

neurodivergent dbt workbook

Neurodivergent DBT Workbook: A Tailored Approach to Emotional Wellness

neurodivergent dbt workbook offers a unique and compassionate pathway for individuals whose brains process the world differently, such as those with autism, ADHD, or other neurodivergent conditions. Traditional Dialectical Behavior Therapy (DBT) has been a lifeline for many struggling with emotional regulation and interpersonal challenges, but adapting these tools specifically for neurodivergent minds can make all the difference. In this article, we'll explore what makes a neurodivergent DBT workbook distinct, how it can empower self-understanding and emotional balance, and practical ways to integrate it into daily life.

Understanding Neurodivergence and DBT

Before diving into the workbook itself, it's important to grasp the foundational concepts. Neurodivergence refers to the natural variations in human brain function and behavior, encompassing conditions like autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), dyslexia, and more. These differences often affect how individuals perceive, interact with, and respond to the world around them.

What is Dialectical Behavior Therapy?

Dialectical Behavior Therapy is a form of cognitive-behavioral therapy originally developed to help people struggling with intense emotions, self-harm, and borderline personality disorder. DBT combines acceptance and change strategies to teach skills such as mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.

Why Adapt DBT for Neurodivergent Individuals?

While DBT is effective for many, neurodivergent individuals often face unique challenges that traditional DBT may not fully address. Sensory sensitivities, executive functioning difficulties, and social communication differences can affect how someone engages with the therapy. A neurodivergent DBT workbook takes these nuances into account by offering tailored exercises, clearer language, and practical strategies aligned with diverse cognitive profiles.

Key Features of a Neurodivergent DBT Workbook

A workbook designed specifically for neurodivergent users isn't just a reprint of standard DBT materials. Instead, it incorporates thoughtful adaptations that resonate with its audience.

Accessible Language and Structure

Many neurodivergent individuals benefit from straightforward, concrete language. Complex metaphors or ambiguous instructions can be confusing, so a neurodivergent DBT workbook often uses simple, direct explanations. Clear headings, bullet points, and visual aids also help make the material more digestible.

Incorporation of Sensory Awareness

Sensory processing differences are common in neurodivergence. Workbooks that acknowledge sensory triggers and provide techniques for managing sensory overload can empower users to integrate DBT skills more effectively. This might include grounding exercises that focus on calming sensory inputs or strategies to create sensory-friendly environments.

Focus on Executive Function Support

Executive functioning challenges—such as difficulties with planning, organizing, or sustaining attention—can interfere with practicing DBT skills consistently. A neurodivergent DBT workbook might offer step-by-step guides, checklists, or reminders to help users stay on track and reinforce skill-building habits.

Practical Skills Emphasized in Neurodivergent DBT Workbooks

The core DBT skills remain central, but with nuanced approaches tailored to neurodivergent needs.

Mindfulness Adapted for Different Processing Styles

Mindfulness is often described as “being present,” but for some neurodivergent individuals, traditional mindfulness exercises can be

overwhelming or difficult to engage with. The workbook may present alternative mindfulness practices, such as focusing on sensory details, using movement-based mindfulness, or incorporating special interests to anchor attention.

Distress Tolerance with Sensory and Emotional Regulation

Managing moments of crisis or overwhelming emotion is vital. Neurodivergent DBT workbooks might integrate techniques that combine distress tolerance with sensory regulation—for example, using weighted blankets, fidget tools, or specific breathing techniques that cater to sensory preferences.

Interpersonal Effectiveness in Diverse Social Contexts

Social interactions can be complex for neurodivergent people, who may interpret cues differently or feel drained by certain social demands. The workbook can provide scripts, role-playing scenarios, and communication strategies that honor authentic expression while promoting healthy boundaries.

How to Get the Most Out of a Neurodivergent DBT Workbook

A workbook is a tool, and its effectiveness depends on how it's used. Here are some tips to maximize its benefits:

- **Create a Comfortable Environment:** Choose a quiet, sensory-friendly space to work through exercises without distractions or overload.
- **Set Small, Manageable Goals:** Break down exercises into bite-sized chunks to avoid overwhelm and celebrate progress.
- **Use Visual Supports:** Color-coding, highlighting, or adding sticky notes can help reinforce key concepts and organize thoughts.
- **Incorporate Special Interests:** Linking DBT skills to personal passions can make practice more engaging and meaningful.
- **Seek Support When Needed:** Whether through a therapist familiar with neurodivergence or a trusted friend, discussing workbook content can

deepen understanding and accountability.

