Reflective Learning Journal

Research Methods and Autism

Spring into Methods 2021
Initial thoughts and reflections
Part 1: Beyond ‘Ableism’
How to be a Good Autistic Ally

Video link: [https://www.youtube.com/watch?v=IvRA0S6-WPL8](https://www.youtube.com/watch?v=IvRA0S6-WPL8)

**Title:** Methods for Autism Researchers Part 1: Sarah Douglas

**Description:** In this 3-part seminar, Sarah Douglas introduces the topic “Beyond Ableism: How to be a Good Autistic Ally”

How aware was I of the concept of ‘ableism’ before this session?

What are my thoughts about ableism, particularly in relation to the autistic lived experience?
How can my study help to be a good ally?
Additional Reflective Questions

Based on the research proposal you have brought with you:

Do I need to adapt this work, based on this session?

Am I willing to challenge myself with regard to my own possible ableism (remember, ableism is often unconscious and unintentional) and potentially stereotypical ideas about autism?

What are my motives for wanting to do autism research?

What would I do if I recognised internalised ableism in my autistic research participants/partners?
Additional thoughts and reflections