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**Subject:** THANKS / AUTISM RESEARCH / CAMBRIDGE UNIVERSITY / FW: Core Principles for Severe Autism Re-Patterning  
**Date:** 09 February 2026 17:11:00  
**Attachments:** [image002.png](#)  
[image003.png](#)

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This is thanks for my paper from one of the leading global figures in Autism research

Faithfully, Benjamin

Director

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**From:** Joanna Davis <jd695@medschl.cam.ac.uk>

**Sent:** 09 February 2026 16:47

**To:** [benjamin@turnereuropeanconsulting.com](mailto:benjamin@turnereuropeanconsulting.com)

**Subject:** RE: Core Principles for Severe Autism Re-Patterning

Dear Benjamin, Professor Baron-Cohen has asked me to email to thank you very much for sending your interesting thoughts to him.

Best wishes,

Jo

**Joanna Davis** (*she/her*)



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**From:** [benjamin@turnereuropeanconsulting.com](mailto:benjamin@turnereuropeanconsulting.com)

<[benjamin@turnereuropeanconsulting.com](mailto:benjamin@turnereuropeanconsulting.com)>

**Date:** Friday, 16 January 2026 at 16:13

**To:** Simon Baron-Cohen <[sb205@cam.ac.uk](mailto:sb205@cam.ac.uk)>

**Cc:** 'Christiane Export' <[christiane@turnereuropeanconsulting.com](mailto:christiane@turnereuropeanconsulting.com)>

**Subject:** Core Principles for Severe Autism Re-Patterning

Dear Simon, something I have been working through with my Autistic son for 20 years. Had intended to write book, instead have produced Report for Clinicians and Caregivers based I what I have done with Maxi.

Please share if it is useful...

Faithfully, Benjamin

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**Core Principles for Severe Autism Re-Patterning**

Benjamin Turner

January 2026

Premise:

Regulation precedes communication. Always. No exceptions.

Language, learning, and social engagement only emerge after the nervous system stabilizes

1. Severe Autism: A Different Neuroplastic Regime (Not "More Deficit")

Severe autism is best understood as:

An extreme form of sensory–predictive stabilization in response to overwhelming input.

Key characteristics often include:

- Very high sensory gain (everything comes in "too loud")
- Minimal automatic filtering
- Fragile autonomic regulation
- Heavy reliance on bottom-up sensory control
- Limited access to top-down narrative cognition

This means:

- The body regulates first

- Language is optional, not central
- Cognition is sensory-anchored, not symbolic

From a Buddhist lens:

Suffering arises when contact overwhelms capacity.

From a Bach-y-Rita lens:

The system locks into the narrowest map that preserves coherence.



## 2. Why Rigidity Is Protective in Severe Autism

In severe autism, rigidity is not preference — it is lifesaving regulation.

Rigid maps may include:

- Exact routines
- Specific sounds or rhythms
- Repetitive movement patterns
- Fixed spatial layouts
- Single trusted caregivers
- Narrow food textures or temperatures

Disrupting these without substitution causes:

- Autonomic collapse
- Panic or shutdown
- Aggression or self-injury
- Loss of trust

So the first rule is absolute:

Never remove a stabilizing map without first creating a parallel one.



## 3. Attachment in Severe Autism Is Sensory, Not Symbolic

Attachment often locks onto:

- A voice frequency, not words
- A gait pattern, not identity
- A touch pressure, not affection
- A timing cadence, not intention

This explains why:

- One caregiver is “acceptable” and others are not
- Substitutes fail despite kindness
- Familiarity matters more than skill

This is not emotional immaturity — it is sensory attunement.

Buddhism would call this:

Conditioning at the level of contact and feeling, before concept.



#### 4. Why Behavioural Approaches Often Backfire

Many traditional approaches:

- Target outward behaviour
- Ignore sensory regulation
- Remove self-stimulation
- Demand compliance before safety

From a neuroplastic perspective:

- This increases threat salience
- Hardens defensive maps
- Reduces learning capacity

From a Buddhist perspective:

Forcing change under distress strengthens suffering.