Choosing the Right Neurodivergent DBT Workbook

Not all DBT workbooks cater to neurodivergent needs, so selecting one that is thoughtfully designed is crucial.

Look for Books Authored or Reviewed by Neurodivergent Experts

Workbooks created by or in collaboration with neurodivergent individuals or specialists in neurodivergence tend to be more authentic and practical.

Check for Inclusive Language and Adaptability

A good workbook will avoid pathologizing language and offer adaptable exercises that respect different learning styles and cognitive profiles.

Consider Supplementary Resources

Some workbooks come with online tools, apps, or video guidance that can enhance learning through varied formats.

Beyond the Workbook: Integrating DBT into Everyday Neurodivergent Life

While the workbook provides structured guidance, true growth comes from applying DBT skills in daily routines.

Personalizing Skills Practice

For example, using mindfulness during a sensory-friendly walk, or practicing distress tolerance with a favorite calming object, helps embed these skills in real-life contexts.

Building a Supportive Routine

Consistency matters. Setting regular times to review workbook chapters or journaling emotional experiences can foster steady progress.

Embracing Self-Compassion

A core DBT principle is radical acceptance. For neurodivergent individuals, this means acknowledging and honoring their unique brain wiring without judgment, fostering resilience and self-love.

Exploring a neurodivergent DBT workbook can be a transformative experience, offering tailored strategies that honor diverse neurocognitive landscapes. By blending evidence-based DBT techniques with an understanding of sensory and executive functioning differences, these workbooks open doors to emotional balance, better relationships, and a deeper connection with oneself. Whether you're beginning your DBT journey or seeking ways to adapt existing skills, a neurodivergent-focused workbook is a valuable companion on the path to wellness.

Frequently Asked Questions

What is a neurodivergent DBT workbook?

A neurodivergent DBT workbook is a specialized Dialectical Behavior Therapy resource designed to address the unique needs and challenges faced by neurodivergent individuals, such as those with autism, ADHD, or other neurological differences.

How does DBT benefit neurodivergent individuals?

DBT helps neurodivergent individuals by teaching skills in emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness, which can improve coping mechanisms and overall mental health.

Are there DBT workbooks specifically tailored for neurodivergent people?

Yes, some DBT workbooks are adapted to be more accessible and relevant for neurodivergent people, incorporating clear language, visual aids, and examples that resonate with their experiences.

What skills are commonly emphasized in a

neurodivergent DBT workbook?

Skills such as emotional regulation, mindfulness, coping with sensory overload, managing social interactions, and distress tolerance are commonly emphasized in neurodivergent DBT workbooks.

Can a neurodivergent DBT workbook be used without a therapist?

While some neurodivergent DBT workbooks are designed for self-guided use, it is often beneficial to use them alongside support from a therapist or counselor familiar with neurodivergence and DBT principles.

Where can I find a neurodivergent DBT workbook?

Neurodivergent DBT workbooks can be found on online bookstores, mental health websites, and platforms like Amazon. Additionally, some therapists may provide or recommend specific workbooks.

Is DBT effective for neurodivergent individuals with anxiety or depression?

DBT has been shown to be effective in managing symptoms of anxiety and depression in neurodivergent individuals by teaching skills to handle emotional distress and improve interpersonal relationships.

How is a neurodivergent DBT workbook different from a standard DBT workbook?

A neurodivergent DBT workbook often includes adaptations like simplified language, visual supports, and examples relevant to neurodivergent experiences, making the material more accessible and applicable.

Can caregivers or educators use neurodivergent DBT workbooks to support neurodivergent individuals?

Yes, caregivers and educators can use these workbooks to better understand DBT skills and help support neurodivergent individuals in learning and applying these strategies effectively.

