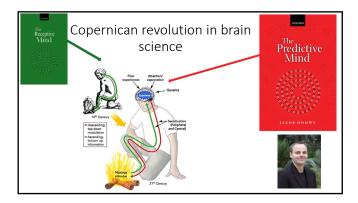
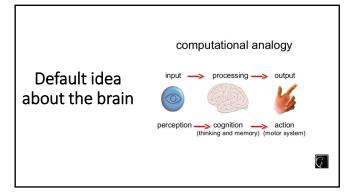
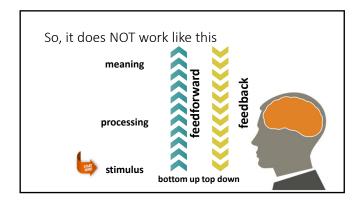
### Autism and the predictive brain: absolute thinking in a relative world PETER VERMEULEN, PhD **AUTISM in CONTEXT** from neurodiversity to neuroharmony twitter\* www.petervermeulen.be peter\_autisme Basic problem in autism: absolute thinking in a relative world Nothing has an absolute meaning **Autism friendliness** • There is no such category as "autistic behaviors", only "human behaviors (Barry Prizant) An autism friendly approach starts from an understanding of autism from within! Knowledge of "autistic thinking" is the key to success in education and treatment!

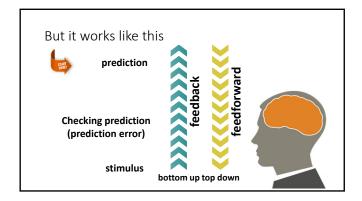


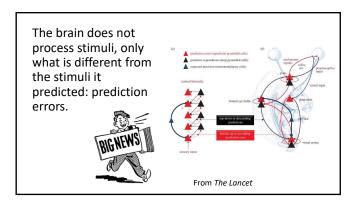


What's wrong with our current ideas about the brain?

- $\bullet$  Information processing is not linear
- Sense making is not just integrating all the details of the sensory input
   There isn't enough time to calculate and make that puzzle! (Daniel
  - Processing all the sensory input (computing) is not very helpful for survival! (Smilodon story)
- $\bullet$  So, the brain does not compute, It guesses,
- And it can make smart guesses because it uses context,
- This is known as: the predictive mind







### **Prediction errors**

- The brain has only one goal: helping us to survive by minimizing prediction errors, either by learning or by changing the world
- The brain doesn't like prediction errors (they cause stress)
- The brain knows it cannot avoid all prediction errors. Therefore, it uses a variable precision in handling prediction errors

Depending on the **context** the brain will treat a prediction error as

- Noise or normal variation (irrelevant)
- Relevant, so something that should lead to learning or action

The weight given to sensory input or own expectations depends on the context

Known environment

Unknown environment

How much weight you give to a prediction error depends on how <u>certain</u> you are about your model of the world and the predictions based on that model (Lawson, Mathys & Rees, 2017)

stimulus sensation
stimulus sensation
stimulus sensation
stimulus sensation
no stimulus sensation

### Sensory input is not the most important

In terms of neural connections, only 10% of the information our visual brain uses comes from the eyes.

The rest comes from other parts of the brain: **90%.** 

Information is meaningless (Beau Lotto)

Perception is controlled hallucinating. We don't see the world, but our model of the world.

Our perception of the world is an **illusion** that (in most cases, fortunately) coincides with reality.



Chris Frith

### Predictive mind

Predicts the sensory input and then processes the prediction error (= difference predicted and actual input) Autism, the predictive mind and context

- In autism the flexible adjustment in function of context of predictions and the weight given to prediction error seems to be affected
- HIPPEA:

High, Inflexible Precision of Prediction Errors in Autism (Van de Cruys a.o., 2013, 2014)

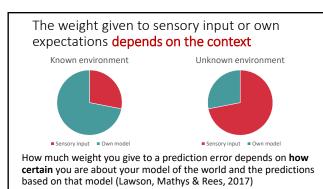
Province and Review 2014, Vol. 121, No. 4, 649-6

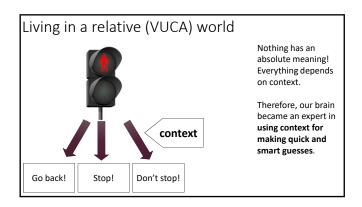
© 2014 Asserting Psychological Association 0055-295014-512.00 http://doi.org/10.1007/s003766

