

**Inner Speech - What is it and Why it is Important in Autism:  
Presenting Results from the Study in Singapore and New Zealand**

Inner speech refers to the silent verbal self-talk that goes on in our heads during our waking moments. Scientists have found that our inner chatterbox helps us with a myriad of tasks during our daily lives such as helping us to remember what groceries we need to pick up at the supermarket, helping us to rehearse important conversations such as when making a new friend, and helping us reason through difficult life situations. Current studies have found an uneven profile in the use of inner speech in those with autism spectrum disorder (ASD). Unlike typically developing individuals, those with ASD appear to utilise inner speech inconsistently—they seem to use inner speech for some mental tasks but not for others. In this session, Dr Penny Tok will be presenting her results from her research conducted in Singapore and New Zealand on the status of inner speech use in ASD and how it may be reflected in their everyday behaviour. She will also share some ideas on how we can encourage inner speech use in ASD for reasoning about social situations as well as for everyday mental tasks.

# Speaker:

**Target: Educators & Parents**

**Dr. Penny Tok** is a Developmental Psychologist and she received her PhD (Psychology) from Victoria University of Wellington in New Zealand. After her PhD, she moved to the Czech Republic where she taught at the Department of Psychology at Masaryk University. She has clinical experience in diagnosing developmental disabilities and disability treatment (specialising in autism) in both Singapore and in New Zealand. She also has wide experience lecturing in various topics of Developmental Psychology in Singapore, New Zealand and in the Czech Republic. You can read more about her on her Facebook page Autism Research Singapore <https://www.facebook.com/AutismResearchSingapore> or at her personal blog page: <https://autismsupportsite.wordpress.com/>

**Reply Slip: Inner Speech- What is it and Why is it Important in Autism: Presenting Results from the Study in Singapore and New Zealand**

Name of Participant: \_\_\_\_\_

Name of School/ Organisation: \_\_\_\_\_

Number of Persons Attending: \_\_\_\_\_

Contact Number: \_\_\_\_\_ (O) \_\_\_\_\_ (HP)

Email: \_\_\_\_\_

**Date:**  
19<sup>th</sup> July 2012, Friday

**Time:**  
3.00pm – 5:00pm  
(\*registration starts at 2:30pm)

**Venue:**  
Resource Centre, Level 3  
11 Lorong Napiri,  
Spore 547532

**Registration Fees: \$5  
(inclusive of tea break)**

\*Cash or cheque payment are to be made on or before the workshop. For cheque payment, please send a crossed cheque made payable to "AWWA Welfare Fund" and the completed registration form to AWWA Resource Centre, 3rd level, ACCESS Building, 11 Lorong Napiri, Singapore 547532. Please also fill up your mailing address below.

Your mailing address: \_\_\_\_\_

**For further enquiries: Email us at [resource\\_centre@awwa.org.sg](mailto:resource_centre@awwa.org.sg), call us at 65115310/ 312 or fax us 65115311.**

**Cancellation:** There will be no refund of registration fee for cancellation after confirmation. AWWA Resource Centre reserves the right to cancel the session and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.