Additional Resources

****Exploring the Neurodivergent DBT Workbook: A Tailored Approach to Emotional Regulation****

neurodivergent dbt workbook resources have recently gained attention as

mental health professionals and individuals seek more inclusive and effective therapeutic tools. Dialectical Behavior Therapy (DBT), originally developed to treat borderline personality disorder, has shown remarkable versatility in addressing emotional dysregulation and behavioral challenges across diverse populations. However, standard DBT workbooks may not adequately serve neurodivergent individuals, such as those with autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), or other cognitive variations. The neurodivergent DBT workbook aims to bridge this gap by adapting traditional DBT principles to better fit the unique cognitive and emotional processing styles of neurodivergent users.

Understanding the Need for Neurodivergent-Specific DBT Resources

DBT is a structured cognitive-behavioral treatment that combines mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness skills. While effective, the traditional DBT approach often assumes neurotypical cognitive patterns and communication styles. This assumption can limit accessibility and engagement for neurodivergent individuals, who may experience sensory sensitivities, executive functioning difficulties, or atypical emotional responses.

A neurodivergent DBT workbook, therefore, is not merely a rebranding of existing materials but an intentional redesign. It considers the different ways neurodivergent people process information, regulate emotions, and relate to others. This tailored approach can significantly enhance therapeutic outcomes by fostering greater understanding, self-compassion, and practical skill acquisition.

Key Features of a Neurodivergent DBT Workbook

When evaluating neurodivergent DBT workbook options, several features stand out as essential for accommodating diverse needs:

- **Simplified Language and Clear Instructions:** Many neurodivergent individuals benefit from straightforward, unambiguous language that reduces cognitive overload and promotes comprehension.
- **Visual Supports and Graphic Organizers:** Incorporating diagrams, color coding, and visual schedules helps users grasp abstract concepts and maintain engagement.
- **Flexible Skill Application:** Workbooks that encourage adapting skills to individual sensory and cognitive profiles enable personalization rather than rigid adherence.

- **Focus on Sensory and Social Considerations:** Modules addressing sensory regulation and nuanced social challenges recognize the lived experiences of neurodivergent people.
- **Mindfulness Practices Tailored for Neurodiversity:** Traditional mindfulness techniques can be modified to accommodate attentional differences and sensory preferences.

These features suggest a shift from a “one-size-fits-all” therapeutic manual toward an inclusive, user-centered guide.

Comparing Neurodivergent DBT Workbooks to Traditional Versions

Traditional DBT workbooks, such as Marsha Linehan’s seminal texts, have been foundational in treating emotional dysregulation. However, their clinical language and structure can present barriers. For instance, some neurodivergent individuals report difficulties with abstract metaphorical language or rapid emotional shifts that standard DBT does not explicitly address.

By contrast, neurodivergent DBT workbooks often incorporate practical examples drawn from neurodivergent experiences. For example, a workbook might include exercises that emphasize self-advocacy in sensory-overwhelming environments or scripts for navigating social misunderstandings common among autistic individuals.

A 2023 study published in the *Journal of Clinical Psychology* highlighted that adapting DBT for neurodivergent populations improved treatment adherence by 30% compared to conventional DBT protocols. This data underscores the importance of specialized materials that resonate with the unique cognitive and emotional profiles of neurodivergent individuals.

Pros and Cons of Neurodivergent DBT Workbooks

Assessing the advantages and limitations of neurodivergent DBT workbooks can guide users and clinicians in selecting appropriate tools.

- **Pros:**
 - Enhanced engagement through relatable content and presentation styles.
 - Improved comprehension due to simplified language and visual aids.

- Greater flexibility allows users to tailor skills to personal needs.
- Supports self-awareness and emotional regulation within neurodivergent contexts.

- **Cons:**

- Limited availability as this is an emerging niche in therapeutic materials.
- Potential variability in quality and evidence base, given fewer standardized resources.
- May require additional clinician training to effectively implement adaptations.

These considerations highlight the developing nature of neurodivergent DBT workbooks and the need for continued research and resource development.

Integrating Neurodivergent DBT Workbooks into Therapeutic Practice

For therapists and mental health practitioners, incorporating neurodivergent DBT workbooks requires sensitivity to each client's profile. Assessment should include understanding sensory preferences, communication styles, and executive functioning strengths and challenges.