Precise Minds in Uncertain Worlds: Predictive Coding in Autism

Sander Van de Cruys, Kris Evers, Ruth Van der Hallen, Lien Van Eylen,
Bart Boets, Lee de-Wil, and Johan Wagemans

©Peter Vermeulen	Non autistic brain: Relative thinking	Autistic brain: Absolute thinking	
Where the balls land			
Prediction		- 1	
Prediction errors			

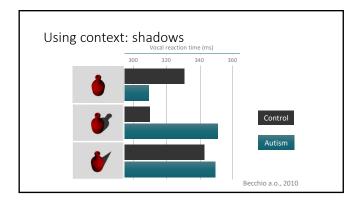








Reduced ability to use the context unconsciously and spontaneously to generate predictions about the world and process prediction errors.



### Autism as a prediction disorder

This new idea could change our ideas about many things in autism such as:

- Sensory issues and what to do about them
- Communication
- Emotion recognition and how to teach socio-emotional skills

Our ideas about sensory issues are based on the old computer metaphor

From the Senses:
- Touch
- Taste
- Sight
- Hearing
- Movement
- Gravity

Sensory Processing and Integration

Output

Output

Attention and Concentration
Abstract Thought & Reasoning
Productivity and Creativity

Social Interaction
Self-regulation
Emotional Expression

### Important difference!

### Hypersensitivity:

- Physiological response
- Sensory threshold

### Hyperreactivity: • Psycho-emotion

 Psycho-emotional / behavioural response

### No unambiguous, clear indications for difference in sensory thresholds in autism

Kuiper, M. W., Verhoeven, E. W., & Geurts, H. M. (2019). Stop making noise! Auditory sensitivity in adults with an autism spectrum disorder diagnosis: physiological habituation and subjective detection thresholds. Journal of Autism and Developmental Disorders, 49(5), 2116-2128.

Stiegler, L. N., & Davis, R. (2010). Understanding sound sensitivity in individuals with autism spectrum disorders. Focus on Autism and Other Developmental Disabilities, 25(2), 67-75.

Lucker, J. R. (2013). Auditory hypersensitivity in children with autism spectrum disorders. Focus on Autism and Other Developmental Disabilities, 28(3), 184-191.

Psychological Review 2014, Vol. 121, No. 4, 649-672

© 2014 American Psychological Association 0033-295X/14/\$12.00 http://dx.doi.org/10.1037/u0037665

Precise Minds in Uncertain Worlds: Predictive Coding in Autism

Sander Van de Cruys, Kris Evers, Ruth Van der Hallen, Lien Van Eylen, Bart Boets, Lee de-Wit, and Johan Wagemans KU Leuven

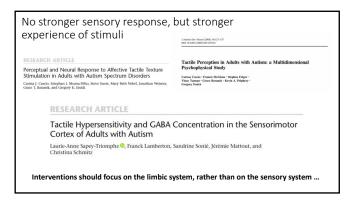
(e.g., under the form of enhanced discomfort to bright light; Kern et al., 2001). When the gain of the neural units representing the prediction errors is fixed at a high level, it is easy to see that prediction errors leave become very likely, especially for unexpected input. as is the case in ASD. Overweighting of melevant prediction errors causes sensory overload. Seeing that unpredictability is at the core of the sensory overload, we can also attempt to explain its negative affective impact. Uncertainty has long been identified as a factor that intensifies stress and anxiety (Herry et al., 2007, Miller, 1981). In addition to leading to increased stress and anxiety, persistent significant prediction errors causes are actively actually by themselves generate negative affect (Huron, 2006; Van de Crays & Wagenaus, 2011). When predictions are sold in our view be considered as secondary symptomic and the control of the contro

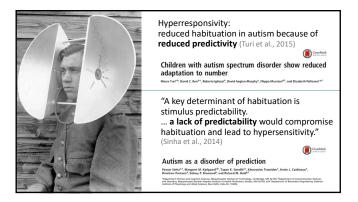
### Are sensory issues really sensory?

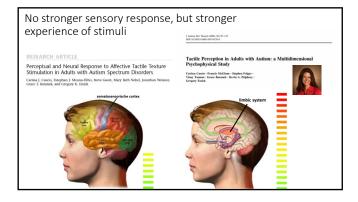
### CONCLUSIONS

We found significant reported sensory problems in adults with ASD. This persistence of reported sensory problems in adults suggiile there is less focus on sensory problems in adults than in children with ASD, the problems may be no less severe.