#### 5. Bach-y-Rita's Rule Applied to Severe Autism

Bach-y-Rita showed that re-mapping requires:

1. Safety
2. Consistency
3. Redundancy
4. Feedback
5. Time

Severe autism requires all five, continuously.



#### 6. Core Principle for Severe Autism Re-Patterning

Regulation precedes communication. Always. No exceptions.

Language, learning, and social engagement only emerge after the nervous system stabilizes.



#### 7. Autism-Specific Sensory Re-Patterning Framework (Severe Level)

##### A. Identify the Primary Regulatory Channel

Every individual has one dominant regulator:

- Vestibular (movement, rocking)
- Auditory (rhythm, tone)
- Proprioceptive (pressure, resistance)

- Tactile (texture, temperature)
- Visual (pattern, light)

You do not choose this.

You discover it.



## B. Preserve the Anchor Map

Whatever stabilizes the person:

- Is not a “behavior”
- Is not negotiable
- Is not removed

This is the base camp.



## C. Add Parallel Sensory Streams (Very Slowly)

Examples:

- Same rhythm, slightly different sound
- Same movement, different environment
- Same pressure, different person
- Same object, new location

This is sensory substitution, not exposure therapy.



## D. Use Rhythmic Entrainment (Critical)

Rhythm:

- Bypasses cognition
- Regulates autonomic tone
- Synchronizes prediction systems

This is why:

- Music therapy works
- Metronomic pacing works
- Chanting works
- Rocking works

Buddhism has used this for millennia.



## 8. Communication Emerges from Sensory Trust

In severe autism:

- Communication is a by-product of safety • Not a goal to be forced

When sensory trust increases:

- Eye contact may appear spontaneously
- Vocalizations may increase
- Gestures may emerge
- Shared attention may occur

This is neuroplastic readiness, not training success.



## 9. Buddhist Skillful Means for Severe Autism

Buddhist practice at this level looks like:

- Ritualized repetition
- Predictable timing
- Minimal verbal demand
- High sensory consistency
- Deep patience

Monastic routines were designed for nervous system stability, not belief.

This is not accidental.



## 10. Liberation in Severe Autism (Redefined)

Liberation here does not mean:

- Independence
- Normalization
- Verbal fluency

Liberation means:

- Reduced distress
- Expanded tolerance
- Multiple regulators
- Decreased catastrophic response
- Increased trust in environment

This is functional awakening, not philosophical insight.



## 11. Final Integrated Statement (Very Precise)

In severe autism, rigidity reflects a nervous system operating at the edge of overwhelm, stabilizing itself through narrow but reliable sensory maps. Paul Bach-y-Rita's work explains how these maps form and why they must be respected. Buddhist psychology reaches the same conclusion: suffering decreases not by forcing change, but by introducing new conditions gently, through skilful means. Effective intervention expands sensory options without dismantling existing anchors, allowing regulation, communication, and flexibility to emerge organically over time.



## 12. Why This Matters Ethically

This framework:

- Eliminates coercion
- Prevents trauma-based “progress”
- Respects non-verbal intelligence
- Aligns caregivers with the nervous system
- Explains why patience is not passive — it is active neuroplastic work



## Step-by-Step Sensory Re-Patterning Protocol

(Severe / Non-Speaking Autism)



### CORE RULES (Read First – Non-Negotiable)

1. Regulation precedes learning
2. Never remove a stabilizing sensory map
3. Add before you subtract
4. One variable at a time
5. Progress is measured by calm, not compliance

If these rules are violated, plasticity shuts down.



## PHASE 1: Baseline Stabilization (Weeks–Months if Needed)

### Step 1: Identify the Primary Regulatory Channel

Observe without interfering.

Ask:

- What reduces distress fastest?
- What the individual returns to after stress?
- What self-organizes them when overwhelmed?

Common primary channels:

- Vestibular (rocking, spinning, pacing)
- Auditory (specific music, hums, tones)
- Proprioceptive (pressure, resistance, squeezing)
- Tactile (textures, temperature)
- Visual (patterns, light, motion)

Choose ONE dominant channel.

This becomes the Anchor Map.



## Step 2: Protect the Anchor Map

Document it clearly:

- Movements
- Sounds
- Objects
- Timing
- Environment
- Caregiver presence

This map is sacred.