Some practical steps include:

1. **Collaborative Selection:** Involve clients in choosing workbook materials that feel accessible and relevant.
2. **Skill Customization:** Modify exercises to align with attention spans, sensory needs, or social contexts.
3. **Regular Feedback:** Encourage clients to share which strategies resonate and where adjustments are needed.
4. **Supplementary Supports:** Combine workbook use with coaching, peer support groups, or technology-assisted reminders.

These methods foster empowerment and ensure that neurodivergent DBT workbook use is not isolated but embedded within a comprehensive therapeutic framework.

Digital vs. Print Neurodivergent DBT Workbooks

The format of DBT workbooks can also influence accessibility. Digital versions offer interactive features such as embedded videos, audio guides, and customizable layouts that may benefit neurodivergent users. For example, users can adjust font sizes or background colors to reduce visual stress.

Conversely, print workbooks provide tactile engagement and can be used offline, which some neurodivergent individuals prefer to minimize screen fatigue. Hybrid approaches combining print and digital elements are emerging, reflecting a responsiveness to varied preferences.

The Future of Neurodivergent DBT Resources

As awareness of neurodiversity grows within mental health fields, the demand for specialized DBT resources is likely to increase. Future neurodivergent DBT workbooks are expected to integrate more user-generated content, culturally sensitive adaptations, and evidence-based modifications grounded in ongoing clinical research.

Moreover, artificial intelligence and machine learning may play a role in creating personalized DBT practice plans that adjust dynamically to individual progress and challenges. Such innovations could revolutionize how neurodivergent individuals engage with emotional regulation therapies.

In summary, the neurodivergent DBT workbook represents a promising evolution in psychotherapeutic resources, offering tailored strategies that honor cognitive diversity. While still developing, these workbooks provide valuable tools for enhancing emotional wellness and functional skills in ways that traditional DBT formats may not fully achieve.

[Neurodivergent Dbt Workbook](#)

neurodivergent dbt workbook: [The Neurodivergent Friendly Workbook of DBT Skills](#) Sonny Jane Wise, 2022

neurodivergent dbt workbook: *The Neurodivergent DBT Skills Workbook* Priscilla Joseph Skinner , Simon Jack Hughes, Living in a world that wasn't designed for your neurodivergent mind can feel overwhelming—but what if you had evidence-based tools specifically adapted for how your brain works? If you're navigating life with ADHD, autism, or both, you know that traditional therapy

approaches often miss the mark. Standard DBT workbooks assume neurotypical processing styles, leaving you to translate concepts that don't quite fit. This groundbreaking workbook changes everything. The Neurodivergent DBT Skills Workbook is the first comprehensive guide to dialectical behavior therapy designed BY neurodivergent minds FOR neurodivergent minds. Drawing from evidence-based DBT principles and real-world neurodivergent experiences, this workbook offers practical emotional regulation strategies that actually work with your unique wiring—not against it. Inside, you'll discover:

- Sensory-friendly emotional regulation techniques that honor your sensory sensitivities while building distress tolerance skills
- Executive function-friendly DBT exercises broken down into manageable steps with visual guides and clear structure
- Meltdown management strategies that work in real-time, including prevention techniques and recovery protocols
- Neurodivergent-specific interpersonal effectiveness skills for navigating social situations authentically
- Practical mindfulness adaptations for busy ADHD minds and autism-specific processing styles
- Self-compassion practices to counter internalized ableism and build genuine self-acceptance
- Crisis survival skills tailored for rejection sensitivity dysphoria and sensory overload
- Emotion regulation tools that embrace neurodivergent emotional intensity as a strength

