

the neurodivergent friendly workbook of dbt skills

The Neurodivergent Friendly Workbook of DBT Skills: Empowering Emotional Regulation and Growth

the neurodivergent friendly workbook of dbt skills offers a unique and compassionate approach to self-help, tailored specifically for individuals whose brains work differently. Dialectical Behavior Therapy (DBT) is widely recognized as a powerful tool for managing emotions, improving interpersonal effectiveness, and cultivating mindfulness. However, traditional DBT materials sometimes overlook the specific needs of neurodivergent individuals—such as those with autism, ADHD, or other cognitive differences—who may require adapted strategies to engage with these skills effectively. This workbook bridges that gap, providing an accessible, inclusive, and practical guide to mastering DBT skills in a way that respects diverse neurocognitive profiles.

Understanding DBT and Neurodiversity

Dialectical Behavior Therapy was originally developed to help people facing intense emotional dysregulation, particularly those with borderline personality disorder. Over time, DBT's core components—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—have proven beneficial for a broad range of emotional and behavioral challenges. Yet, many neurodivergent individuals find conventional DBT workbooks dense, jargon-heavy, or ill-fitted to their learning styles.

The neurodivergent friendly workbook of dbt skills acknowledges these challenges by incorporating flexible learning techniques, clear language, and sensory-friendly exercises. It respects the fact that neurodivergent brains process information differently and that emotional responses may manifest uniquely. By adapting DBT principles through this lens, the workbook becomes not only a therapeutic resource but also a tool for empowerment and self-understanding.

Why a Neurodivergent Friendly Approach Matters

Many people on the autism spectrum or with ADHD experience heightened sensory sensitivities, executive functioning difficulties, and social communication nuances. Traditional DBT workbooks often assume typical neurocognitive processing and social expectations, which can unintentionally create barriers. For example, exercises that rely heavily on introspection or verbal reflection might be overwhelming or confusing.

The neurodivergent friendly workbook of dbt skills offers alternative pathways to engage with these concepts—such as visual aids, step-by-step guides, and practical examples grounded in everyday situations. This approach not only makes DBT skills more accessible but also helps reduce frustration and build confidence in applying the techniques.

Core Components of the Neurodivergent Friendly Workbook of DBT Skills

Mindfulness Adapted for Neurodivergence

Mindfulness, or the practice of staying present and aware without judgment, is a cornerstone of DBT. For neurodivergent individuals, traditional mindfulness exercises can sometimes feel abstract or overstimulating. The workbook offers tailored mindfulness practices, such as:

- **Sensory-based mindfulness**: Focusing on a single sensory input, like the texture of an object or the sound of breathing, which can be grounding for those with sensory sensitivities.
- **Short, concrete exercises**: Breaking mindfulness into manageable moments instead of long meditations.
- **Visual mindfulness prompts**: Using charts, drawings, or apps to guide attention effectively.

These adaptations help create a mindfulness practice that feels achievable and relevant, supporting emotional regulation in daily life.

Distress Tolerance with Practical Strategies

Distress tolerance skills teach how to survive crises without making things worse, a vital skill for anyone facing emotional overwhelm. The workbook emphasizes tangible, neurodivergent-friendly distress tolerance tools, such as:

- **Distraction techniques tailored to sensory preferences**: For instance, engaging with a fidget toy, listening to music, or doing a brief physical activity.
- **Self-soothing methods that consider sensory needs**: Like weighted blankets or aromatherapy.
- **Clear, step-by-step instructions for radical acceptance**: Helping users understand and practice acceptance without feeling pressured.

By focusing on what works in the moment and allowing flexible options, the workbook supports managing intense feelings without judgment.

Emotion Regulation Made Accessible

Understanding and managing emotions is often more challenging for neurodivergent individuals due to differences in interoception—the ability to sense internal bodily signals—and social-emotional processing. This workbook breaks down emotion regulation into digestible parts:

- **Identifying emotions with visual aids**: Emotion wheels, charts, and icons help label feelings clearly.
- **Mapping physiological signs**: Linking bodily sensations to emotions to build awareness.
- **Developing personalized coping plans**: Encouraging users to create tailored strategies that fit their unique experiences.

