



**Thank you for taking the time to complete the feature questions below.**

**Please introduce yourself to our readers with a short autobiography;**



Dr Dan L. Edmunds is an existential psychoanalyst and psychotherapist in North-eastern Pennsylvania. He is the founder of the International Centre for Humane Psychiatry, an emancipatory movement for human rights in the mental health system. He is a leading expert in relational approaches to autism and extreme states of mind. Dr Edmunds is Director of Alternative Mental Health Graduate Program via European American University. He is the author of Meeting of Two Persons: What Therapy Should Be amongst other books and publications. He can be reached for consult at [batushkad@yahoo.com](mailto:batushkad@yahoo.com)

**Please tell us more about the work that you do?**

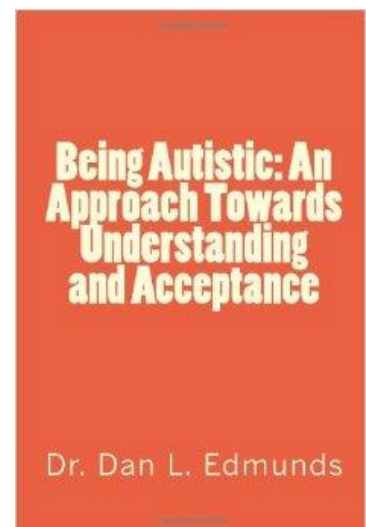
My work has been to provide a relational approach towards understanding and supporting those in extreme states of mind. I have advocated for affordable alternatives and a system that validates experience and is respectful and dignified and insures the person autonomy. My work has also been in supporting and empowering autistic persons.

**What has been some of the best moments of your life and career?**

One best moment was being accepted to be youngest legislative aide at age 16 in Colorado. My speech at a protest of a psychiatric conference that was advocating psychiatric drugging of infants was particularly memorable. My trip to Ireland in 2012 was definitely one of my best moments. My journeying with numerous persons as they overcame struggles and gained insight and discovery has been very meaningful. Hearing a pre-verbal autistic person begin to speak through the power of relationship and emotional connection have been special moments for me.

**What projects are you currently working on?**

I am continuing my consultation work and advocacy. I am considering a new revision to my book 'Being Autistic: An Approach towards Acceptance and Understanding'.





**Do you have any 'coping strategies' that you use?**

I find personally, meditation to be of particular benefit as well as having periods to take quiet hikes. Nature is powerful in stress relief for me.

**How do you view the journey of recovery?**

I prefer to use the term discovery. It is a journey by which one is able to overcome challenges and cumulative traumas and to return to the world of others with new insights.

**May I ask what your personal beliefs surrounding the explanation of mental health experiences?**

I often find those in extreme states to be telling the truth but their experience is steeped in metaphor. My work is to enter their world and seek to speak their language so I might understand their experience and journey with them to a point of discovery and overcoming.

**What does the future hold for you?**

Yet to be seen, but I remain hopeful further opportunities arise for my message to be heard.

**Web links:**

For a range of publications by Dr Dan L Edmunds: <http://www.lulu.com/spotlight/voice4kids>

Blog: <http://danledmunds.blogspot.co.uk/>

Web: <http://autism-acceptance.yolasite.com/>