- Not reduced
- Not “faded”
- Not negotiated

This is the base camp from which exploration becomes possible.



## PHASE 2: Sensory Trust Expansion (Parallel Mapping)

### Step 3: Create a Parallel Sensory Channel

Add one new input that:

- Matches the anchor in rhythm or intensity • Is slightly different in form • Is never forced

Examples:

- Same rocking rhythm, different chair
- Same music tempo, different instrument • Same pressure, different object • Same movement, new room

Bach-y-Rita principle:

The brain learns equivalence through redundancy.



#### Step 4: Pair, Don't Replace

Run both channels together:

- Old map stays active
- New map is present but optional

Duration:

- Short (seconds to minutes)
- Repeated daily
- Always end before distress

Success signal:

- No increase in dysregulation
- Neutral or mild curiosity
- Faster recovery after stress



#### PHASE 3: Micro-Variability Training

##### Step 5: Introduce Micro-Changes (Tiny, Predictable)

Only change:

- ONE sensory parameter
- By 5–10%
- With full anchor intact

Examples:

- Rocking speed  $\pm 5\%$
- Music volume slightly altered
- Pressure applied 1–2 seconds longer
- Caregiver stands 30 cm further away

This trains:

- Prediction error tolerance
- Map flexibility
- Autonomic resilience

⚠ If distress spikes → revert immediately.



##### Step 6: Stabilize Each New Variant

Do not stack changes.

Each micro-variant must become:

- Predictable

- Non-threatening
- Familiar

Only then move to the next.



#### PHASE 4: Relational Sensory Generalization

##### Step 7: Transfer Regulation Across People

Do NOT introduce new people cold.

Instead:

- Same rhythm
- Same timing
- Same distance
- Same sensory cue

Caregiver A present → Caregiver B mirrors silently.

Attachment generalization happens through sensation, not explanation.



##### Step 8: Expand Environment (Not Demands)

Change:

- Location
- Lighting
- Acoustics

NOT:

- Expectations
- Tasks
- Social rules

The question is:

“Can regulation travel?”



#### PHASE 5: Emergent Communication Readiness

##### Step 9: Wait for Signals (Do Not Prompt)

Signs of readiness:

- Increased eye orientation
- Vocal play
- Gesture emergence

- Shared timing
- Reduced self-injury
- Faster recovery from disruption

These are neuroplastic markers, not milestones.



#### Step 10: Support Expression Through the Dominant Channel

Communication must ride the strongest sensory path:

- Rhythm → turn-taking
- Movement → imitation
- Sound → call-and-response
- Pressure → request signaling

Language may emerge later — or not at all.  
That is not failure.



#### PHASE 6: Long-Term Flexibility (Liberation Phase)

##### Step 11: Build a “Regulation Portfolio”

Goal:

- Multiple reliable regulators
- Not dependence on one
- Graceful switching

This is freedom, autistic-style.



##### Step 12: Measure the Right Outcomes

DO NOT measure:

- Compliance
- Eye contact
- Normalization

DO measure:

- Distress frequency
- Recovery time
- Sensory tolerance
- Trust
- Willingness to explore
- Reduced catastrophic responses



## WHY THIS WORKS

This protocol works because it mirrors how the brain actually learns. Paul Bach-y-Rita showed that new function emerges when structured sensory input is added without threatening existing maps. Buddhism reached the same conclusion psychologically: suffering decreases not by forcing change, but by gently altering conditions through skilful means. In severe autism, sensory rigidity reflects intelligent self-stabilization under overload. By respecting anchor maps and expanding them incrementally, the nervous system regains plasticity, flexibility, and trust — allowing communication and connection to arise naturally rather than being imposed.



## VERY SHORT SHAREABLE SUMMARY

Severe autism requires sensory re-patterning, not behaviour correction. Regulation must come first. Stabilizing sensory maps are preserved, while parallel inputs are introduced slowly and safely. Through rhythmic, predictable, embodied variation, the nervous system expands its tolerance and flexibility. This restores plasticity, reduces suffering, and allows communication to emerge organically — aligning neuroscience, Bach-y-Rita's work, and Buddhist skilful means.

