

DIVERGENT ADULTS' ONLINE GROUP THERAPY PROGRAM

JUN 2024 E.O.I. NOW OPEN

9-Week Group Therapy for Late-Identified Autistic and/or ADHD Adults

Divergent is a small-group therapy program (6 to max. 8 participants) tailored to the unique support needs of late-identified neurodivergent adults. The group will be facilitated by our principal psychologist, Jasmine. A formal diagnosis is not required to be eligible, as long as you identify as being neurodivergent in adulthood, from self-reflection and learning about ASD/ADHD.

Each session is 2 hours (total of 18 therapy hours), where a topic from the list on the right is presented. Program content includes a combination of current research findings and clinical experience, presented in a neuro-affirming manner. Participants can discuss the topics within a safe space and most importantly, connect with other neurokins. However, there'll be no pressure to speak, unless you wish to! This group program's content and structure is the basis for Jasmine's book, *Nurturing Neurodivergence*, which will also be used in this program.



Details:

Location: TELEHEALTH (Zoom)

Contact: info@jasmineloopspsychology.com

Cost: \$1,500 (for a total of 18 therapy hours, equivalent to \$83.33 per therapy hour)

Full payment required at the time of registration

When? Starting from 5 June 2024

9x Wednesdays, 5.30pm (Melb. time)

(E.O.I. closes on 5 Apr 2024)

Topics Covered:

Unpacking My Post-Identification Experience

Health of Neurodivergent Relationships (Pt. 1)

Health of Neurodivergent Relationships (Pt. 2)

Neurodivergent Burnout & Self-Care

Healthy Communication for Neurodivergent Adults

Neurodivergent Emotions & Mental Health

Looking Back through Neurodivergent Lenses

My Values as My Compass

Summary & Celebration

*Please note:

New and former clients (i.e., no longer having any future therapy appointments at the service) will need to attend an initial consultation prior to group registration to determine suitability of the group. If deemed suitable, the facilitators will be in touch to help you register. Partial Medicare rebates, or use of NDIS funding, may be possible if eligible. Please email for further information, or visit <https://www.jasmineloopspsychology.com/group-therapy>