



learnplaythrive.com/podcast

A twice-monthly podcast where we explore research, amplify autistic voices, and change the way we think about autism in life and in professional therapy practice.

Host: Meg Ferrell, MS, OTR/L (she/her). Meg is an occupational therapist and the founder of Learn Play Thrive. Meg interviews Autistic professionals and others looking to change how professionals support Autistic people to reflect neurodiversity affirming practices. She also teaches continuing education courses OTs, SLPs, and mental health professionals on neurodiversity affirming, strengths-based approaches to supporting Autistic clients. In all of Meg's work she centers Autistic voices, including multiply-marginalized Autistic people. Learn Play Thrive is an approved continuing education provider with AOTA, ASHA, NBCC, NASP, and ASWB.

Audience: Our targeted audience for Two Sides of the Spectrum is OTs, SLPs, and other professionals supporting Autistic clients. We also have a significant number of parents and Autistic adults who listen to the podcast.

Format: Two Sides of the Spectrum has been running since May 2020. Episodes are released twice a month. Beginning November 2025, we will be offering additional episodes and ad-free episodes on Patreon. We will continue to run regular episodes plus ads on all platforms.

Guests: Over 70% of our guests are Autistic, and we continually platform guests with different intersectional identities, including multiply-marginalized Autistic guests.

Notable Guests Include:

- Dr. Devon Price - Autistic social psychologist and author of *Unmasking Autism*
- Dr. Winnie Dunn - Occupational therapist and creator of the Sensory Profile
- Dr. Damien Milton - Autistic psychologist and researcher who conceptualized the Double Empathy Problem
- Ly Xīnzhèn M. Zhāngsūn Brown, J.D. (formerly Lydia X. Z. Brown) - Autistic attorney and disability justice advocate

Analytics: As of 9/24/25, Two Sides of the Spectrum has had 1,225,775 downloads. Average episodes receive 5,000 downloads in the first week, and 10,000 - 17,000 downloads within a year, with our most popular episodes receiving significantly more downloads.

All-Time

Top Episodes



#	EP #	TITLE	DOWNLOADS
1	E40	Delayed Echolalia & Gestalt Language Processors ...	43,996
2	E64	Gestalt Language Processing Q&A with Alex Zachos	22,087
3	E66	Helping Autistic PDAers feel Safe with Casey Ehrlich	21,048
4	E61	Sensory Processing in Everyday Life with Dr. Winni...	19,855
5	E69	Unmasking Autism in Action with Dr. Devon Price	19,677
6	E53	Affirming Approaches to Picky Eating: Moving Beyo...	18,744
7	E44	Autism & Interoception with Kelly Mahler	18,289
8	E60	How to Reduce Adult Demands to Increase Autistic...	18,149
9	E51	Strengths Based Diagnostics & "The Legend of Auti...	17,712
10	E54	Picky Eating, PDA, & PICA: What Every Feeding Ther...	17,438

All-Time
Top Countries



#	COUNTRY	DOWNLOADS	%
1	United States	827,125	67.53%
2	Australia	144,369	11.79%
3	Canada	111,352	9.09%
4	United Kingdom	68,041	5.56%
5	Ireland	12,154	0.99%
6	New Zealand	7,324	0.6%
7	Germany	4,471	0.37%
8	South Africa	3,534	0.29%
9	Israel	2,815	0.23%
10	Singapore	2,377	0.19%

Learn Play Thrive Values:

- Listening to Autistic voices:** We listen to Autistic voices and recognize that Autistic adults are the real experts on autism. All courses are either developed by or reviewed by Autistic professionals.
- Respect for neurodiversity:** We respect the differences of neurodivergent people, while acknowledging their barriers to thriving in our current world. We do not teach or condone practices that promote masking or violate the bodily autonomy of our clients. We also stand against colonialism, racism, and ableism in all forms, and center the needs and experiences of multiply marginalized Autistic people.
- Openness to change:** We are committed to continually updating our beliefs and content as we listen, learn, and grow.
- Respect for our community:** We aim to provide the highest level of value and support for our customers and our guest instructors.

Learn Play Thrive Social Media:

Instagram - 58.3K followers

Contact:

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