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Rhetorical Analysis of Treatment for Post Traumatic Stress Disorder in a person with Autism

The lab I chose is a lab report that researches different treatments to try and treat post traumatic stress disorder (PTSD) in people who are on the spectrum. They have not been able to find a treatment that will work for people with autism. The research paper states that to treat PTSD the treatment must be adjusted depending on how much the person is able to comprehend and if they're able to talk. I chose this report because I am interested on why PTSD is never recognized in people with autism, and why there has not been a way to treat it yet. The outcome of this lab just shows that the treatment used to treat PTSD works in people with autism it just needs to be adjusted and they must approach the person a different way than they would a person who is not on the spectrum. The purpose of this rhetorical analysis is to analyze how this research paper was brought together.

The intended audience is for other clinical psychologists who are trying to find a way to help people on the spectrum who also have PTSD. The authors are trying to share their findings in their research involving 26 year old Damon, who is the test subject, to educate others trying to treat PTSD in people on the spectrum. I know they are intended for fellow psychologists because they break their research down similar to a lab report, they also published it in *Journal of Applied*

Research in Intellectual Disabilities. They also reference to the Diagnostic and Statistics Manual of Mental Disorders, which isn't something people really know about. The authors also constantly refer to a scale called CRIES-8 which they measure Damon's cores on. The language used in the research paper is complex and only people with an advanced degree in psychology would be able to understand the references made. The topic is responding to the idea that PTSD is commonly found in people with Autism Spectrum Disorder (ASD) and they are finally researching the two together. They are gathering evidence to try and find methods to treat the two in just one person. The events that could have possibly influenced the writing of this text is the raise of awareness of learning disabilities and mental disorders. More and more kids are being diagnosed with autism and more people are trying to understand the disorders and how they could be related to other disorders. This being what drove them to conduct this research, to finally be able to treat people who are suffering from PTSD, who are also on the spectrum.

The authors of this research paper Neil Carrigan and Kate Allez. Neil Carrigan has a PhD and is a clinical psychologist, his area of expertise is cognitive behavioral therapy Research Gate (2019). Kate Allez is also a clinical psychologist and works with people with learning disabilities and personality disorder Research Gate (2019). The authors are trying to treat the PTSD in Damon who is on the spectrum while also trying to not overstep any boundaries he may have. The treatment for those with learning disabilities who are also suffering from PTSD hasn't been properly developed. They first started off slow with the sessions and focused on numerous things. Their main focus is to share their findings.

This research paper gathered information from their experiment and outside sources to find out a way to treat PTSD in a person with autism. "This case suggests that cognitive

approaches to treating PTSD can be successful in people with intellectual disability and autism.” (Allez & Carrigan 2016) The authors do this to in order to establish their reasoning for this paper it is also their way of transitioning to the research part. The strategy the authors used for move one Claiming Centrality. The authors begins the lab by presenting background information on the results that will be presented in the lab. They state what is already known on this topic. “One of the difficulties in assessing and treating PTSD in people with intellectual disability is that it may not present with the typical symptoms associated with the disorder.” (Carrigan & Allez 2016) They also mention that there isn’t enough information on the topic because no one has found a way to treat PTSD in a person who is on the spectrum. The authors do this to tell the audience that the information about to be presented has been well researched, and they also provide enough background information on the history of treating PTSD in someone with autism.

This research paper uses ethos by having the authors names present right after the title, they also show their credibility by using language only psychotherapists would understand. They refer to scales and diagnostic criteria for PTSD. The authors also refer to the most recent edition of the Diagnostic and Statistics Manual of Mental Disorders, This is how they establish their authenticity and credibility by referring to these associations that specialize in autism and PTSD.

In conclusion this research paper was meant to show a breakthrough in treatment for PTSD in people who have autism. The results of this research paper showed that the treatment works, it just needs to be adjusted depending on the person and how they function and their ability to understand things.

References

Carrigan, Neil & Allez, Kate (2016) *Cognitive Behaviour Therapy for PostTraumatic Stress Disorder in a person with an Autism Spectrum Condition and Intellectual Disability: A Case Study*. pp. 326-335 Education Source

ResearchGate (2019) https://www.researchgate.net/profile/Neil_Carrigan

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