



DIVERGENT ADULTS' GROUP

JULY 2023 E.O.I NOW OPEN

A Small-Group Therapy Program for Late-Diagnosed/Identified ASD and/or ADHD Adults

Recognising the lack of support available for neurodivergent individuals who were not identified until their adulthood, JLP has proudly created an 8-week small-group therapy program (6-8 participants) tailored to the unique support needs of this group.

A formal diagnosis is not required to be eligible, as long as you identify as being neurodivergent following self-reflection and learning about ASD/ADHD. Each session is 90 min, where a topic is presented, and participants can discuss or share thoughts on the day's topic within a safe space. However, there will be no pressure to speak, unless you wish to! Participants will be given a handout booklet each week to jot down thoughts during the session, and to help refresh their memory on the content after.

*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. Please enquire for further information. More details on <https://www.jasmineloopspsychology.com/group-therapy>



Jasmine Loo Psychology
Celebrating Neurodiversity

Topics Covered:

Unpacking My Post-diagnosis/
Identification Experiences

Health of Interpersonal
Relationships

Healthy Communication

Boundaries and Self-Care

Emotions & Mental Health

Looking Back through
Neurodivergent Lenses

My Values as My Compass

Summary

Location: 6/2 Central Avenue
Moorabbin VIC 3189

Contact:

info@jasmineloopspsychology.com

Cost: \$1,000 for a total of 12 therapy
hours (Full payment required at the
time of registration)

When? 8x Thursdays at 7pm,
starting from 20 Jul 2023
(E.O.I. closes on 19 May 2023)