

Name	JEG ER NOE HELT SPESIELT!
Purpose:	The goal is to give people with a diagnosis within the autism spectrum the best possible control over their own lives
Short description:	Vermeulen's book is divided into two parts. The first part contains a theoretical part with chapters on empowerment, Socratic method and self-understanding. The second part is a practical guide on how to use the worksheets. The worksheets can be adapted to each user and can be put together so that the individual can create a personal book about himself. The work will include a series of exercises, while the facts about autism are presented in a specific and visual way. Emphasis is placed on a psycho-educational approach
Academic area/skills:	<ul style="list-style-type: none"> <li>•Autism spectrum</li> <li>•Asperger syndrom</li> </ul>
Target group:	People with a diagnosis within the autism spectrum
Survey method:	Individual
Standardization:	Not stated
Adapted/non-adapted to Norwegian conditions:	Translated and adapted to Norwegian by Elly Van Goor and Berit Eide
Published:	2008
Author:	Peter Vermeulen
User groups/user qualifications:	The target audience for the book is professionals who meet people with Asperger's syndrome or other diagnoses within the autism spectrum in their work. The book and worksheets are adapted for parents and other close relatives