The brain does not receive sensory input, it predicts it and processes the prediction errors

Predictability plays a major role in sensory issues

\*\*NUMBER\*\*

\*\*NUMBER\*\*

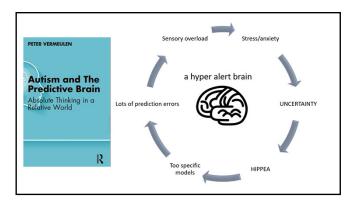
\*\*Why can't you tickle yourself?\*\*

\*\*Sarah-Jayne Blakemore.\*\* Daniel Wolpert and Chris Frith

\*\*Whiten Department of Cognition Naturally, Industrial, Education, 12 Quana Square, London.

\*\*Corresponding Auditor\*\*

\*\*Correspondi



## Strategies for sensory issues: traditional way Taking away stimulus Controlling Stress stimulus Stimulus Stimulus Coping But from Hyperacusis – Tinnitus we learned: Do not eliminate sounds, but make sounds predictable and controllable: Working on 'feedforward' (prediction) instead of 'feedback' (stimulus)

We need to 'feed' the brain so it can update its models and reduce the prediction errors

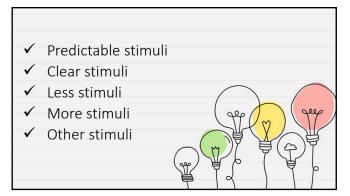
(prediction errors = stress / unpleasant)

# Strategies for sensory issues? Tackle the prediction errors! Changing Giving Changing Stress coping Predictability in (changes) in sensory environment Contextual clarifying of stimuli: PUSH THE CONTEXT BUTTON Changing the brains model of the world

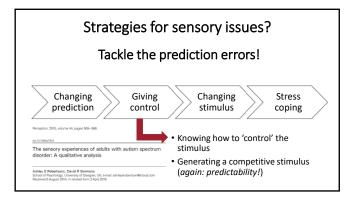
### Predictability, not 'sameness'

When you expect variation and (small) changes, there will be less prediction errors Remember? Insert variations in your social stories and social scripts!

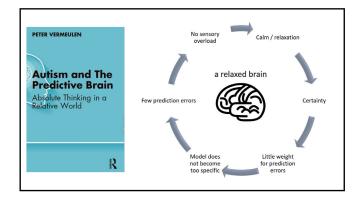




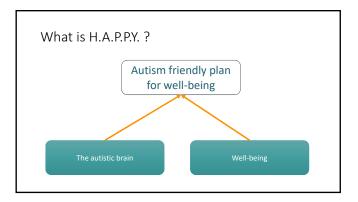












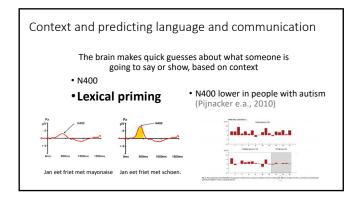
### H.A.P.P.Y.

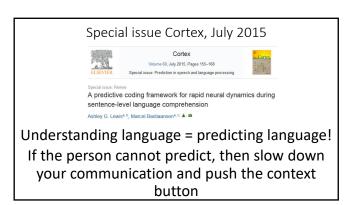
developing evidence based, personalized and autism friendly strategies that aim at increasing the wellbeing of an autistic individual

### 10 well-being strategies

- 1. Accepting and loving yourself
- Good Feeling toolbox
   Flow activities
- 4. Physical exercise
- 5. Problem focused coping strategies
- 6. Emotion focused coping strategies
- 7. Positive thinking
- 8. Gratitude
- 9. Kindness
- 10. Personal projects: learning something new

### Understanding language and communication: old model new model stimulus = prediction error = prediction





### Context

- Does not only help us to predict and recognize communication
- It also helps us to avoid all the confusion of the ever changing meanings of what people say or show us

Context and communication					
Nothing has an absolute meaning, remember?					
So, whatever we use to communicate					
Let's start!	3	break			
words	gestures	pictures	objects		
their meaning is never fixed, but depending on the context					

### Context helps predicting communication

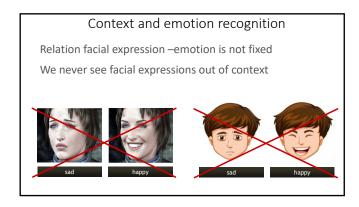


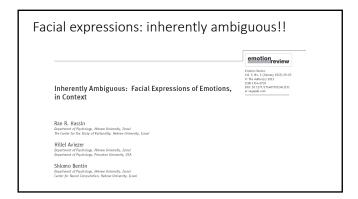
If your brain is context blind, it will have difficulties predicting (and hence understanding) communication

