



# Autism Spectrum Disorders: Psychological Theory and Research

*Dermot Bowler*

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## **Autism Spectrum Disorders: Psychological Theory and Research** Dermot Bowler

Psychological research into autism spectrum disorders (ASD) has increased exponentially in the last two decades. Much of this work has been led by various theorists who claim to have identified processes that hold the key to understanding the condition. As a consequence, newcomers to the field feel that they have to opt for one or more of the competing approaches and to neglect the remainder as being in some way wrong. In fact, the different theoretical perspectives are just that - different points of view on the same phenomenon - each with its own insights to offer. This is not to say that understanding ASD in psychological terms is just a matter of choosing a perspective and that all perspectives are of equal value. Clearly they are not.

This book, in addition to providing an outline of what current perspectives have to offer, also provides a framework to help readers to decide which aspects of psychological research into ASD contribute to our understanding of the field and how these can be integrated in a way that enables research to be taken forward.

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