

neurodivergent friendly dbt workbook

Neurodivergent Friendly DBT Workbook: A Guide to Tailored Emotional Wellness

neurodivergent friendly dbt workbook is an emerging resource designed to support individuals whose brains work differently, including those with autism, ADHD, dyslexia, and other neurodivergent conditions. Traditional Dialectical Behavior Therapy (DBT) workbooks offer powerful tools for emotional regulation, distress tolerance, and interpersonal effectiveness. However, these materials often assume a neurotypical learning style and cognitive processing speed, which can make them less accessible or effective for neurodivergent individuals. That's where a neurodivergent friendly DBT workbook comes in—bridging the gap by tailoring the therapeutic content to diverse neurological needs.

If you or someone you care about is exploring DBT as a means to manage emotions and improve behavioral health, understanding how to adapt or select the right workbook can make a significant difference in the healing journey.

Understanding DBT and Neurodivergence

Dialectical Behavior Therapy, developed by Marsha Linehan, is a therapeutic approach originally created to help people with borderline personality disorder, but its techniques have broadened to benefit many. DBT focuses on four core skill areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These skills empower individuals to cope with intense emotions, reduce self-destructive behaviors, and build stronger relationships.

For neurodivergent people, however, the experience of emotions and social interactions can be fundamentally different. Challenges like sensory sensitivities, executive functioning difficulties, and atypical communication styles mean that conventional DBT materials may not always resonate or be practical. A neurodivergent friendly DBT workbook takes these unique experiences into account, offering strategies that are flexible, clear, and considerate of diverse cognitive styles.

Why Traditional DBT Workbooks May Fall Short

Standard DBT workbooks often use language and exercise formats that assume a linear thought process and typical sensory processing. For example, some worksheets require extensive writing or abstract reflection, which can be overwhelming or inaccessible for people with ADHD or autism. The pace and structure might not align with the needs of someone who processes information more visually or needs repeated reinforcement.

Moreover, neurodivergent individuals may face co-occurring challenges like anxiety, depression, or trauma in ways that differ from neurotypical peers. This necessitates a workbook that adapts DBT skills to those realities—using more straightforward language, incorporating visual aids, or breaking down complex concepts into manageable chunks.

Features of a Neurodivergent Friendly DBT Workbook

When searching for or designing a DBT workbook that respects neurodivergent needs, there are several key features to look for. These ensure the material is both accessible and effective.

1. Clear and Concise Language

Neurodivergent individuals often benefit from straightforward explanations without excessive jargon. A good workbook avoids ambiguous terms and uses concrete examples. This clarity helps prevent misunderstandings and makes it easier to apply DBT skills in everyday life.

2. Visual Supports and Alternative Formats

Including diagrams, flowcharts, or illustrated guides can enhance comprehension for those who are visual learners. Some workbooks also provide audio versions or interactive digital formats, accommodating different learning preferences and making the content more engaging.

3. Flexible Exercise Structures

Rather than rigid worksheets requiring long written answers, neurodivergent friendly DBT workbooks offer varied types of exercises. These might include checklists, multiple-choice reflections, or even space for doodling emotions. Flexibility acknowledges that not everyone expresses or processes thoughts the same way.

4. Sensory Sensitivity Considerations

Pages designed with calming colors, non-distracting layouts, and options for printing on different paper types can reduce sensory overload. Also, prompts that recognize sensory triggers help users develop tailored coping strategies.

5. Emphasis on Practical, Everyday Application

Workbooks that connect DBT skills to real-life situations relevant to neurodivergent experiences feel more meaningful. For instance, addressing social communication challenges, executive functioning hurdles, or sensory regulation makes the skill-building more relatable.

Tips for Using a Neurodivergent Friendly DBT

Workbook Effectively

Even the best-designed workbook requires thoughtful engagement to yield benefits. Here are some tips to maximize your progress:

Create a Comfortable and Low-Distraction Environment

Find a quiet, cozy space where you feel safe and focused. Minimizing sensory distractions—like bright lights or loud noises—can help you concentrate on the exercises without feeling overwhelmed.

Set Small, Manageable Goals

DBT skills can be complex, so breaking down workbook sessions into short intervals prevents burnout. For example, commit to completing one skill exercise per day rather than trying to do too much at once.

Use Support Networks

If possible, work with a therapist familiar with neurodiversity who can guide you through the workbook. Alternatively, a trusted friend or family member can offer encouragement and help clarify confusing sections.

Customize the Workbook to Your Needs

Feel empowered to adapt the exercises. If writing is challenging, try voice recording your thoughts or expressing emotions through drawing. The goal is to internalize DBT skills, not to produce perfect worksheets.

