

DIVERGENT ADULTS' ONLINE GROUP THERAPY PROGRAM

JAN 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 co-facilitated by principal psychologist, Jasmine, and provisional psychological, Andrea. 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 or share thoughts on the topics within a safe space. However, there'll be no pressure to speak, unless you wish to! You'll be given a booklet with each week's content to help refresh your memory later on, as well as space to write your reflections.



Jasmine Loo Psychology
Celebrating Neurodiversity

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 25 Jan 2024
9x Thursdays at 6pm (Melbourne time)
(E.O.I. closes on 2 Dec 2023)



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>