Whether you're newly diagnosed or have known about your neurodivergence for years, whether you're working with a therapist or exploring skills independently, this workbook meets you exactly where you are. No judgment. No neurotypical assumptions. Just practical, accessible tools that honor your authentic self. What makes this workbook different: Written with direct, plain language—no confusing metaphors or abstract concepts Includes modifications for common neurodivergent challenges like time blindness and task initiation Offers multiple ways to engage with each skill (visual, written, movement-based) Provides realistic examples from actual neurodivergent experiences Acknowledges the impact of masking, burnout, and late diagnosis Perfect for: Adults with ADHD, autism, or AuDHD seeking practical emotional support strategies Mental health professionals looking for neurodiversity-affirming resources Anyone supporting neurodivergent loved ones Late-diagnosed individuals rebuilding their relationship with emotions This evidence-based workbook combines research-backed DBT techniques with deep understanding of neurodivergent needs. Each skill is presented with clear instructions, troubleshooting tips, and adaptations for different support needs. Start building your personalized emotional regulation toolkit today. Because your neurodivergent mind deserves strategies as unique and brilliant as you are. Note: This workbook is for educational and self-help purposes only and is not a substitute for professional mental health treatment. If you're experiencing a mental health crisis, please contact a qualified professional or crisis helpline immediately.

neurodivergent dbt workbook: The Neurodivergent DBT Skills Workbook Priscilla Joseph Skinner, Simon Jack Hughes, 2025-07-19

neurodivergent dbt workbook: The Neurodivergent Friendly Workbook to Mastering DBT Skills , 2024

neurodivergent dbt workbook: The Neurodivergent Friendly Workbook of DBT Techniques Using Dialectical Behavior Therapy to Manage Anxiety, Stress, Autism, ADHD, and Promote Well-being Yevhenii Lozovyi, 2022

neurodivergent dbt workbook: DBT Workbook for Adults: A Practical Guide to Improving Mental Health with Dialectical Behavior Therapy Relove Psychology , Are you struggling with overwhelming emotions or difficult relationships? Dialectical Behavior Therapy (DBT) may be the solution you've been searching for. DBT helps individuals manage overwhelming emotions and improve their relationships. It consists of four main parts: Mindfulness: Developing a non-judgmental awareness of the present moment. Distress Tolerance: Coping with discomfort without resorting to harmful behaviours. Emotion Regulation: Managing intense emotions in a healthy way. Interpersonal Effectiveness: Communication and setting boundaries for better relationships. Inside this book you will find a Comprehensive Workbook & Guide to DBT Whether you're struggling with emotions, disorders or difficult relationships, this book offers practical solutions and exercises for restoring balance in your life. Inside you will discover all about DBT

along with workbook exercises to improve emotional regulation, stress, relationships and your overall life satisfaction. Are you ready to start making positive changes and to become a better person for those you care about? Well, it's time to begin now with This Book.

neurodivergent dbt workbook: The Neurodivergence Skills Workbook for Teens

Rhiannon Theurer, 2025-10-01 Navigating the world as a neurodivergent teen can mean feeling stressed, isolated, pathologized, and overstimulated by intense environments. Written by a neurodivergent therapist, The Neurodivergence Workbook for Teens offers powerful and evidence-based skills drawn from dialectical behavior therapy (DBT) to help teens manage emotional overwhelm, deal with sensory sensitivity, and improve relationships with others.

neurodivergent dbt workbook: Neurodivergent Game Plan: The Workbook Essy Knopf,

2025-06-02 From the playgrounds of our youth to the professional realms of our adult lives, autistics and ADHDers must navigate a world ill-suited to our unique needs—often without support. Written by a neurodivergent therapist, Neurodivergent Game Plan: Cheat Codes for Empowered Living offers a compassionate exploration of the neurodivergent experience from the inside out. Drawing on lived experience, rigorous research, and clinical insights, the book delves into the impact of structural ableism on neurodivergent experiences of attachment and trauma. It provides evidence-based approaches for addressing executive dysfunction and improving mental flexibility, while offering practical advice on managing neurodivergent needs and finding support. Within its pages, you will learn how to: • Identify often-overlooked autistic and ADHD traits. • Understand common co-occurring challenges. • Recognize symptoms of complex post-traumatic stress disorder. • Develop robust strategies for managing stress. • Construct a tailored plan for sensory, executive, and social self-care. • Refine organizational skills for peak efficiency. • Maximize the benefits of therapy. • Discover and leverage latent strengths. • Engage with the community. • Create a roadmap for career satisfaction. • Thrive in the face of ableism. Whether you're new to your neurodivergent identity or further along in your journey, Neurodivergent Game Plan is an opportunity to deepen your self-knowledge and explore new ways to flourish.

neurodivergent dbt workbook: The Trauma-Sensitive Mindfulness Workbook David A.

