

# CLINICAL AND COUNSELING PSYCHOLOGY

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## The hidden relation, clues of autism, ADHD and depression which reveals the effective cause and cure

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Observing the autistic kids: Autistic kids lack most social skills, communicating, persuading skills; the language is the product of living environment so kids poor in using native language make us think of the quality and quantity of connection to the living environment. People speak their native language naturally without much thinking, but autistic cannot speak well, when they have wants or needs, they cannot express it in understandable way to the adults so that they cannot get satisfied. Not satisfying the needs make them anger or stress. In the stress state, there are mainly three hormones operate in body to make the body prepare for fight or flight. These three hormones are: Epinephrine, norepinephrine, and cortisones. These hormones will activate many other changing in body and other hormones so that the body is ready for survival functions. Kids in stress tend to make other stress unconsciously in the downtrend spirals of stress. The more stress kids get, the poorer their learning and the more they will get low level of social skills. The unsatisfied living environment may make autistic have strange behaviors can be explained by conditioned response. They have strange responses to normal things, events. And these responses can be summarized into “Fight” or “Flight” or “Indifference”; these responses tell us about the state of mind of the autistic kids. And the pattern of responses, the fluctuation of specific responses to the changing in environment will give us clues about the cause of autism, ADHD and the prediction and the effective intervention of autism and ADHD.


Side effects of three chemicals creating stress			
Adrenalin	Norepinephrine	Mild side effects	Serious side effects cortisol
Sweating	Pain, burning	Acne, dry skin, or thinning skin	Vision problems
Nausea and vomiting	Numbness, weakness, or cold	Bruising or discoloration of skin	Swelling
Pale skin	Slow or uneven heart rate	Insomnia	Rapid weight gain
Feeling short of breath	Trouble breathing	Mood changes	Shortness of breath
Dizziness	Vision, speech, or balance difficulties	Increased sweating	Severe depression or unusual thoughts or behaviors
Weakness or tremors	Blue lips or fingernails	Headache	Seizures
Headache	Spotted skin	Dizziness	Bloody or tarry stools
Feeling of nervousness or anxiousness		Nausea, stomach pain	Coughing up blood
High blood pressure symptoms: a severe headache, blurred vision, buzzing in your ears, anxiety, confusion, chest pain, shortness of breath, uneven heartbeat, seizure.			Symptoms of pancreatitis: pain in your upper stomach that spreads to your back; nausea and vomiting; or fast heart rate
Awaken You Wonderful We 			Low potassium

Figure-1: The effect of stress hormones: The best explanation for many syndromes, rainbows of problems and gut feelings.

### Recent Publications

1. Van D. Dao (2017) Awaken You Wonderful We: The secret of one-page table reveal all the real causes of all phenomena and problems: Ability - ADHD, Autism - Depression - Belief system - Gut feelings - Learning –Talent. Amazon.com

### Biography

Van Duy Dao, born 1986, had completed Pharmacist Bachelor degree in Hanoi University of Pharmacy. I am a pharmacist, personal development lover and meditation practitioner. Proud to be a pharmacist, but he is ashamed of the failure of knowledge and the medication in healing many unknown Causes. Most of the medications only make temporal relief and many medications chronic patients have to take in their lifetime. Worst of all: mental illness, depression, ADHD, Autism, suicide, and gunfire, social problems seem to go against all the advancement in economic, standard living and Giant leap in technology. I keep on searching. Advantage of the general knowledge in medicine, physiology, psychology, pharmacology, management, marketing, selling, persuading, motivating; and the mixing of Eastern Philosophies: Buddhism, Taoism, Confucianism which full of paradoxical subtle profound knowledge in the art of living, virtues, purposeless, pace of nature to gain success, health, happiness, and inner-peace in daily life.

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