Some useful readings that might help, and which I mention (sometimes indirectly) in the talk:

Devon Price, Unmasking Autism: The Power of Embracing Our Hidden Neurodiversity (Monoray, 2022)

Bessel van der Kolk, The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Penguin, 2015)

Robert Chapman, Empire of Normality: Neurodiversity and Capitalism (Pluto Press, 2023)

Eli Clare, Brilliant Imperfection: Grappling with Cure (Duke University Press Books, 2017)

Melanie Yergeau, Authoring Autism: On Rhetoric and Neurological Queerness (Duke University Press Books, 2018)

Journal articles:

On unmasking:

Joyce Davidson and Victoria L. Henderson, "'Coming out' on the spectrum: autism, identity and disclosure," Social & Cultural Geography 2 (2010): 155-170.

Bradley E. Cox, "College Experiences for Students With Autism Spectrum Disorder: Personal Identity, Public Disclosure, and Institutional Support," Journal of College Student Development 1 (2017): 71-87.

Kate Cooper, Laura G. E. Smith, and Ailsa Russell, "Social identity, self-esteem, and mental health in autism," European Journal of Social Psychology 7 (2017): 844–854.

Amy Pearson and Kieran Rose, "A Conceptual Analysis of Autistic Masking: Understanding the Narrative of Stigma and the Illusion of Choice," Autism in Adulthood 1 (2021): 52-60.

Monotropism:

Dinah Murray, Mike Lesser, and Wendy Lawson, "Attention, monotropism and the diagnostic criteria for autism," Autism 2 (2005): 139-156.

Fergus Murray, "Me and Monotropism: A unified theory of autism," The Psychologist (2018).

Flow and intertia:

Karen Leneh Buckle, Kathy Leadbitter, Ellen Poliakoff, and Emma Gowen, "No Way Out Except From External Intervention": First-Hand Accounts of Autistic Inertia," Frontiers in Psychology (2021).