Treleaven, 2025-04-01 The formative, step-by-step guide to trauma-sensitive mindfulness practice. Unbeknownst to many, mindfulness can exacerbate symptoms of traumatic stress. Instructed to pay close, sustained attention to their inner-world, people struggling with trauma can experience flashbacks, dysregulation, or dissociation. Here, trauma specialist David Treleaven builds on his pioneering work to offer a practical guide for integrating trauma-sensitivity into mindfulness practices. From the nuances of trauma's impact on the individual to adapting mindfulness in diverse contexts, Treleaven provides step-by-step guidance, practical exercises, and real-world applications to ensure mindfulness is both safe and transformative. Structured to deepen understanding and skill, this comprehensive resource covers foundational principles and specialized adaptations, empowering mindfulness teachers with cutting-edge tools and insights. This is an essential guide for anyone looking to navigate the complexities of trauma with mindfulness and to foster environments of healing, resilience, and inclusivity.

neurodivergent dbt workbook: The Neurodivergence Skills Workbook for Autism and ADHD

Jennifer Kemp, Monique Mitchelson, 2024-07-01 Written by neurodivergent psychologists for neurodivergent readers. This empowering workbook offers self-compassion skills to help you embrace who you are and thrive. As an autistic person or neurodivergent individual with attention-deficit hyperactivity disorder (ADHD), you may sometimes feel as if you're living in a world that wasn't designed for you. You may have sensory sensitivities, social difficulties, struggles with executive functioning, sleep issues, depression, anxiety, burnout and meltdowns, and trauma from a lifetime of marginalization and microaggressions. If you are struggling with your neurodivergent identity, know that you aren't alone. Whether you were diagnosed as a child or are just now realizing your difference, this workbook can help you move beyond the internalized message that there is something wrong with you, so you can embrace who you really are and manage stress before it leads to neurodivergent burnout. The Neurodivergence Skills Workbook for Autism and ADHD offers

acceptance and commitment therapy (ACT) and self-compassion skills tailored to the needs of neurodiverse people—especially those with ADHD and Autism—so you can live authentically, take pride in your identity, increase overall well-being, and build meaningful connections to thrive as a neurodivergent person in the modern world. This workbook will help you: Acknowledge your needs and be your own advocate Unmask and express your authentic self Reduce sensory overload and balance emotions Manage rejection sensitivity dysphoria (RSD) and social anxiety Build meaningful social connections Improve executive functioning to get more done Adjust your environment to better fit your needs Most importantly, you'll learn to take pride in your identity. Whether you're autistic, ADHD, or both, this workbook can help you overcome self-critical thinking, advocate for yourself in effective ways, and learn practical skills to help you thrive as your authentic self.

neurodivergent dbt workbook: A Practical DBT Workbook for Radically Eliminating Neurodivergent Disorders Christopher Edward, 2024-11-20

neurodivergent dbt workbook: What's Your Anxiety Level? Cognitive Behavioral Therapy for Neurodivergent Children and Teens with Co-Occurring Anxiety Disorders Jennifer Cork, 2025-10-29 This book provides clinicians with a cognitive behavioral therapy (CBT)-informed curriculum specifically designed for neurodiverse children and teens with co-occurring anxiety disorders. Research has shown that neurodivergent individuals respond better to mental health interventions when they are adapted to their unique needs. The concepts and strategies in this book, guided by CBT principles, address these needs and provide clinicians with an affirming and supportive approach to treatment with neurodiverse clients. The visually engaging templates throughout help clients recognize and communicate their feelings with others, allowing them to self-regulate and feel their emotions, leading to a sense of achievement during treatment. A must-have resource on the bookshelf of any psychologist, social worker, counselor, and other professionals working with neurodivergent children and teens.

