



Unmasking the Invisible Struggles: Navigating Neurodivergence and Co-Occurring Challenges

Neurodivergence like **autism, ADHD, dyslexia, dyspraxia, and Tourettes**, as well as co-occurring physical challenges such as **Ehlers-Danlos** and **Mast Cell Activation Syndrome** are often not understood or misunderstood by society due to their invisible nature. This lack of understanding creates significant challenges for individuals living with these differences, hindering their access to the necessary support and causing them to strive to blend in with the rest of society. This effort can lead to exhaustion, mental ill health, and loneliness. In this talk, Kana will share her lived experiences in facing and navigating these challenges, interweaving them with the latest scientific information. Following the talk, there will be a Q&A session to further explore these topics.

Speaker:

Dr Kana Grace, PhD

Kana is a neurodivergent advocate and researcher in the field of neurodivergence. She is an Honorary Research Fellow at the Centre for Research in Autism and Education (CRAE) at IOE, University College London (UCL), where she completed her PhD. Kana views neurodivergence as a natural variation of diverse minds, and she has made significant international contributions by shifting autism research from the traditional medical model to the neurodiversity paradigm. Kana has been featured in major media outlets such as BBC and Scientist. <https://linktr.ee/kanagrace>

Academic background:

PhD, University College London, UK

MA, Boston College, USA

Postgraduate Certification, Sheffield Hallam University, UK

BS, Northeastern University, USA



Booking:

To reserve your spot, kindly send an email to valtameri.grace@outlook.com with the following information.

- Email Subject: "Talk in January"
- In the email, please specify your preferred session (English or Japanese) and indicate the number of attendees.
- We will send you a confirmation email for your booking.
- Please note that bookings are on a first-come, first-served basis, and we have a **maximum capacity of 20 participants**.

Location:

Seminar Room,
Seaside House,
Okinawa Institute of Science and
Technology (OIST)

Date and Time:

Saturday, January 20

11:00 am - 12:15 pm Japanese

2:00 pm - 3:15 pm English

The same talk will be delivered in
two languages. Please select your
preferred session!

There is no registration fee

You are welcome to bring along your children

Reasonable adjustments: please do not hesitate to contact me if you would like to request or discuss any accommodations