



Neurodiversity 101

A Two-Hour Training for Mental Health Professionals

I. Overview

Learning Objectives

1. Learn neurodiversity definitions and brief history
2. Learn the five common traits of sensory NDs (eg HSPs, ADHDers, and Autistics)
3. Get a better understanding of misdiagnosis issues/overlaps for ADHD, ASD, PTSD, and Social Anxiety
4. Gain basic understanding of polyvagal theory's five stages and how these are responsible for the majority of issues NDs struggle with
5. Learn about common ND communication differences
6. Learn how to dismantle ableism and use best practices/interventions

Logistics

Training will take place over Zoom on April 9th, 4-6pm MT. CEUs are available immediately after the training has completed. A link will be sent in the chat box.

A recorded video will be available for two weeks after the training date. In order to obtain CEUs for those who watched the recorded video, please complete the quiz on Jotform. The link is embedded into the video itself.

Materials

You'll receive the PowerPoint slides and psychoeducation handout to use for yourself and your clients within one week following the training. You'll also receive a list of recommended readings on the reference page at the end of the slideshow.

II. Details

Neurodiversity Basics

You'll learn Judy Singers' concept of neurodiversity, neurodiversity definitions, and how to dismantle ableism. We'll discuss Five Common Traits of Sensory NDs (eg HSPs, ADHDers, and Autistics), including deep thinking, sensory differences, communication differences, increased empathy, and emotional intensity. You'll gain a better understanding of misdiagnosis issues/overlaps for ADHD, ASD, PTSD, and Social Anxiety. We will cover the basics of polyvagal theory's five stages, including symptoms of ventral, sympathetic and dorsal states, and how this hierarchy plays out in daily life through neuroception. We will discuss how nervous system issues are responsible for the majority of issues NDs struggle with, including interest-based nervous system, burnout/sensory trauma, executive dysfunction and communication struggles. You'll also learn about common ND communication differences and be able to communicate with your clients better. Lastly, we will discuss best practices and interventions for this vulnerable population, including neurodiversity-affirming best practices, dismantling internalized ableism, use of polyvagal theory, lifestyle interventions and solutions-based strategies.

III. Pricing

Two-Hour Training

- Regular Pricing - \$125
- Student, Non-Profit and Group Pricing* - \$93.75
- Half and Full Scholarships are Available - Email Phoenix for Application

**Group Pricing - Five or more clinicians working within the same organization. Email Phoenix for student/nonprofit/group code at phoenix@theartofselfhealing.org*

IV. Requirements and CE Credits

Training Requirements

You must be a mental health master's program student or professional to take this training.

CE Credits

You'll receive 2 hours of CE credits upon completion of this training if you are in the state of Colorado. Out-of-state credit is not guaranteed. You must attend entire session. CE credits have been approved by the NASW of Colorado.

V. Registration

To register, please go to <https://www.theartofselfhealing.org/book-online>