

NEURODIVERSITY-AFFIRMING THERAPY RESOURCES

BEST PRACTISE GUIDELINES

AUTISM CRC - AUSTRALIAN NATIONAL GUIDELINES

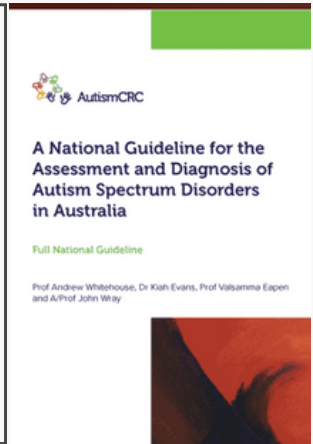
Click on underlined text to visit website

ASSESSMENT & DIAGNOSIS GUIDELINES (2018)

The first unified approach to the assessment and diagnosis of autism in Australia.

NATIONAL GUIDELINES FOR SUPPORT SERVICES (2022)

Clear and consistent recommendations for practitioners who deliver supports to Autistic people to ensure they are doing so in ways that are effective, safe and desirable to children and their families.

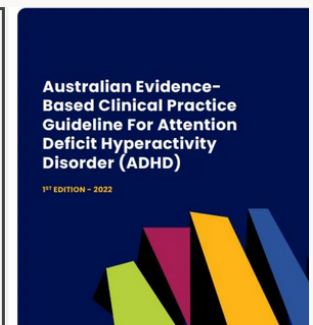


AADPA - AUSTRALIAN ADHD PROFESSIONALS ASSOCIATION

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AUSTRALIAN CLINICAL GUIDELINES FOR ADHD (2022)

Australia's first national guidelines for the diagnosis, assessment and treatment of ADHD across the lifespan.

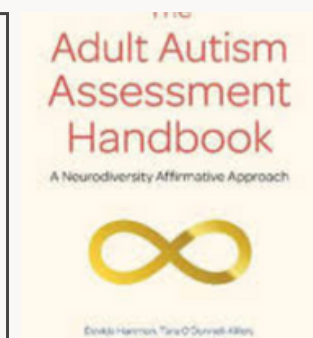


ESSENTIAL READING

THE ADULT AUTISM ASSESSMENT HANDBOOK: A NEURODIVERSITY AFFIRMATIVE APPROACH (2023)

By: Davida Hartman, Maeve Kavanagh, Juliana Azevedo, Tara O'Donnell-Killen, Jessica Doyle

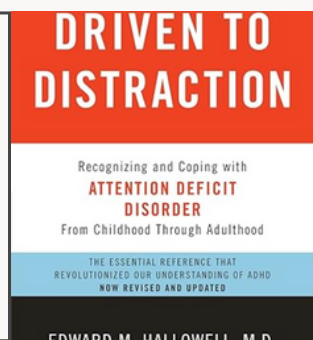
Easy to read and comprehensive, this book covers the most up-to-date research around adult Autism assessment. Lived experience, Autistic voices, and academia inform recommendations.



DRIVEN TO DISTRACTION (1992)

By: Edward Hallowell, MD and John J. Ratey, MD (both ADHDers)

Whilst this book was written over 20 years ago, it remains one of the most respected sources of information for understanding ADHD. Some outdated language based on DSM-IV criteria, but overall the content holds up in 2023.



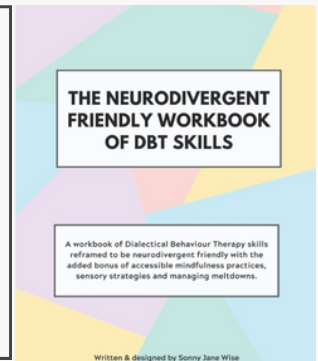
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ADAPTING THERAPY

THE NEURODIVERGENT FRIENDLY WORKBOOK OF DBT SKILLS (2022)

By Sonny Jane Wise

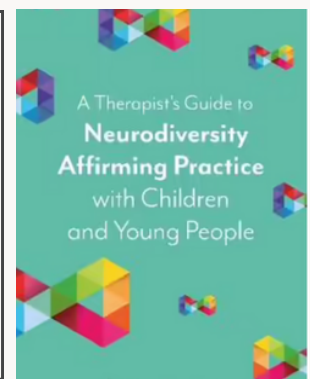
Sonny is a multiply Neurodivergent author. This workbook reframes DBT skills to be Neurodivergent-Affirming and incorporates sensory strategies, suggestions for managing meltdowns, stimming, and more.