## Doctor-Facing Executive Summary

### Neuroplastic Autism Model: Sensory Re-patterning, Regulation, and Ethical Intervention

#### Intended Audience

Physicians, neurologists, developmental pediatricians, psychiatrists, rehabilitation specialists, and allied clinicians working with autistic individuals across the severity spectrum.



#### 1. Clinical Problem Statement

Autism is commonly approached through behavioural modification frameworks (e.g., ABA-derived models) that prioritize observable behaviour over underlying nervous system state. While such approaches may achieve short-term compliance, they frequently fail to improve long-term regulation, resilience, or quality of life—particularly in moderate to severe autism.

Emerging neuroscience indicates that autism is best understood as a distinct neuroplastic

regime, characterized by early stabilization of sensory–predictive neural maps under conditions of heightened sensory load. Interventions that do not account for this neurobiology risk reinforcing rigidity rather than restoring adaptive flexibility.



## 2. Core Neurobiological Premise

### Autism as Hyper-Stabilized Neuroplastic Mapping

Key features observed clinically and supported by neuroplastic research:

- Early consolidation of sensory maps
- Heightened cost of prediction error
- Sensory-first (bottom-up) regulation
- Reduced tolerance for ambiguity
- Autonomic vulnerability under novelty

Repetitive behaviours, routines, and restricted interests function as regulatory sensory scaffolds, not merely behavioural symptoms. Attempts to extinguish these behaviours without substitution often destabilize autonomic regulation.

Clinical implication: Behaviour is an unreliable proxy for nervous system health.



## 3. Conditioning, Attachment, and Predictive Processing

### Neuroplastic Conditioning

Repeated, emotionally salient sensory experiences strengthen neural attractor states. This aligns with:

- Experience-dependent plasticity
- Predictive processing models
- Attractor dynamics in neural networks

Autistic attachment patterns are frequently sensory–regulatory rather than symbolic.

Attachment anchors may include:

- Specific vocal frequencies or prosody
- Rhythmic timing
- Pressure, proximity, or movement patterns • Environmental predictability

Disrupting these anchors without replacement can precipitate autonomic collapse, regression, or behavioural escalation.



## 4. Paul Bach-y-Rita: Sensory Substitution Applied to Autism

Paul Bach-y-Rita’s work demonstrated that:

- The brain is task-defined, not modality-defined
- Perceptual experience is learned through structured input
- Redundant sensory channels enable remapping

Application to autism:

- Existing regulatory sensory maps must be preserved
- New sensory channels should be added in parallel
- Novelty must be introduced without threat
- Flexibility emerges through equivalence, not deprivation

This reframes intervention as sensory re-patterning, not behavioural correction.



## 5. Severe and Non-Speaking Autism

In severe autism:

- Sensory filtering is minimal
- Autonomic regulation is fragile
- Regulatory maps are narrow but reliable

Language-based interventions are often premature.

Regulation reliably precedes communication.

Attempts to force expressive language without regulatory stability increase distress and shutdown.

## 6. ABA Assumptions vs Neuroplastic Reality

ABA-Oriented Assumption / Neuroplastic Reality

Behaviour = learning / Regulation enables learning

Compliance = success / Flexibility = success

Extinction builds tolerance / Extinction increases threat

Reinforcement motivates / Safety motivates

Eye contact = connection / Regulation = connection

Recommended outcome metrics:

- Recovery time after stress
- Frequency and duration of distress
- Sensory tolerance range
- Portability of regulation across settings
- Willingness to explore

## 7. Stepwise Sensory Re-patterning Framework (Clinical Summary)

Non-Negotiable Principles

- Regulation ≠ compliance
- Add before subtract
- One variable at a time
- Stabilize before progressing

## Clinical Phases

1. Identify primary regulatory sensory channel
2. Protect existing anchor maps
3. Introduce a parallel sensory channel
4. Pair new input without replacing anchors
5. Introduce micro-variability (5–10%)
6. Allow stabilization before expansion
7. Generalize regulation across contexts
8. Expand environment, not demands
9. Observe for emergent communication
10. Build a diversified regulation portfolio



## 8. Ethical and Clinical Implications

This model prioritizes:

- Nervous system safety
- Long-term adaptability
- Reduction of iatrogenic harm
- Respect for autistic neurobiology

It aligns with trauma-informed care, modern neuroplastic research, and ethical standards emphasizing wellbeing over normalization.



