



The Sky is the Limit: Autism Lights Up the World!  
By Kerin Bellak Adams  
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Until approximately 2019, autism was viewed as an impediment to living a productive and fulfilling life. All that changed with an amazing TV episode in 2021 produced by CBS called “ Recruiting the Talent on the Autism Spectrum” From this segment, the author Kerin Bellak Adams, as a author of five books and articles published internationally and in the US., wrote this article. Now the sky is the limit because although many non verbal autistic people are not expected of much, they can often do amazing things that no one thought not possible or ever considered. Statistically, now 1 out of 30 are diagnosed with Autism and it used to be much less often~ Just as they have found this to be true of ADHD. *What are the causes you might ask?* Well, there probably are a lot of factors. But we are just at the beginning of exploring this ongoing aspect of our societies globally. Thankfully, there are studies being done and there might be an understanding as to why ADHD and Autism often exist in a person.

A divorced father started bringing his non-verbal autistic son to our house of worship, and I would be the only one to run to get the boy a folding chair. Well, only after a few months of doing that, one day, when I was standing by his dad, the boy pulled me by my right arm and as close as about 12 inches from his face, and with his beautiful brown eyes looked right into mine, as if to say “Thank you for caring about me”.

In my private work in ADHD and Autism, a 5 year old who was just diagnosed with Autism was brought to me and he said “Lets play chess! Hmmm, he responded after looking at my blank expression, looks like Chess is to hard for you, so lets play cards”

Some of the most famous of people -Elon Musk, Albert Einstein, Michael Phelps all have had their own struggles, but once they found their passion, their lives had purpose and yes, for them the Sky was the limit.

Some autistic people have acute imaginations, visual memories, and exceptional thought-processes. Their brilliance enables them to find unique solutions to cybersecurity and data analysis. As a result, these individuals may command a six-figure salary. They can become independent and live on their own. It's as if the baby kangaroo leaves the pouch!

HR/Autism- In the past several years, many large companies such as Microsoft, Ernst and Young, and SAP in the UK have become aware of the benefits of hiring autistic employees for their special abilities.

An employee's assignment was to make sense of data from NASA's Kepler Telescope. He built an interactive software program called Filtergraph, which was featured in a segment on CBS, “Recruiting the talent on the Autism Spectrum.” That led to NASA signing a license agreement!!! WOW.

**Clinical psychologists, clinical neurologists, and neurologists, students can use the CAT to** diagnose Autism with other assessments assessing social dynamics, emotional regulation and can be used to identify trauma which assists in international situations concerning child custody cases along

with the MMPI. The CAT has been used by students for dissertations in undergraduate and Masters programs. The use of the CAT and BAT can be used in art therapy as the basis for projectives and Art Therapy as object relations is the basis for training.

**The history of the CAT-** This assessment used globally, was originally created by Dr. Leopold Bellak in the early 1950's. Not until 2014, was a film presented using the CAT in Autism! It's a short 53 minute film called *The Kangaroo Complex*, as an educational documentary on autism (Brussels: Plexus Production). The film provides a realistic, yet hopeful perspective for parents and caregivers on the various ways there may be potential with Autism.

### **Leo the Lion and The Kangaroos – On Autism.**

This upcoming short picture book is for all ages and has a theme with a soft approach. Kangaroo families struggling with Autism! One of the CAT cards is that of a mother kangaroo that is hopping down a road with a basket of groceries. The baby is in the pouch. The older kangaroo sibling is behind her on it's bicycle. The theme of the book is that eventually Leo the Lion decides from a mountain top after observing the parent kangaroos struggling, to think of a plan to rescue all the families that are constantly frustrated with their babies who have autism. In the book there are 5 CAT card illustrations it relates to and the book can be read alone or with the CAT assessment. For those working in mental health, please visit [www.cpspublishinginc.com](http://www.cpspublishinginc.com) for a 5 minute clip of the film *The Kangaroo Complex* created on the CAT by a psychologist in Belgium.

**HOPE comes in many ways:** Not everyone's son or daughter may end up like the famous Kobe Lee who won Americas Got Talent in 2022, after performing on the piano with his amazing voice!! Or a young boy who was adopted at birth because his mom was a drug addict and when he was introduced being totally blind, he corrected his new dad by saying he was 17 not 15 and the whole audience laughed out loud!

### **About the Author**

Kerin Bellak Adams, is the eldest daughter of the late Dr. Leopold Bellak. She received her BA in psychology at Hofstra University in Long Island and is the author of the internationally published workbook, *ADHD Success! Solutions To Boosting Self Esteem The Diary Method Ages 7-17* on [www.reachbeyondADD.com](http://www.reachbeyondADD.com). She began her career in mental health in 2003, in ADHD as a consultant, coach and speaker to hospitals, schools and organizations. She is available for bookings on [www.reachbeyondADD.com](http://www.reachbeyondADD.com). She became the CEO of CPS Publishing LLC in 2005. She created the first edition of the CAT- A in color in 2012. She created the CAT H color edition. In 2021 she collaborated with one of Dr. Bellak's colleagues and created the BAT assessment. Her upcoming books on mental health issues for all ages will be announced once they are published. *Light At the End of the Tunnel* (4) short stories on ADHD, Borderline Personality, Depression, and Bullying/Abuse. Dates of publications will be announced on social media and AutismSpeaks.