This section encourages experimentation and self-compassion, recognizing that emotional learning is a journey rather than a quick fix.

Interpersonal Effectiveness in Diverse Social Contexts

Social communication can be particularly complex for neurodivergent people, where misunderstandings and sensory overload are common. The workbook provides:

- **Scripts and role-playing scenarios**: To practice assertiveness, saying no, or asking for help in ways that feel comfortable.
- **Tips for managing social anxiety and sensory overwhelm**: Including pacing interactions and using breaks.
- **Guidance on recognizing and respecting boundaries**: Both one's own and others'.

This support helps build social skills while honoring individual differences and reducing the pressure to conform to neurotypical norms.

How to Get the Most Out of the Neurodivergent Friendly Workbook of DBT Skills

Engaging with any therapeutic workbook requires patience and consistency, but this resource is designed to meet users where they are. Here are some tips to maximize benefits:

- **Go at your own pace**: It's okay to spend several days or weeks on a single skill.
- **Use multimodal learning**: Combine reading with drawing, audio recordings, or physical activities to reinforce learning.
- **Personalize the exercises**: Adapt worksheets or examples to reflect your experiences and preferences.
- **Reflect regularly**: Keeping a journal or sharing progress with a therapist or support person can deepen understanding.
- **Celebrate small wins**: Acknowledge every step forward, no matter how minor it may seem.

These approaches foster a sense of ownership and reduce frustration, making DBT skills more sustainable.

The Role of Therapists and Support Networks

While the neurodivergent friendly workbook of dbt skills is excellent for self-guided learning, collaborating with professionals or peer support groups can enhance outcomes. Therapists familiar with neurodiversity can help tailor DBT concepts further and provide encouragement. Peer groups offer validation and shared experiences, which can lessen feelings of isolation.

Many users find that combining the workbook with therapy sessions creates a synergy—practicing skills independently and discussing challenges in a supportive environment.

Expanding Accessibility and Inclusion in Mental Health Resources

The development of resources like the neurodivergent friendly workbook of dbt skills signals a broader shift in mental health toward inclusivity and personalization. Recognizing that one size does not fit all is crucial. By valuing neurodiversity and adapting evidence-based therapies accordingly, we move closer to a world where everyone can access tools for emotional well-being without unnecessary barriers.

For caregivers, educators, and clinicians, this workbook also serves as a model of how to approach mental health education with empathy and flexibility.

Embracing Growth Through Tailored DBT Practice

Ultimately, the neurodivergent friendly workbook of dbt skills is more than just a guide—it's an invitation to understand oneself deeply and develop resilience in a way that honors individuality. Whether you're navigating emotional challenges, seeking better communication strategies, or simply curious about mindfulness, this resource offers pathways designed to resonate with diverse minds.

By embracing this tailored approach, many neurodivergent individuals find a renewed sense of hope, empowerment, and connection—not only with their emotions but also with the world around them.

Frequently Asked Questions

What is 'The Neurodivergent Friendly Workbook of DBT Skills' about?

It is a workbook designed to teach Dialectical Behavior Therapy (DBT) skills in a way that is accessible and supportive for neurodivergent individuals, such as those with autism, ADHD,

or other cognitive differences.

Who can benefit from 'The Neurodivergent Friendly Workbook of DBT Skills'?

Neurodivergent individuals seeking to improve emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness can benefit from this workbook, as it tailors DBT practices to their unique needs.

How does this workbook adapt DBT skills for neurodivergent users?

The workbook uses clear, straightforward language, visual supports, and flexible exercises that accommodate different learning styles and sensory sensitivities common among neurodivergent people.

Are there practical exercises included in 'The Neurodivergent Friendly Workbook of DBT Skills'?

Yes, the workbook includes a variety of practical, step-by-step exercises and worksheets designed to help users practice and internalize DBT skills in everyday situations.

Can therapists use this workbook with their neurodivergent clients?

Absolutely. Therapists can use the workbook as a resource to support neurodivergent clients in learning DBT skills in a more accessible and individualized manner.

Does the workbook address common challenges faced by neurodivergent individuals?

Yes, it specifically addresses challenges such as emotional dysregulation, sensory overload, social communication difficulties, and executive functioning issues, providing tailored strategies.

