



Clinical Psychologist led Online Post Diagnosis Support

What does it involve?

You are welcome to book any (or all) of the session topics below.

- **Making Sense of a Diagnosis**- An exploration of what the diagnosis of autism and/or ADHD means to you and the space to think about the next steps.
- **Unmasking and Discovering your True Self**- What masking looks like, how exhausting it can be and how to discover what's you, what is the mask, and the first steps to unmasking.
- **Advocating for Yourself** - An exploration of how you can self-advocate and stand up for your individual needs and wishes.
- **Identifying and Working to your Strengths**- An exploration of your strengths and personal talents.
- **Sensory Processing**- An exploration of your unique experience of the world. What do you seek out or avoid in order to feel settled in the world?
- **Executive Functioning**- Explore your executive functioning skills, where your strengths are and how to support you in the areas you find most challenging.
- **Learning to Pause, Listen to your Body and Soothe Yourself** - Thinking about your behaviour as a window into your inner emotional and sensory world. Learning how to recognise when your body feels overwhelmed and ways to soothe and regulate it again.

Prior to each session you will be sent reflective questions so that you can get the most out of each session. There will also be some information to take away after the sessions. We hope that these sessions offer an exploration of your experiences, a space for you to reflect and to learn new tips and strategies.

Who is it for?

This package is open to anyone who has suspected or confirmed autism and/or ADHD. Unfortunately, we are unable to provide support around significant mental health problems or where there are risk concerns.

How much is it?

Each session is £120 and must be paid prior to the appointment.

How do I book?

Please book online via our booking page:

<https://discover-difference-psychology-clinic.selectandbook.com/all>

Important information:

Payment must be received and cleared within 7 working days of booking the appointment. Your appointment is deemed a provisional booking until we receive the payment. We reserve the right to cancel any provisionally booked appointments if payment has not been received 7 days before the scheduled appointment so that we can offer the appointment to another client. Please feel reassured that you will be able to rebook any cancelled appointment once payment has been received.

Emergencies and out of hours contact

We do not operate as an emergency or crisis service. If support around mental health is needed, please contact a GP (including out of hours GP services) or a local Community Mental Health Team. The Samaritans can also be reached on 116 123 or jo@samaritans.org. In the event of risk to life or of serious harm, please contact the emergency services (999).

The nature of our post diagnostic support sessions

These sessions are not intended to replace formal therapy, and they cannot support individuals with significant mental health problems or when there are risk concerns (to oneself, towards others or from others). We reserve the right to end our work together should significant risk be evident or if we feel that we cannot provide the right kind of (or level of) support at this time. We will support you to access the service or support that is needed. We will refund the cost of any future arranged sessions in this situation. We will not be able to refund the cost of sessions that have already taken place.

Recording of sessions by clients

We do not give our permission for you to record sessions.

Supervision and sharing of information

We may share (anonymised) details in supervision to support in maintaining our good practice. We will keep information shared with us confidential, unless we are concerned about your safety or the safety of someone else. We will always try to talk to you first if we need to share information with other services. However, there may be times where we will need to make a referral or share information with other services (e.g. social care) without consent or if we have been unable to contact you to discuss the referral.

Our privacy policy can be reviewed here: <https://www.discoverdifference.co.uk/privacy>