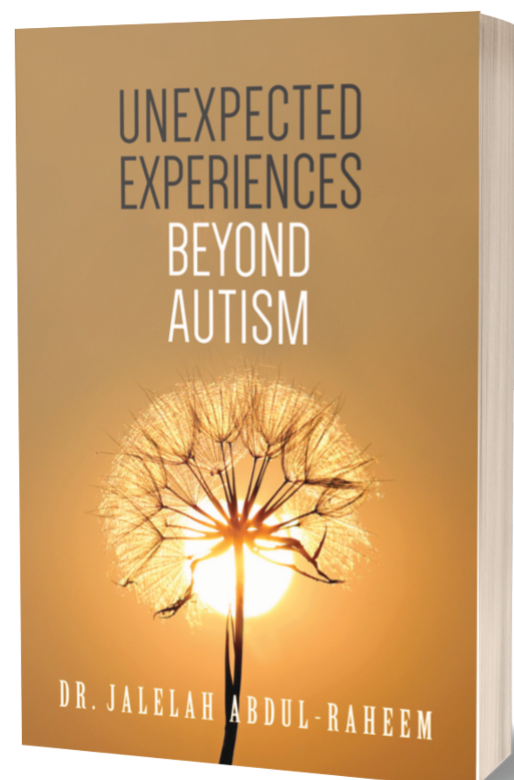


Dr. Jalelah Abdul-Raheem

AUTHOR • SPEAKER



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- BOOK BIO/FLYER
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- INTERVIEW QUESTIONS
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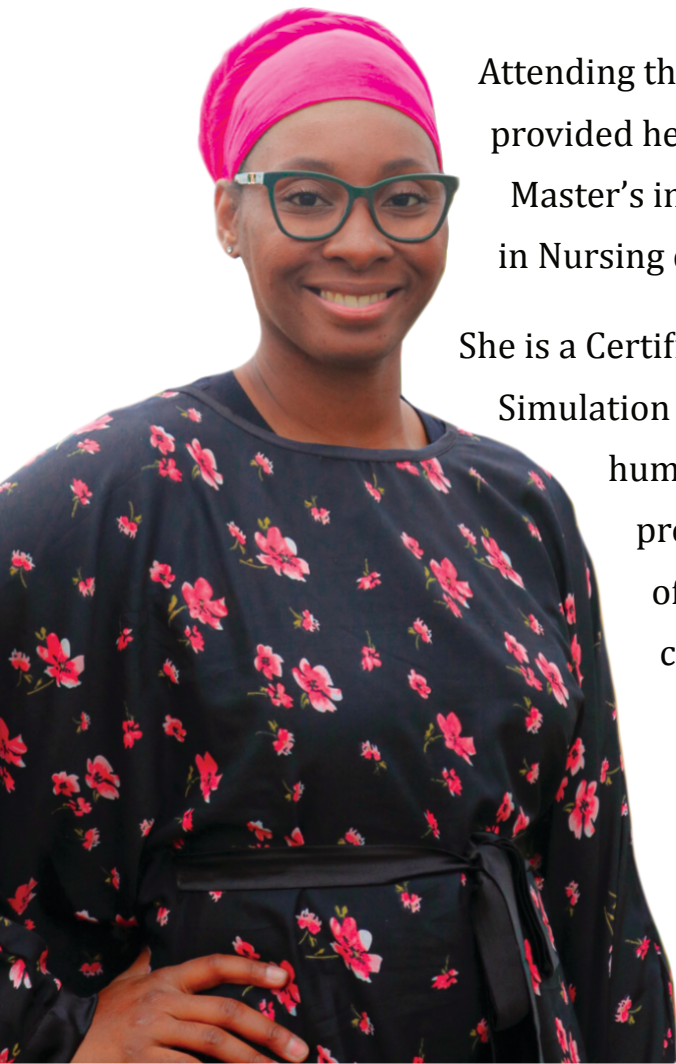
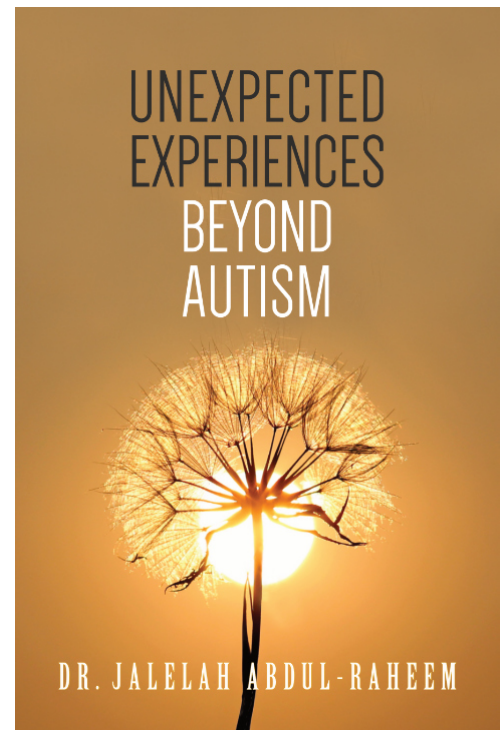


MEDIA KIT

Author Bio

Dr. Jalelah Abdul-Raheem was inspired to write *Unexpected Experiences Beyond Autism* based on her personal journey with her son and his autism diagnosis. Realizing that her story may help others with similar struggles she decided to share their special journey thus far.

