



AUTHERAPIES

"Upgrading competences for choosing evidence-based therapies for people with autism, their relatives and their key professionals"



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European Economic
and Social Committee

Advancing Inclusive and Evidence-Based Therapies for Autism in Europe

10 June 2025

European Economic and Social Committee

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AUTHERAPIES Policy Brief



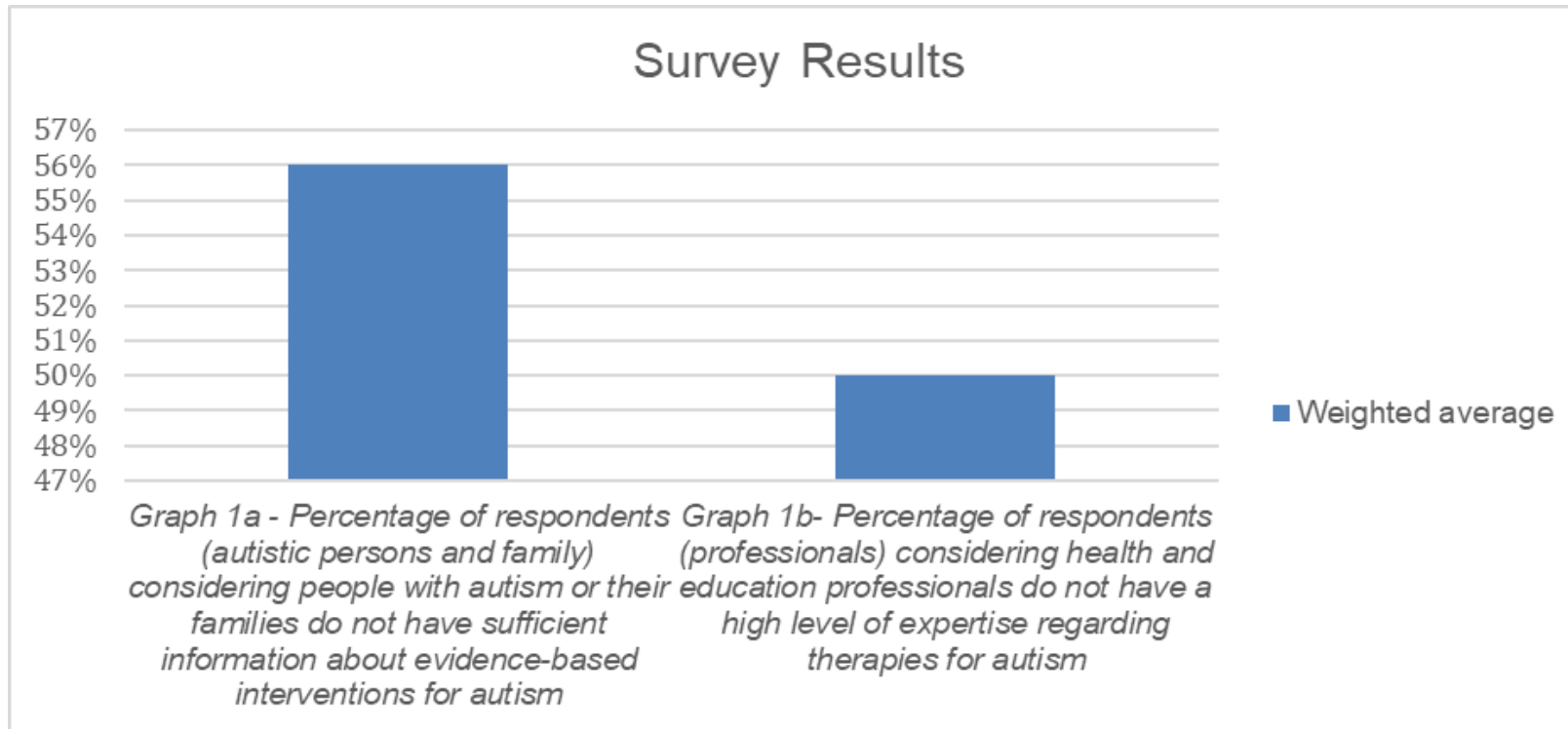
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- Survey between October 2022 and February 2023 in Spain, Italy and Poland