A THERAPIST'S GUIDE TO NEURODIVERSITY AFFIRMING PRACTICE WITH CHILDREN & YOUNG PEOPLE (2023)

By: Raelene Dundon

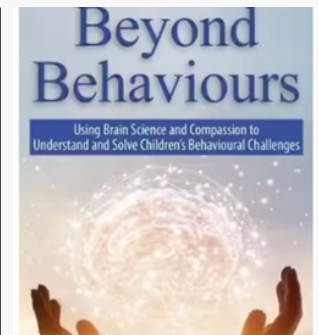
Easy-to-implement ways to make your practice inclusive and empowering for neurodivergent children and young people.



BEYOND BEHAVIOURS (2019)

By Mona Delahooke

Trans-diagnostic, this book is a must-read for understanding and supporting children and young people who present with significant emotion dysregulation. Mona approaches behaviour from a strengths-based and affirming lens, providing essential reframes for parents, caregivers, teachers, and therapists.



ACTIVITY CARDS AND RESOURCES

By: Neurodivergent Ally (Adelle)

Neurodivergent Ally is a place where you can find neurodiversity-affirming resources for Autistic and ADHD individuals of all ages. These resources were designed by a therapist for other therapists, however they are suited to a rich variety of applications and environments.

[Find Adelle's amazing therapy cards and resources here!](#)



NEURODIVERSITY-AFFIRMING THERAPY RESOURCES

WEBSITES & OTHER MEDIA

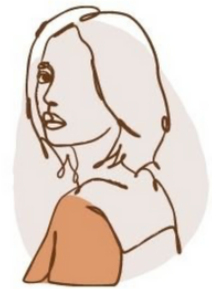
THE NEURODIVERGENT WOMAN PODCAST

By: Dr Michelle Livock & Monique Mitchelson

With our own Monique Mitchelson as co-host, this podcast is for Neurodivergent people as well as their families, friends, partners, bosses, colleagues, and health professionals. Topics covered include assessments, trauma, depression/anxiety, eating disorders, and much more.

[Find on Spotify](#)

[Find on Apple Podcasts](#)



NEURODIVERGENT WC
PODCAST

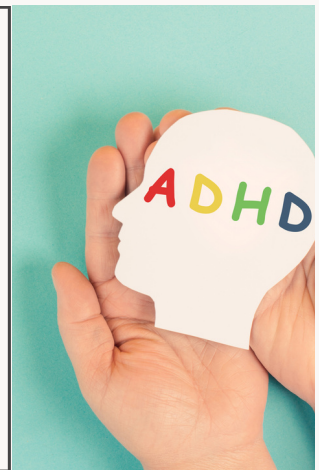
ADHD FOCUSED

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AADPA: Visit for education, training, resources, research, advocacy, and ADHD voices sharing lived experience.

CHADD: The largest support organization for ADHD. It provides education, advocacy, and support for ADHD people and their families, teachers and healthcare professionals.

Additude magazine: Easily readable and accessible information about ADHD. Quarterly release with excerpts regularly published for free.



AUTISM FOCUSED

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Embrace Autism: Access to Autism screening tools, assessment information, and general affirming information.

Autism CRC: Independent national source of evidence for best practice in relation to Autism across the lifespan.

Amaze: Resources for Autistic people, friends, carers, and health professionals. Provides access to the National Autism helpline, as well as training and general information for Autistic people, their families, friends, and supports.

Yellow Lady Bugs: dedicated to the happiness, success and celebration of autistic girls, women and gender diverse individuals.



