

# Interview Guide for participants as either previous clients who also are autistic or on the autistic spectrum and/or therapists

## Introductions

Questions on autism diagnosis if have received a diagnosis.

Questions defining what autism means for you.

Questions on defining Self as in what do you know about you as a person.

Questions on basic logistics around your individual experience of therapy.

Questions on exploring your experience of your therapy whether it was as a client or a therapist which may explore the following themes:

1. Breaking therapy into sections and exploring sections i.e. start middle and end, and what were memorable sessions and why
2. Types of therapy used
3. Obstacles that may have occurred in the process
4. Exploring any surprises that may have happened
5. If there were changes that you might rewrite if you had the chance

Question of the development or lack of development of the therapeutic relationship under the following themes:

1. Exploring issues around equality
2. Trust
3. Exploring what is meant by a good therapeutic relationship

Question around what makes good therapy under the following themes:

1. What defines good therapy

2. Exploring what mental health services need improved for working with some of the differences that clients with autism may or may not bring
3. Future of therapy

Questions regards looking at similarities and differences between trauma and autism under the following themes:

1. Exploring Dissociation
2. Exploring understanding about Hypo Priors
3. Exploring Neurotypical definition of Autism in context of what may be seen as a socially acceptable experience
4. Exploring Autism as a sensory experience

Ongoing questions that have developed from past interviews with participants.

Exploring Improvements that participant may have experienced after or post therapy.

Closing questions around what other questions need to be asked in this study or other studies if this study is not able to address those.