPLOYMENT

Founder of Autistic Realms (Oct 2022-Present)

- Autistic Realms
- Autism/ Education/Mental Health articles & resources
- Supporting Children Through Autistic Burnout article 60k Views
- Monotropism
- Social Media: BlueSky, Facebook, LinkedIn

Writer, Educational Resource Creator &

Family Support Work with:

- Stimpunks Co-Creative Director and Neuroqueer Learning Space Project Management (2024-present)
- Thriving Autistic Community & Communications Lead (May 2023 - Present)
- GROVE Education and Mentoring Education Training and Resource Specialist and Guest Blog Writer (Jan 2023-present)
- Neurodiverse Connection Guest Blogger(August 2023 - Present)
- NeuroBears Licensed trainer (Dec 2023- Jan 2025)
- Beacon NeuroConnect Peer support and family workshop training (2023- 2024)
- The PDA Space Guest Blogger and Educational Resources (March 2023 - 2024)
- Guest Lecturer (March 2023-present) various Universities
- Creating educational resources to support professionals and neurodivergent families
- Regular internationally published blogs/articles and newsletters about autism, neurodivergence, education and mental health.

**Teacher (Early Years/Primary
SEND/ PMLD Settings** (2005-2021)

- Specialist teacher for children with Profound and Multiple Learning Disabilities and complex medical needs.
- Teacher Learning Responsibility - EYFS, Literacy
- Delivered staff CPD & regular family workshops
- Supported and mentored student teachers
- Sandwell Raising Early Achievement in Literacy - National Literacy Trust Project with Sheffield University



**NPQML
PG Dip
PGCE
BA Hons**

RELEVANT SKILLS

- Neurodiversity Affirming
- Compassionate and caring
- Strengths based approach
- Creative



EDUCATION HISTORY

University of Wolverhampton (2014-15)
University of Wolverhampton (2005-07)
John Moores University Liverpool (2003-04)
University of Liverpool (1997-2000)
English Lit and History of Art (2:1)



OTHER WORK

Volunteer Work

Supporting and collaborating with various charities and organisations including;
Spectrum Gaming/Barriers to Education/ Autism Understood (volunteer)
Stimpunks (volunteer)
Monotropism.org (volunteer & research/writer)
PANS/PANDAS UK (volunteer)
Cultural Autism Studies Yale (CASY) (Volunteer)



PUBLISHED WORK

Click here for information about my recently published;

- Books
- Articles
- Resources
- Projects
- I have several chapters that are at various stages of submission/publication re: education/monotropism/autistic burnout

Member

Autistic Self Advocacy Network
ICO
Autistic Burnout Network
Thriving Autistic Practitioners Directory
The Neurodiversity Affirming Early Childhood Collective
Cultural Autism Studies Yale

CONTACT ME



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www.morerealms.com

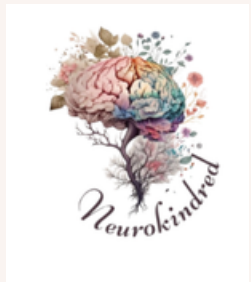
Updated Oct 2026

Community Partnerships/ Collaborative Work



STIMPUNKS

GROOVE



Monotropism



THINKING PERSON'S GUIDE TO AUTISM

NEUROBEARS



AUTISTIC REALMS



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