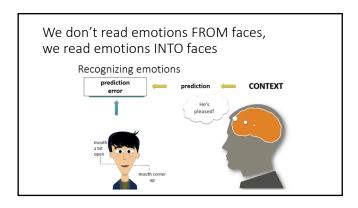
### Context and communication

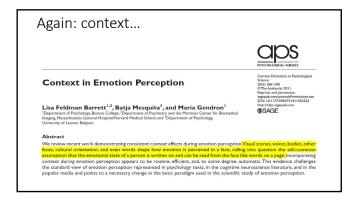
What is difficult for people with ASD, is to find out what something (a word, a sentence, a gesture, a picture etc.) means *in this context* 

So, give time to process and 'push the context button'

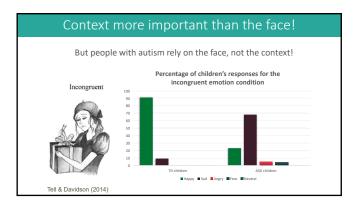








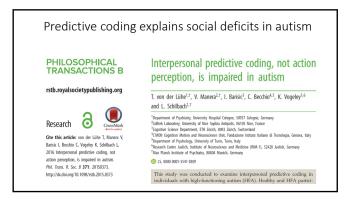






## Link emotions to context Available ordine at www.sciencedirect.com ScienceDirect ScienceDirect Procedia - Social and Behavioral Science 93 (2013) 1184 - 1153 3rd World Conference on Learning. Teaching and Educational Leadership - WCLTA 2012 Interpreting social contexts and emotions and ASD Rosalyn Adamowycz, MA, BCRA\*\*, Sorcha Parker, MSc, BCRA\* Vanisa Constitut, 27 Cive Line, Soydiel, Prone Elear (2012), Canal Protect Contexts and emotions and ASD Abstract Deficient in social distill, see a farment of Autom sportmen Emotion (2013), As eight year of Automatic of Emotion (2014), Canal Protect Contests of Emotion (2014), As eight year of Automatic of









### Pattern of Social Cognition Performance of Adults with Asperger Syndrome Pattern of Social Cognition Performance of Adults with Asperger Syndrome TASIT FOR TASIT

### Context and social competence

- The biggest problem in ASD is not social skills (knowing **what** and **how** to do)
- The biggest problem in ASD is knowing **where** and **when** to do it and where and when **not**

Social competence requires contextual sensitivity

Loth	a.o.	(2010)	١
	J Autism De		

DOI 10.1007/s10803-009-0929-7

Variety is Not the Spice of Life for People with Autism Spectrum Disorders: Frequency Ratings of Central, Variable and Inappropriate Aspects of Common Real-life Events

Eva Loth · Francesca Happé · Juan Carlos Gómes

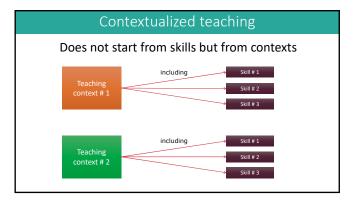
Contextual variations are often seen as central or as fixed rules, even in those who pass high level ToM tests e.g. having a dessert when going to a restaurant

## • Do not use decontextualized materials • Do not teach 'skills' but start from contexts • Link behaviours always to contexts Starting a conversation

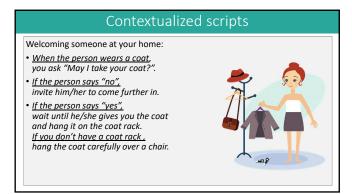
### Contextualized teaching

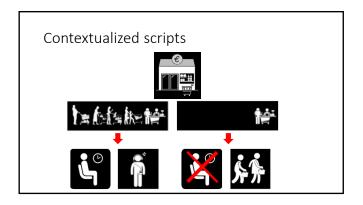
### Teaching and clarifying context:

- ✓ What can happen in that context?
- ✓ What can you do in that context?
- ✓ What can you say in that context?



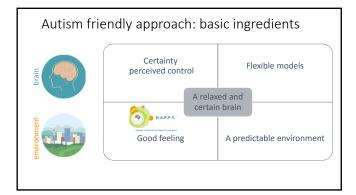






Pushing the context button helps to 'predict' an uncertain world with all its ever changing meanings





Hopefully you could put all the information in context...