Reflect on Progress Regularly

Keep a journal or log to note which strategies work best and where you encounter difficulties. This reflection supports self-awareness and helps tailor your approach over time.

Recommended Neurodivergent Friendly DBT Workbooks and Resources

While the market for explicitly neurodivergent friendly DBT workbooks is still growing, several options stand out for their inclusive design and thoughtful content.

- **The DBT Skills Workbook for Adolescents with ASD:** This workbook adapts core DBT skills for teens on the autism spectrum, using simple language and visual aids.
- **Mindfulness and Distress Tolerance Workbook:** Featuring exercises suited for ADHD and sensory sensitivities, it emphasizes practical mindfulness techniques that accommodate neurodivergent processing.
- **Customized Digital DBT Apps:** Some apps offer interactive DBT skills training with customizable settings, allowing users to select fonts, colors, and pacing that fit their preferences.

Exploring these resources alongside professional guidance can be particularly empowering.

How to Choose the Right Workbook for You

Selecting a neurodivergent friendly DBT workbook involves considering your unique cognitive profile and preferences. Here are some questions to ask yourself:

- Do I prefer visual, auditory, or kinesthetic learning?
- How much time and energy can I realistically dedicate to the exercises?
- What sensory considerations do I need to keep in mind?
- Would digital or paper formats work better for me?

Trial and error is normal—finding the right fit is part of the therapeutic process.

The Benefits of Using a Neurodivergent Friendly DBT Workbook

Using a workbook tailored to your neurodivergent brain can dramatically improve your engagement with DBT. It reduces frustration, builds confidence, and makes the skills more applicable to your daily experiences. Over time, this can lead to better emotional regulation, enhanced coping during crises, and improved relationships.

Moreover, the validation that comes from seeing your unique needs reflected in therapeutic materials fosters self-acceptance—a crucial part of mental health recovery.

In embracing neurodivergent friendly DBT workbooks, the mental health community moves closer to inclusivity and personalized care. Whether you're a therapist, caregiver, or individual navigating

neurodivergence, these tools offer hope and practical support on your path to well-being.

Frequently Asked Questions

What is a neurodivergent friendly DBT workbook?

A neurodivergent friendly DBT workbook is a Dialectical Behavior Therapy resource designed with adaptations to better support individuals who are neurodivergent, such as those with autism, ADHD, or other neurological differences.

How does a neurodivergent friendly DBT workbook differ from a traditional DBT workbook?

Neurodivergent friendly DBT workbooks use clear, explicit language, incorporate sensory-friendly exercises, and provide flexible strategies that accommodate the unique cognitive and emotional processing styles of neurodivergent individuals.

Can a neurodivergent friendly DBT workbook help with emotional regulation for autistic individuals?

Yes, these workbooks often include tailored techniques and examples that resonate with autistic individuals, helping them understand and manage their emotions more effectively.

Are there any specific neurodivergent friendly DBT workbooks recommended for ADHD?

Certain DBT workbooks have been adapted with neurodivergent needs in mind, including ADHD-friendly versions that focus on attention management, impulsivity control, and executive functioning strategies.

Where can I find a neurodivergent friendly DBT workbook?

You can find these workbooks through online bookstores, specialized mental health websites, or by consulting therapists who specialize in neurodiversity and DBT.

Is it necessary to use a neurodivergent friendly DBT workbook instead of a standard one?

While standard DBT workbooks can be helpful, neurodivergent friendly versions may offer more accessible and effective tools by addressing sensory sensitivities and cognitive differences.

Can neurodivergent friendly DBT workbooks be used without a

therapist?

Many workbooks are designed for self-guided use, but working with a therapist familiar with neurodivergence can enhance understanding and application of the skills.

What topics are typically covered in a neurodivergent friendly DBT workbook?

Common topics include mindfulness, emotional regulation, distress tolerance, interpersonal effectiveness, and adapting these skills to neurodivergent experiences.

Are there digital or interactive neurodivergent friendly DBT workbooks available?

Yes, some publishers and creators offer digital versions with interactive features, which can be particularly engaging and accessible for neurodivergent users.

How can I ensure a DBT workbook is truly neurodivergent friendly?

Look for workbooks authored or reviewed by neurodivergent individuals, check for inclusive language, flexible exercises, and positive reviews from the neurodivergent community.