NEURODIVERSITY-AFFIRMING THERAPY RESOURCES **SUPPORT NETWORKS**

FACEBOOK GROUPS

Click on underlined text to visit website

Australian Neurodiversity Affirming Health Professionals

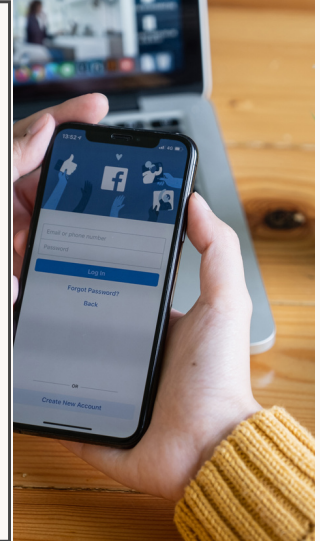
A place for all health professionals to learn about neurodiversity from neurodivergent clinicians and researchers

Neurodiversity Affirming Psychologists Australia (NAPA)

NAPA is a supportive space for psychologists wanting to learn about the neurodiversity affirming paradigm.

Neurodiversity Affirming EMDR Group

A place to share best practices and helpful tips to give neurodivergent clients the most affirming EMDR experience possible



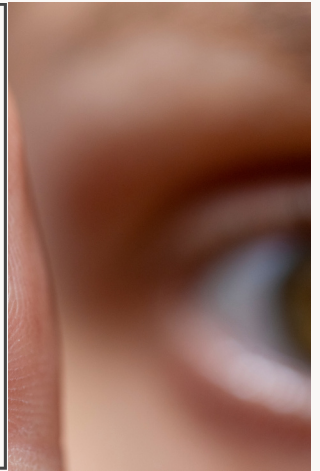
NEURODIVERSITY EMDR PEER GROUP

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Monique and Anna facilitate an EMDR peer group regarding Neurodiversity-Affirming practice through Divergent Futures. Meetings are run bi-monthly.

Participants need to have completed at least Level 1 EMDR Training.

More information on upcoming peer group sessions can be found [here](#).



OTHER WAYS TO STAY INFORMED

Click on underlined text to visit website

LinkedIn: Follow your favourite presenters and Neurodiversity advocates online. These professionals regularly share information and resources.

Conferences: Keep your eyes out for events like the annual AAPDA, Yellow Lady Bugs, and other Neurodiversity-Affirming presentations where research, lived experience, and new best practise guidelines are shared.



NEURODIVERSITY-AFFIRMING THERAPY RESOURCES

RESEARCH & KEY PAPERS

AUTISM

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Spectrum News:

Shares and analyses the newest research regarding Autism. Articles are accessible for laypeople as well as professionals.

Key reading:

The global prevalence of Autism

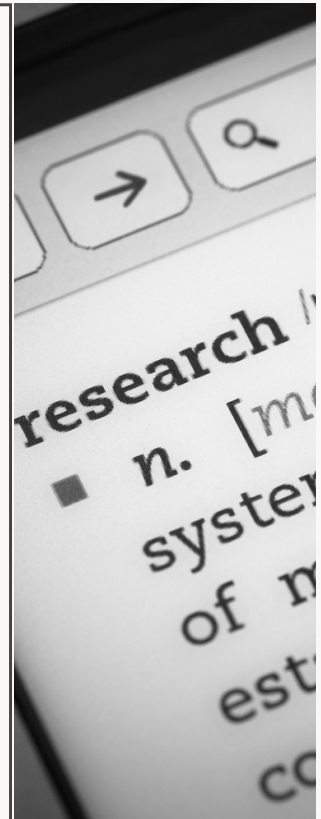
Towards equitable diagnoses across sexes and genders

Experiences of Masking and Impacts on Mental Health.

Double Empathy Problem

Mental health outcomes for Autistic people

Risks of grooming, exploitation, and abuse



ADHD

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Key reading:

Life outcomes for Australian ADHD individuals

ADHD, impulsivity, and entrepreneurship

ADHD and hyperfocus

Successful outcomes for ADHD people

Mental health impacts ADHD

ADHD and the justice system

ADHD education, and employment