She holds certification as a Board-Certified Cognitive Specialist (BCCS), not only to assist her son, but individuals she teaches within nursing education who may have cognitive conditions. Dr. Abdul-Raheem has served as a Registered Nurse for 15 years with a clinical background in the areas of Adult Medical Surgical, Pediatrics, Home Healthcare and Case Management. She currently works full-time as a nurse educator administrator and part-time as a graduate nurse instructor.



Attending the University of Oklahoma Health Sciences Center provided her with a Bachelor of Science in Nursing degree and a Master's in Nursing Education degree. Her Doctor of Philosophy in Nursing degree is from Oklahoma City University.

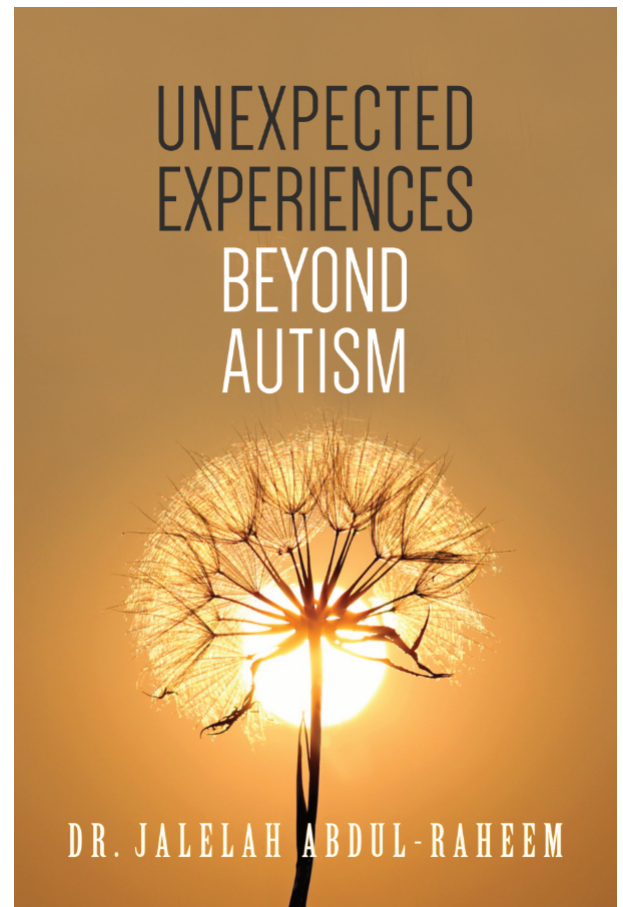
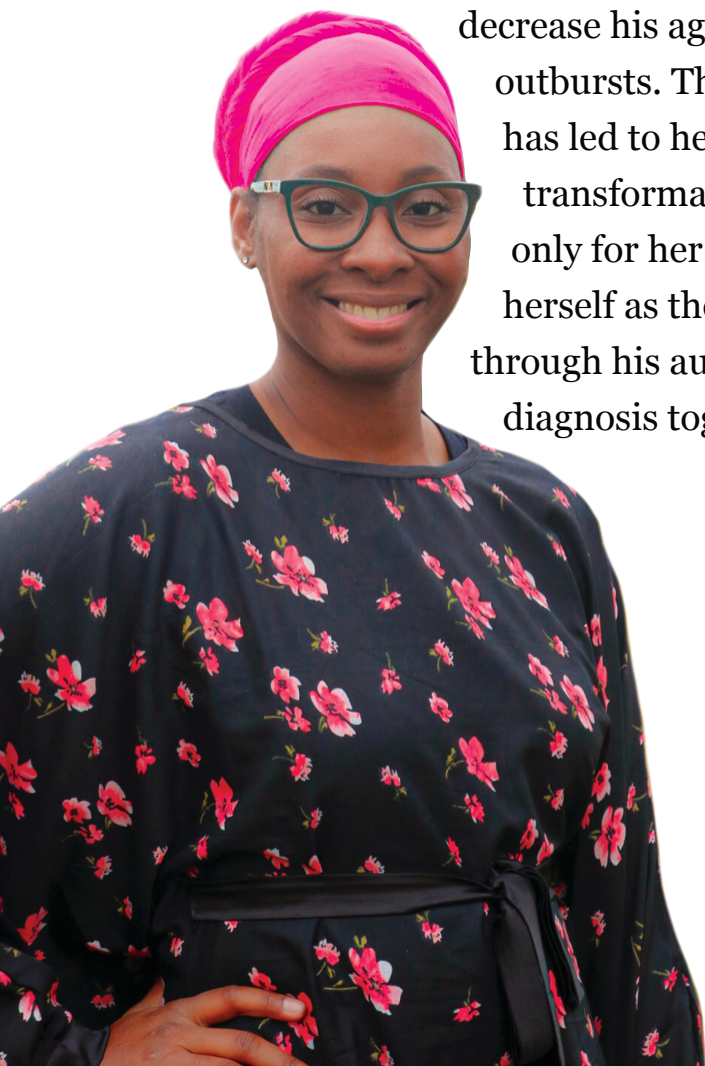
She is a Certified Nurse Educator (CNE) and a Certified Healthcare Simulation Educator (CHSE). Her research focus is on cultural humility in nursing education which resulted in her providing two articles that were published in the *Journal of Cultural Diversity* about faculty diversity, tenure and cultural humility.