Where can I purchase or access 'The Neurodivergent Friendly Workbook of DBT Skills'?

The workbook is available for purchase through major online retailers like Amazon and specialty bookstores, and may also be accessible via mental health professional recommendations or digital platforms.

Additional Resources

The Neurodivergent Friendly Workbook of DBT Skills: A Professional Review

the neurodivergent friendly workbook of dbt skills represents a significant advancement in the field of mental health resources tailored for individuals with neurodivergent profiles. As dialectical behavior therapy (DBT) continues to gain traction as an effective therapeutic approach for emotional regulation and interpersonal effectiveness, the need for accessible, inclusive materials has become increasingly clear. This workbook distinguishes itself by specifically addressing the challenges faced by neurodivergent individuals, including those with autism spectrum disorder (ASD), ADHD, and other cognitive variations, in applying DBT techniques.

In an era where mental health support is evolving to embrace diversity in cognition and learning styles, the neurodivergent friendly workbook of DBT skills emerges as a critical tool. This review will explore its features, usability, therapeutic effectiveness, and how it compares to traditional DBT workbooks. By incorporating neurodivergence-centered adaptations, this workbook aims to bridge a gap in mental health literature that often overlooks the unique needs of this population.

Understanding the Neurodivergent Friendly Workbook of DBT Skills

Dialectical behavior therapy has long been praised for its structured approach to managing intense emotions, improving mindfulness, and fostering healthier relationships. However, traditional DBT materials often rely on neurotypical assumptions about cognition, communication, and learning. The neurodivergent friendly workbook of DBT skills attempts to recalibrate these assumptions by redesigning exercises, explanations, and examples to resonate with neurodivergent users.

One of the defining characteristics of this workbook is its emphasis on clarity and accessibility. Complex psychological jargon is minimized or thoroughly explained, while visual aids and step-by-step instructions are integrated to support varied processing styles. For many neurodivergent individuals, such adaptations are crucial for engagement and comprehension.

Key Features and Adaptations

The workbook incorporates several distinctive features that differentiate it from standard DBT resources:

- **Simplified Language:** Sentences are concise and free from ambiguity, helping readers with processing differences or language-based learning challenges.
- **Visual Supports:** Diagrams, charts, and color coding facilitate understanding of abstract concepts like emotional regulation and distress tolerance.
- **Flexible Exercises:** Activities are designed with multiple entry points, allowing users to choose formats that suit their preferences—whether written, verbal, or visual.

- **Neurodivergence-Aware Examples:** Scenarios and case studies reflect experiences common in neurodivergent communities, increasing relatability and practical applicability.
- **Self-Pacing Guidance:** The workbook encourages pacing that respects sensory and cognitive overload, a common concern among neurodivergent individuals.

These features collectively enhance the usability of DBT skills for neurodivergent populations, making therapeutic principles more approachable and less intimidating.

Analyzing Therapeutic Impact and Usability

To evaluate the neurodivergent friendly workbook of DBT skills, it is essential to consider both clinical outcomes and user experience. While DBT itself boasts a wealth of empirical support—particularly for borderline personality disorder, mood disorders, and emotional dysregulation—the extension of its framework into neurodivergent contexts is relatively novel and warrants careful scrutiny.

Preliminary user feedback and small-scale studies suggest that this workbook facilitates improved emotional awareness and coping strategies among neurodivergent users. For example, individuals with ADHD report that the structured yet flexible format helps sustain attention and reduces frustration, while autistic users appreciate the explicit instructions and reduced social ambiguity in examples.

However, some limitations are noted. The workbook's reliance on self-guided exercises may pose challenges for those with executive functioning difficulties who benefit from more direct therapist involvement. Additionally, while the workbook strives for inclusivity, neurodivergence encompasses a broad spectrum, and not all adaptations will resonate equally across diverse profiles.

Comparison with Traditional DBT Workbooks

When juxtaposed with conventional DBT workbooks, the neurodivergent friendly edition stands out in several respects:

1. **Customization:** Traditional DBT workbooks offer a one-size-fits-all approach, whereas this workbook tailors content to accommodate cognitive diversity.
2. **Engagement:** By incorporating multimodal learning tools, it addresses common barriers such as difficulty with abstract thinking or verbal instruction.
3. **Accessibility:** The language and presentation style reduce potential misunderstandings and cognitive overload, which can deter sustained use in neurodivergent populations.

