

DIVERGENT ADULTS' GROUP THERAPY PROGRAM

SEPT 2026 E.O.I. NOW OPEN



Jasmine Loo Psychology
Celebrating Neurodiversity

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 1.5 hours (total of 13.5 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! Every participant will receive a copy of Jasmine's book, *Nurturing Neurodivergence*, which will also be used in this program.

Details:

Location: Moorabbin

Contact: info@jasmineloopspsychology.com

Cost: \$1,500 (for a total of 13.5 therapy hours, equivalent to \$111 per therapy hour)

**Full payment required at registration*

When? Starting from 26 Sept 2026
9x Saturdays at 3pm

(E.O.I. closes on 12 Aug 2026)



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 facilitator 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>