



Brain Club® Digital Resource Library

PLAIN TEXT SUMMARY

“When Trust Breaks Down”

Many neurodivergent people have had bad things happen when they go for medical care.
This makes them not want to go.
They feel ignored and misunderstood.
They feel like nobody is listening to them.

In this Brain Club®, panelists talk about how hard it can be to trust doctors after bad experiences.
They talked about how medical trauma can make it hard to go back for medical care.
Everyone agreed that it does not have to be this way.
When doctors and patients listen to each other, healing becomes possible.

Positive and safe healthcare experiences can build trust. This can help people want to go for medical care.

Key Terms

Neuro-immune	Relating to the parts of the body that keep us safe. The nervous system (which helps the brain and body work well) and the immune system (which helps the body fight off infections).
Mast cell activation	See https://tmsforacure.org
Dysautonomia	See https://www.dysautonomiainternational.org/
Access needs	What anyone needs to feel safe, comfortable, and fully participate. Everyone with all types of brains has access needs.
Dysregulation	When a person’s nervous system feels unsafe or is reacting to something stressful.