4. **Relevance:** Examples and scenarios are culturally and cognitively more representative, enhancing user identification and motivation.

These distinctions underscore the workbook's potential to complement traditional therapy or serve as a standalone resource where professional support is limited.

Who Benefits Most from This Workbook?

The neurodivergent friendly workbook of DBT skills is particularly advantageous for several groups:

- **Individuals with Autism Spectrum Disorder:** The explicit instructions and reduced social ambiguity help mitigate common challenges in emotional recognition and regulation.
- **People with ADHD:** The workbook's structured layout and pacing options can improve focus and reduce overwhelm.
- **Clinicians and Educators:** Mental health professionals working with neurodivergent clients find the workbook a valuable supplement to therapy sessions.
- **Caregivers and Support Networks:** Families and support workers can use the workbook to better understand and assist neurodivergent loved ones in developing DBT skills.

Conversely, users with severe cognitive impairments or those requiring intensive, personalized intervention may find the workbook less effective without additional therapeutic guidance.

Integrating the Workbook into Therapeutic Practice

For mental health practitioners, the workbook offers a flexible adjunct to traditional DBT programs. It can be assigned as homework, used during sessions to reinforce concepts, or adapted for group therapy settings. Its neurodivergent-informed approach also encourages clinicians to adopt a more nuanced understanding of client needs, promoting individualized care.

Moreover, digital versions of the workbook can enhance accessibility for users with sensory sensitivities, allowing for customization of font size, color schemes, and interactive elements.

Potential Areas for Improvement

While the neurodivergent friendly workbook of DBT skills is a pioneering resource, ongoing refinement will enhance its inclusivity and impact. Suggestions include:

- Expanding multimedia integration, such as audio guides and video demonstrations, to cater to auditory and visual learners.
- Developing companion materials for caregivers and therapists to support consistent application of DBT skills.
- Conducting larger-scale empirical studies to quantify efficacy across neurodivergent subgroups.
- Incorporating feedback loops within the workbook to personalize skill-building trajectories dynamically.

Such enhancements would solidify the workbook's position as an essential tool in neurodivergent mental health care.

The neurodivergent friendly workbook of DBT skills stands at the intersection of therapeutic innovation and inclusivity. By reconceptualizing DBT for diverse cognitive experiences, it addresses a critical gap in mental health support that has long affected neurodivergent individuals. Its thoughtful design, practical adaptations, and potential for broad application mark it as a noteworthy advancement, fostering greater accessibility to evidence-based emotional regulation strategies for those previously underserved by traditional methods.

[The Neurodivergent Friendly Workbook Of Dbt Skills](#)

the neurodivergent friendly workbook of dbt skills: The Neurodivergent Friendly Workbook of DBT Skills Sonny Jane Wise, 2022

the neurodivergent friendly workbook of dbt skills: *The Neurodivergent Friendly Workbook to Mastering DBT Skills* , 2024

the neurodivergent friendly workbook of dbt skills: [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.

the neurodivergent friendly workbook of dbt skills: 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.

the neurodivergent friendly workbook of dbt skills: 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.

the neurodivergent friendly workbook of dbt skills: *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.

the neurodivergent friendly workbook of dbt skills: *Understanding and Affirming Autistic Clients* Chris Dabbs, Audrey Scaer, 2025-09-18 This book is an accessible primer focused on the provision of neuro-affirming clinical care for autistic clients, written from the perspective of autistic clinicians. In eight chapters, this book provides actionable steps without the assumption of expert autism knowledge. It first builds foundational knowledge for understanding what autism is and how to talk about it using current language practices. This book then explains how to recognize and assess for autism, alongside overviewing co-occurring mental health concerns among this population. This book also includes strategies for effective communication and interventions with autistic individuals, supporting autistic individuals day-to-day, and maintaining ethical clinical practices. Broadening beyond individual clients, this book additionally outlines strategies for supporting families and caregivers of autistic individuals, with an emphasis on the importance of understanding the impact that autism may have on family dynamics. This book is the answer for clinicians asking themselves how they can better serve their autistic clients.