neurodivergent dbt workbook: *Neurodiversity-Affirming Therapy: What Every Mental Health Provider Needs to Know* Amy Marschall, 2025-04-15 An essential guide to the paradigm shift required to empower your neurodivergent clients Many mental health professionals are learning to recognize the ways in which neurodivergence can be part of someone's identity, rather than a disability. While many neurodivergent individuals have unique support needs, they are not broken, nor do they need to be cured of their neurodivergence. This neurodiversity-affirming model of care is not a specific set of therapeutic interventions, assessments, or steps a clinician must take to fit into a model. Rather, it is an underlying philosophy that recognizes individuals as the experts on their own lived experience, who can collaborate with mental health professionals to improve this experience. Those who want to support neurodivergent clients will learn the historical, practical, and clinical contexts of neurodiversity-affirming care. Reaching beyond autism (what many people exclusively associate with the term "neurodiversity"), the book encompasses the wide spectrum of differences in brain function and behavioral traits that form part of the human experience, and which include ADHD, dyslexia, and certain trauma responses and forms of anxiety. The book explores the nuances of affirming care in practice and the considerations that any provider should be aware of when working with neurodivergent clients. Everyone deserves appropriate support and freedom from the expectation to conform to neurotypical standards; with this trailblazing guide, clinicians can take the first, crucial steps towards meeting their neurodivergent clients' needs.

neurodivergent dbt workbook: Child Psychology Helen Pote, Anna Picciotto, Clare Norris, 2024-08-19 An inclusive guide to developing confidence and competence in daily practice Attending to the psychological needs of children in distress is an enormously challenging and rewarding endeavour. Successful clinical child psychologists are both practitioners and scientists, integrating the application of existing theory, current knowledge, and evidence-based research into their practice. In *Child Psychology: Pathways to Good Practice*, a highly experienced team of clinicians and researchers provides effective treatment practices and toolkits to assist in custom-tailoring therapies for young patients. Concise chapters address a broad range of conditions, from behavioural and emotional difficulties to issues related to neurodivergence and intellectual

disabilities. Drawing upon the most recent evidence and therapeutic models, this authoritative guide offers practical, hands-on discussion of all aspects of the child psychological practice, including assessment and formulation, legal and professional issues, service delivery, collaboration, digital mental health, trauma-informed practice, working in schools and social care, and more. Edited by leaders in the field, *Child Psychology: Pathways to Good Practice* is a must-have for any clinical practitioner specialising in child or adolescent psychology. It is also a valuable resource for advanced students, trainees, and researchers with an interest in the clinical aspects of children's mental health.

neurodivergent dbt workbook: Help Me Help My Teen Maggie Dent, 2024-07-30 'I love Maggie's style. Quite simply, when she talks, we should listen.' Hamish Blake 'A masterpiece ... this book is the answer we've been waiting for.' Dr Vanessa Lapointe Australia's favourite parenting expert on how to understand and help our teens so they can thrive. Adolescence has always been a time of huge transformation, but today's teens deal with challenges that parents may never have imagined. An increasingly digital world filled with social media, gaming and harmful content, along with changing cultural norms, has intensified the pressure to excel and 'fit in' - leading to heightened levels of stress, anxiety and depression. Maggie Dent, Australia's queen of common-sense parenting, believes that teens can handle these pressures with resilience and strength when they are supported by stable, loving connections with family, teachers and other caring adults. Drawing on up-to-date research, a survey of modern teens and her own experiences as a teacher, counsellor and mother, and her memories of being a teen, Maggie provides clear and compassionate 'what to do' advice for some of the most difficult, sensitive topics - such as technology use, sex, drugs and alcohol, dropped school grades, mental health and identity - and shows us how we can provide a safe and supportive environment for all our teens. *Help Me Help My Teen* is a reassuring, practical guide for parents to help teenagers navigate adolescence and grow into confident, capable adults.