During her free time she enjoys jogging, traveling and journaling, as well as spending time with family and friends.

DISCOVERING STRENGTH IN VULNERABILITY AND GROWTH

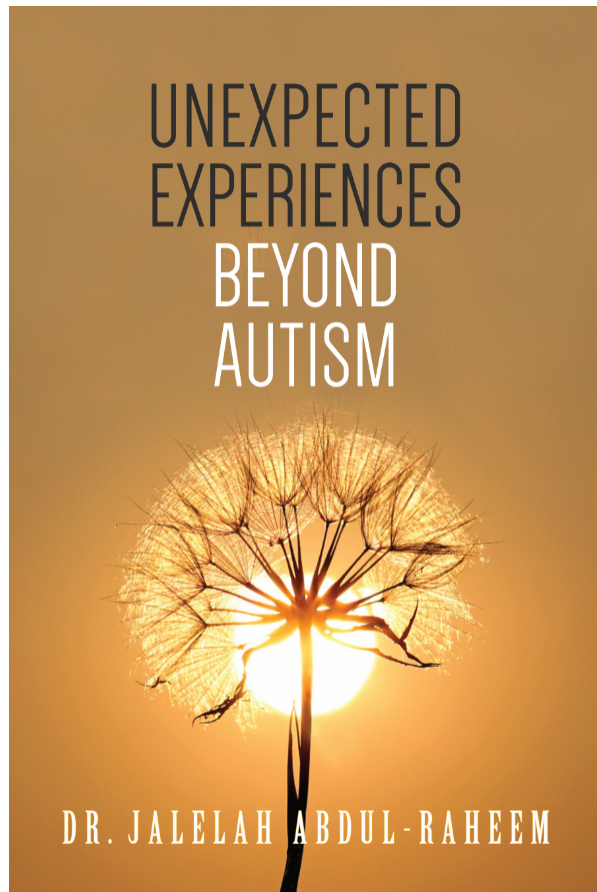
Unexpected Experiences Beyond Autism is a story about a woman's journey with her son who is diagnosed with autism. Despite her educational background and nursing experience she quickly learned it wasn't enough to help her address all the obstacles they would encounter along the way.

Her life experiences and past traumas prepared her for the unexpected journey she had with her son along with the vast learning curve of information and resources needed to help him learn how to emotionally regulate and decrease his aggressive outbursts. The journey has led to healing and transformation not only for her son but for herself as they navigate through his autism diagnosis together.



UNEXPECTED EXPERIENCES BEYOND AUTISM

UNEXPECTED EXPERIENCES BEYOND AUSTISM



Title: Unexpected Experiences Beyond Autism

Author: Dr. Jalelah Abdul-Raheem

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Unexpected Experiences Beyond Autism is a story about a woman's journey with her son who is diagnosed with autism. Despite her educational background and nursing experience she quickly learned it wasn't enough to help her address all the obstacles they would encounter along the way. Her life experiences and past traumas prepared her for the unexpected journey she had with her son along with the vast learning curve of information and resources needed to help him learn how to emotionally regulate and decrease his aggressive outbursts. The journey has led to healing and transformation not only for her son but for herself as they navigate through his autism diagnosis together.

About the Author



Dr. Jalelah Abdul-Raheem is a Registered Nurse and Nurse Educator from Moore, Oklahoma who has published articles in the Journal of Cultural Diversity. She has a

bachelor's degree in nursing, a master's degree in nursing education, and PhD in nursing. After years of learning from her experiences with her son's autism diagnosis she has decided to find ways to help support parents, families, and caregivers of children with special needs who share similar experiences.

