



The “IM” in Stim

Virtual Presentation

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The "IM" in Stim

People are increasingly beginning to acknowledge the benefits of allowing individuals to stim, such as supporting regulation and connection.

However, while embracing that stimming helps in these functional, practical ways, we should also value stimming for the sake of stimming itself - much like art.

The "IM" in Stim

This presentation will examine intrinsic motivation and will celebrate aspects of stimming that don't necessarily benefit anyone except the individual themselves.

My goal is for you to feel empowered to "lean in" to the aspects of stimming that are just for YOU.





Recognize various understood (anecdotal and evidence-based) benefits and functional outcomes of self-stimulatory behavior (also known as stimming).



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Develop one's awareness that
stimming should be celebrated -
even in the absence of these
benefits and outcomes - resulting in
enhanced awareness of the value
of stimming in and of itself.





Identify different ways that individuals of all neurotypes can engage in stimming for its own sake as a reflection of internal motivation and as an active pursuit of joy.



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