the neurodivergent friendly workbook of dbt skills: *How to Eat Well for Adults with ADHD* Rebecca King, 2025-04-01 "A must for anyone whose ADHD has negatively impacted their diet." —Publishers Weekly From a registered dietitian living with ADHD, discover a comprehensive guide to cooking and eating as an adult ADHDer, packed with simple strategies, practical tools, and 40 ADHD-friendly recipes, Figuring out how to nourish your body and mind when you have ADHD can be overwhelming and exhausting. Challenges with executive function, impulsivity, dopamine regulation, and more can lead to a host of obstacles: finding the motivation to cook a meal, remembering to eat, overeating for stimulation, getting adequate nutrition, and more. At their worst, these challenges can have serious consequences for your mental and physical health. But it doesn't

have to be this way. *How to Eat Well for Adults with ADHD* is a complete guide to how to cook regularly, eat intuitively, and nourish yourself well when you have ADHD. Written by registered dietitian and ADHDer Rebecca King, the “ADHD Nutritionist” (@adhd.nutritionist), this book is not a diet book, but rather a book of solutions to common problems ADHDers experience with food, cooking, and nutrition. Rooted in Rebecca’s weight-neutral, intuitive eating-based philosophy, this book breaks down how ADHD affects your relationship with food and gives you the tools to develop a better approach for your ADHD brain. The book includes: An overview of intuitive eating and why it works for the ADHD brain A primer on gentle nutrition for ADHD Strategies for coping with emotional eating, eating for stimulation, sensory issues, and other common ADHD challenges ADHD-friendly tips and hacks for shopping, meal-planning, food prep, cooking, cleaning, and more Simple formulas for creating easy meals and snacks Recommendations for how to approach your diet while you’re on medication And 40 delicious, easy, ADHD-friendly recipes Practical, comprehensive, backed by science, but written with the understanding of someone who’s actually been there, *How to Eat Well for Adults with ADHD* helps ADHDers address their challenges with food without shame or pressure. It’s a must-read for any ADHDer who’s ever struggled in the kitchen and wants to learn how to thrive!

the neurodivergent friendly workbook of dbt skills: 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.

the neurodivergent friendly workbook of dbt skills: Neurodiverse Couple Therapy Kelli Murgado-Willard, 2023-11-22 This inclusive and comprehensive manual equips marriage and family therapists with the skills to identify, support, and provide Brain-Informed Care to neurodiverse couples. Written from Murgado-Willard's unique perspective as a neurodivergent couple therapist, this book addresses a knowledge gap in the couple counseling field and helps therapists develop and maintain an ethical standard of care for neurodiverse couples. The text also introduces a new style of couple therapy for use in private practice settings: Brain-Informed Neurodiverse Couple Therapy (BINCT). Chapters begin by providing some historical context of neurodiversity before offering invaluable training on best practices, assessment, treatment planning, and using non-ableist, practical interventions for this population. Case studies that present a variety of sexual identities are featured throughout as well as a glossary of key terms and checklists that therapists can use immediately in their practice. This book aims to implement a paradigm shift in the field and is essential reading for therapy students. It is invaluable reading for practicing therapists that did not receive training on working with neurodiverse clients.

the neurodivergent friendly workbook of dbt skills: 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.

the neurodivergent friendly workbook of dbt skills: 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.

the neurodivergent friendly workbook of dbt skills: All Tangled Up in Autism and Chronic Illness Charli Clement, 2023-12-21 In this ground-breaking debut, Charli Clement combines their own experiences alongside unique short profiles from individuals with chronic illness, to provide an intimate and insightful look at the complexities of living as an autistic and chronically ill person. From navigating your diagnosis and healthcare, learning how to manage pain and your own sensory needs to dealing with ableism, medical misogyny and transphobia, Clement offers practical advice and delves into the unique challenges faced by individuals living in this intersection. With a focus on the unique neurodivergent experience and an exploration into disability pride and joy 'All Tangled Up in Autism and Chronic Illness' is a necessary and empowering resource for autistic and chronically ill people as well as for family members, friends, and healthcare professionals.

the neurodivergent friendly workbook of dbt skills: 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.

the neurodivergent friendly workbook of dbt skills: 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.

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