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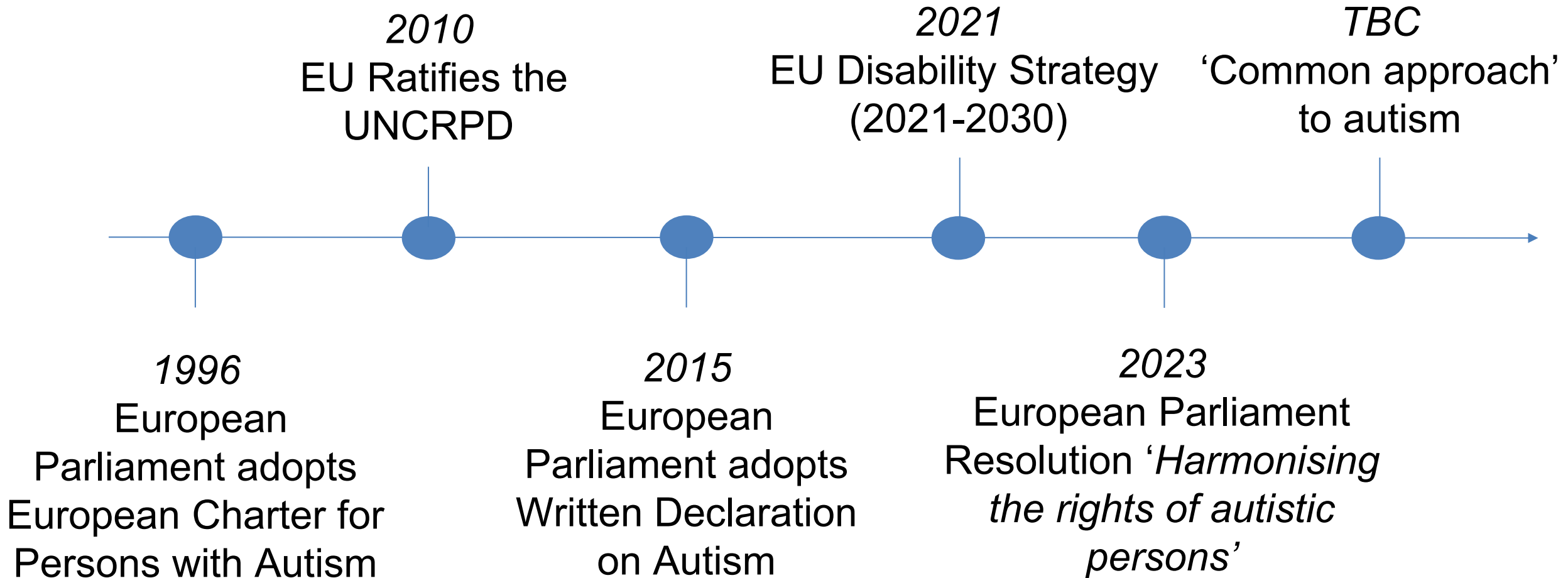


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AUTHERAPIES Policy Brief – EU Policy framework



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AUTHERAPIES Policy Brief – National Policy Framework

*Non-binding actions in place

** Other actions in place

	Spain	Italy	Poland	EU
Policies enabling Autistic persons to decide on their treatments.	Yes	Yes	No**	No
Policies forbidding the use of pseudo-therapies on autistic people.	No**	No**	No**	No
Policies ensuring the availability and accessibility of information on evidence-based interventions for autistic people and their families.	No*	Yes	No*	No
Policies ensuring the availability and accessibility of information on evidence-based interventions for professionals working with autistic people.	No*	Yes	No*	No

AUTHERAPIES Policy Brief – EU-level Policy Recommendations

1. **EU-wide ban** of harmful and dangerous interventions for autism.
2. **Regulatory harmonisation** on evidence-based interventions for autism.
3. **Development of EU guidelines on the availability and accessibility** of information on evidence-based interventions for autism.
4. **EU-level awareness-raising campaigns** on the importance of evidence-based interventions.
5. **Dedicated Funding** to address structural inequalities faced by autistic persons.
6. **EU platform of evidence-based therapies**
7. **EU-level guidelines on the training of professionals**



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AUTHERAPIES Policy Brief – National Policy Recommendations

1. **Moving from a medical towards a bio-psycho-social model of support for autistic persons**
2. **Moving towards supported decision-making frameworks.**
3. **Personal autonomy programs** for autistic persons and their families on their right to health, evidence-based interventions, and decision-making skills.
4. **Professional training programs** on evidence-based interventions
5. **Informational action plans** and guides for autistic persons, families and professionals.
6. **Official registry of evidence-based interventions**
7. **Create bioethics committees** to monitor the adequacy of interventions offered and the respect of the person's preferences.
8. **Regulation of therapeutic advertising** to prevent the promotion of pseudo-therapies
9. **Minimum service standards across regions**

AUTHERAPIES Policy Brief – Regional/ Local Policy Recommendations

1. **Moving towards supported decision-making frameworks:** introducing a neutral figure (patient's advocate or assistant).
2. **Inclusive practices in hospitals and therapy centres:** adapting information and supporting decision-making
3. **Information and orientation centres at the local level**
4. **Awareness-raising campaigns** on the right of autistic persons to decide over their bodies and interventions
5. **Dissemination through public services:** schools, healthcare centres and social service offices to provide materials on evidence-based interventions
6. **Digital accessibility** of public and regional websites providing information about autism
7. **Collaboration with associations of autistic persons and their families**
8. **Involvement of autistic persons in service design**



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AUTHERAPIES Policy Brief – Conclusion and next steps



The AUTHERAPIES project and its outputs could become policy tools to provide accurate guidance and training on evidence-based interventions for autism at the European, national and local levels.



Policy Brief will be published in English, French, Italian, Spanish and Polish.



Policy Brief to be endorsed by different organisations – which will be displayed on the AUTHERAPIES website



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