



Post Diagnosis Support for Parents

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

- **Making Sense of a Diagnosis**- An exploration of what the diagnosis of ASC/ADHD means to you and your family and space to think about the next steps.
- **Tricky Moments** – Developing an understanding of what might be beneath behaviour and using these as clues into your child's inner emotional and sensory world.
- **Advocating for your Child**- A discussion of how best to advocate for your child and ways to share a diagnosis with others.
- **Identifying and working to your Child's Strengths**- What are neurodivergent strengths? How do I recognise these? How can you support your child on their journey to learn about themselves?
- **Reflecting on your Parenting Journey and the Importance of Self Compassion**- For parents to understand the importance of looking after their own needs, alongside their child's needs.
- **Sleep and Neurodivergence**- Understanding sleep challenges for neurodivergent children and identifying what might help.

Prior to each session you will be sent reflective questions so that you can prepare and 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 initial exploration of your child's experiences, a space for you to reflect and an opportunity to learn new tips and strategies. The sessions are delivered online, and they are approximately 50 minutes.

Who is it for?

This package is open to any parent of a neurodivergent child, as well as those who suspect that their child is neurodivergent (but not formally confirmed). These sessions are not intended to replace formal therapy and unfortunately cannot support parents of children with significant risk or mental health problems.

How much is it?

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

How do I book?

Please book via our website: Discover Difference Psychology Clinic - Welcome, please search for an appointment

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/Children and Adolescent Mental Health Team (details are available online). 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>