## 9. Clinical Takeaway

Autism-specific sensory rigidity reflects intelligent self-stabilization under load. Effective intervention preserves regulatory anchors while gently expanding sensory equivalence through structured, safe re-patterning. This neuroplastic model offers a scientifically grounded, ethically robust alternative to behaviourist paradigms—particularly critical for moderate to severe autism.

Bottom line: Treat the nervous system first. Behaviour will follow.

## Appendix A: Key Scientific Foundations and Citations (Selected)

- A1. Paul Bach-y-Rita – Sensory Substitution & Neuroplasticity • Bach-y-Rita, P. (1967). Sensory plasticity: Applications to a vision substitution system. *Acta Neurologica Scandinavica*.
- Bach-y-Rita, P., Collins, C. C., Saunders, F. A., White, B., & Scadden, L. (1969). Vision substitution by tactile image projection. *Nature*.
  - Bach-y-Rita, P. (2004). Emerging concepts of brain function. *Journal of Integrative Neuroscience*.

Clinical relevance: Demonstrates that perception is learned, task-based, and remappable through structured sensory input—forming the basis for autism-specific sensory re-patterning.



A2. Predictive Processing, Attractor Dynamics, and Autism • Friston, K. (2010). The free-energy principle: A unified brain theory? *Nature Reviews Neuroscience*.

- Friston, K., & Kiebel, S. (2009). Predictive coding under the free-energy principle. *Philosophical Transactions of the Royal Society B*.
- Pellicano, E., & Burr, D. (2012). When the world becomes 'too real': A Bayesian explanation of autistic perception. *Trends in Cognitive Sciences*.

Clinical relevance: Supports the view that autism involves altered precision weighting and heightened cost of prediction error, explaining sensory rigidity and intolerance of ambiguity.



A3. Harvard-Affiliated Research (Neuroplasticity, Emotion, Regulation) • Davidson, R. J., & McEwen, B. S. (2012). Social influences on neuroplasticity. *Nature Neuroscience*.

- McEwen, B. S. (2017). Neurobiological and systemic effects of chronic stress. *Neurobiology of Stress*.
- Hariri, A. R., et al. (2002). Modulation of neural responses to emotional stimuli. *Biological Psychiatry*.

Clinical relevance: Demonstrates that emotional safety, stress load, and regulation state directly modulate plasticity—reinforcing the regulation-first model.



A4. University of Wisconsin–Madison (Neural Synchrony & Autism-Relevant Findings) • Hasson, U., Ghazanfar, A. A., Galantucci, B., Garrod, S., & Keysers, C. (2012). Brain-to-brain coupling. *Trends in Cognitive Sciences*.

- Dikker, S., et al. (2017). Brain-to-brain synchrony tracks real-world dynamic group interactions. *Current Biology*.
- Kinreich, S., et al. (2017). Brain-to-brain synchrony during naturalistic social interactions. *NeuroImage*.

Clinical relevance: Supports the concept that regulation and relational resonance are mediated by synchrony, rhythm, and timing rather than explicit behavioral compliance.



A5. Autism, Sensory Processing, and Regulation • Marco, E. J., et al. (2011). Sensory processing in autism. *Current Opinion in Neurology*.

- Green, S. A., & Ben-Sasson, A. (2010). Anxiety disorders and sensory over-responsivity in children with autism spectrum disorders. *Journal of Autism and Developmental Disorders*.
- Robertson, C. E., & Baron-Cohen, S. (2017). Sensory perception in autism. *Nature Reviews Neuroscience*.

Clinical relevance: Reinforces sensory-first intervention models and cautions against behavior-only approaches.



## Appendix Summary for Clinicians

The cited literature converges on a single conclusion: plasticity depends on regulation, safety, and structured sensory input. Autism interventions that preserve regulatory anchors while expanding sensory equivalence align with modern neuroscience and reduce iatrogenic harm. These findings collectively support the neuroplastic sensory re-patterning model presented in this report.

Faithfully, Benjamin

Director

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