BOOK EXCERPT

The discussion on what the journey looks like beyond the diagnosis of a mental health disorder can be very overwhelming. As a parent of a child diagnosed with autism, I have experienced so many things that I didn't imagine would be in my reality. Even if people have no experience with autism, per se, I hope my experiences will help those who do understand the unexpected things that arise along the journey. None of it has been easy to deal with. There are days where I don't know what to do or know what is going to happen next. I've tried explaining to people my perspective only to still be misunderstood or unheard. Sometimes I unrealistically expect others to be able to respond appropriately, even though they don't have any clue where I'm coming from or the capacity to understand my situation.

As an African American woman, it's been my experience that it is a difficult thing to acknowledge the struggle we experience when it comes to behavioral or mental health issues. That lack of acknowledgment and stigma within the community only compounds the problem and makes people feel isolated during tough times. I have found that my son's (Mahalek) autism diagnosis is a contributing factor that exacerbates everything else such as bringing unhealed traumas to the surface or even causing more trauma. I want to share my experiences about things I've dealt with along the journey with Mahalek. For starters, autism is often accompanied by other conditions such as anxiety, depression, or even medical conditions that make navigating through the experience that much more complex.

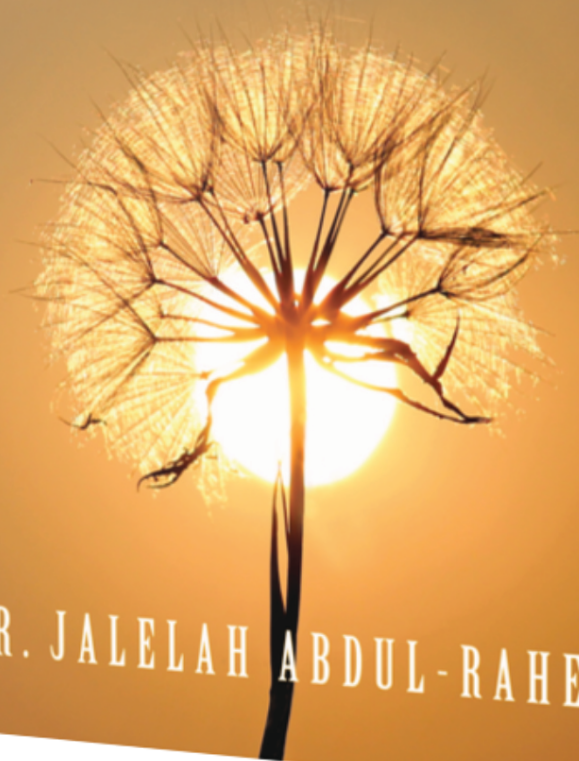
INTERVIEW QUESTIONS

1. What inspired you to write “Unexpected Experiences Beyond Autism?”
2. What difficulties did you face during the writing process?
3. How does your son’s autism diagnosis impact him the most?
4. What resource or service has made the biggest difference in your son’s life?
5. What would you like to see in your son’s future to help him thrive in the world?
6. How do you think resources can be improved in your area to help others deal with similar situations?
7. What has helped you make it this far in your journey with your son?
8. How do you feel that this book may help others?
9. What advice do you have for others in similar situations?
10. What would you tell someone who is just beginning their journey?





UNEXPECTED
EXPERIENCES
BEYOND
AUTISM



DR. JALELAH ABDUL-RAHEEM

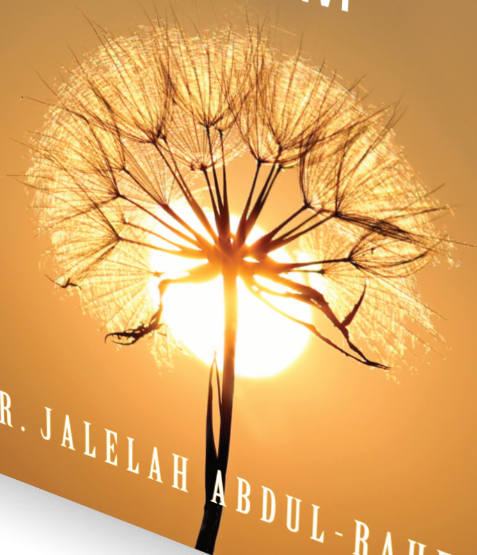
Unexpected Experiences Beyond Autism is a journey with her son who is diagnosed with autism. Her educational background and nursing experience are not enough to help her adjust to that that was not enough to help her adjust to the encounter along the way. Her life experience has led her for the unexpected journey she had to learn the learning curve of information and resources and how to emotionally regulate and decrease stress. The journey has led to healing and transformation but for herself as they navigate through



DR. JALELAH ABDUL-RAHEEM

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UNEXPECTED EXPERIENCES BEYOND AUTISM



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Book Signings and Interviews**



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