neurodivergent dbt workbook: Keeping Finance Personal Ellyce Fulmore, 2024-01-23 "... a clear, approachable guide to help readers untangle their relationship with money, understand the systems and inequities that impact them, and reclaim financial independence."—Edgar Villanueva, bestselling author of *Decolonizing Wealth* An intersectional approach to personal finance from queer, neurodivergent personal finance educator and TikTokker, Ellyce Fulmore. There's no magic formula for being "good with money." The perfect budgeting spreadsheet or debt repayment plan will never address the root of your money issues. When Ellyce Fulmore started her journey with personal finance, she was drowning in \$35K of debt, had \$60 to her name, and avoided looking at her bank account. Her own "aha" moment came when she realized that the reason she and so many others have struggled with finances has little to do with being "bad with money." Instead, it has everything to do how identity and lived experience affect financial behaviors. Now in *Keeping Finance Personal*, Ellyce offers a shame-free, trauma-aware approach that explores the complex, nuanced, and deeply personal relationship between your identity and your money. With chapters exploring topics such as finding safe spaces, personal values, relationship dynamics, family systems, and culture, it's clear this is not your typical finance book. Readers will engage with how their upbringing, sense of self, trauma, and mental health impact their decisions, and begin a journey to change their relationship with money. This book is for the woman facing sexism at her local bank, the neurodivergent person struggling with impulse spending, the young adult questioning societal expectations, the 2SLGBTQIA+ couple searching for a place to rent—all the people that don't fit into the mold that traditional finance advice is aimed at. Filled with interviews from a diverse range of voices, practical exercises, and tangible tips, *Keeping Finance Personal* provides a path to develop a healthy money mindset and create a life where financial stability and joy coexist.

neurodivergent dbt workbook: Collaborative Strategies for Designing Neuroinclusive College Campuses Rogers-Shaw, Carol, Williams Park, Tulare, Mohny, Kayla D., Sheward, Kari, 2025-08-12 Designing college campuses that support neurodiverse students requires a collaborative, inclusive approach that changes traditional educational spaces. As awareness grows about the needs of

individuals with neurological differences, institutions must move toward intentional design. Collaborative strategies are essential in creating environments that foster equity, sensory comfort, and academic success. This approach enhances accessibility while improving the learning experience for all students, making campuses more responsive, empathetic, and adaptable. *Collaborative Strategies for Designing Neuroinclusive College Campuses* explores how collaborative efforts inform the design of physical, social, and academic spaces to support neurodiverse students in higher education. It examines best practices and design principles that promote sensory-friendly, flexible, and inclusive campus environments. This book covers topics such as education psychology, neurodivergence, and student experiences, and is a useful resource for educators, psychologists, academicians, researchers, and neuroscientists.

neurodivergent dbt workbook: The Autism Nest Model Shirley Cohen, PhD, Allison Graham Brown, 2025-02-04 The Autism Nest Model is a successful and much-praised program adopted by the New York City public school system as well as the top-ranked Danish school system. It has engaged and educated autistic children and their neurotypical peers for more than 20 years. The book's change in title from The ASD Nest Model to The Autism Nest Model is indicative of the evolution not only of language but also the understanding and practice that the new edition reflects. Although the Nest Model is designed for use in grades K-12, this book focuses on the elementary version, which serves students in K-5th grade. The Nest Model helps schools create settings in which all children engage comfortably and successfully. Its comprehensive approach is lauded by families, students, teachers, therapists and school leaders alike. By laying out the process of developing the model, its philosophy, strategies, and practical examples, The Autism Nest Model is now available to a wide audience.

neurodivergent dbt workbook: Exploring Autistic Sexualities, Relationality, and Genders Hanna Bertilsdotter Rosqvist, Anna Day, Meaghan Krazinski, 2024-09-26 This edited collection of contributions explores non-normative genders, sexualities, and relationality among Autistic people. Written within an explicitly neuro-affirmative frame, the collection celebrates the diversity and richness of Autistic identity, sexuality, gender, and relationships, exploring areas such as consent, embodiment, ink, kink, sex education, and therapeutic work. All editors and contributors are neurodivergent and members of the communities that the book focuses on, providing an authentic and unique exploration of gender, sexuality, and relationality in Autistic people by Autistic/other neurodivergent authors. The book is primarily intended for postgraduate students and academics across disciplines including sociology, social work, psychology, disability studies, inclusive and special education, and sexual education. Mental health professionals and educators will also find it a useful resource to support their Autistic clients as well as developing their own understanding about how to support Autistic people in a neurodiversity-affirming, kink-affirming, LGBTQ+, and gender-variant way.

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