Additional Resources

Neurodivergent Friendly DBT Workbook: A Critical Exploration for Inclusive Mental Health Support

neurodivergent friendly dbt workbook resources are increasingly gaining attention within therapeutic and mental health circles. Dialectical Behavior Therapy (DBT) has long been recognized as an evidence-based approach particularly effective for individuals struggling with emotional regulation, self-harm behaviors, and interpersonal difficulties. However, traditional DBT materials often fail to fully accommodate the unique cognitive and sensory needs of neurodivergent individuals—those with autism spectrum disorder (ASD), ADHD, dyslexia, and other neurological variations. This article investigates what makes a DBT workbook truly neurodivergent friendly, evaluates existing options, and explores how these tailored tools can enhance therapeutic outcomes for a diverse user base.

Understanding Neurodivergence and DBT Compatibility

Dialectical Behavior Therapy was originally developed to treat borderline personality disorder but has since been adapted for various mental health conditions. Its focus on mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness offers practical strategies for coping with overwhelming feelings and improving relationships. Yet, the conventional format of many DBT workbooks—dense text, abstract concepts, and linear progression—may not be accessible or engaging for neurodivergent users.

Neurodivergent individuals often process information differently, exhibiting variations in attention, sensory sensitivity, and cognitive flexibility. For example, a person with ADHD might find lengthy written exercises challenging due to difficulties with sustained focus, while someone on the autism spectrum might require clearer structure, visual supports, or concrete language. Therefore, a neurodivergent friendly DBT workbook must adapt its content and presentation to accommodate these divergent needs, ensuring inclusivity and maximizing therapeutic efficacy.

Key Features of a Neurodivergent Friendly DBT Workbook

To be considered neurodivergent friendly, a DBT workbook should incorporate several critical features:

- **Accessible Language:** Use clear, straightforward wording that avoids ambiguous or overly abstract terms, making concepts easier to grasp for individuals with diverse cognitive profiles.
- **Visual Supports:** Integration of diagrams, charts, color-coding, and icons can help break down complex information and support learning through multiple sensory channels.
- **Flexible Structure:** Allow users to navigate exercises non-linearly, enabling them to focus on sections most relevant to their immediate needs rather than following a rigid sequence.
- **Interactive Elements:** Activities that engage users actively, such as prompts for journaling, checklists, or scenario-based questions, can enhance engagement and retention.
- **Sensory Considerations:** Design elements should minimize sensory overload—for example, avoiding cluttered pages or harsh color contrasts that can be overwhelming for some neurodivergent readers.
- **Pacing and Chunking:** Break down exercises into manageable steps to prevent cognitive fatigue, accommodating those who may require additional processing time.

Evaluating Notable Neurodivergent Friendly DBT Workbooks

While many DBT workbooks exist, only a subset explicitly addresses neurodivergent accessibility. Comparing these resources reveals varying degrees of adaptation and effectiveness.

"The DBT Skills Workbook for Anxiety" by Alexander L. Chapman and Kim L. Gratz

Although not explicitly marketed as neurodivergent friendly, this workbook features clear, concise

language and structured exercises that some users with ADHD or mild executive function challenges may find easier to navigate. However, it lacks extensive visual aids or flexible navigation options, which could limit usability for individuals with autism or sensory processing differences.

"Mindfulness for Neurodiverse Kids" by Debra Stewart

While primarily aimed at children, this workbook excels in using visual supports, simple language, and interactive exercises designed for neurodiverse learners. It adapts mindfulness practices—an integral part of DBT—in ways that resonate with varied cognitive styles. Its approach highlights the potential benefits of tailoring DBT components specifically for neurodivergent users.

"The Autism Spectrum DBT Workbook" by Valerie L. Gaus

This workbook stands out by directly addressing the intersection of DBT and autism spectrum disorder. It modifies traditional DBT techniques to account for rigid thinking patterns and sensory sensitivities, employing visual schedules and concrete examples. However, its focus on autism may limit its applicability for other neurodivergent profiles such as ADHD or dyslexia.

Challenges and Opportunities in Designing Neurodivergent Friendly DBT Workbooks

Crafting DBT workbooks that are genuinely inclusive of neurodivergent needs involves overcoming several challenges:

- **Diverse Needs Within Neurodivergence:** The neurodivergent population is not monolithic; thus, designing a one-size-fits-all workbook is impractical. Balancing specificity and general accessibility requires nuanced content development.
- **Resource Constraints:** Adding visual aids, interactive elements, and flexible formats often increases production costs and complexity, which may deter publishers from investing in such specialized materials.
- **Clinical Validation:** Incorporating neurodivergent adaptations necessitates rigorous testing to ensure therapeutic effectiveness is maintained or enhanced, a process that can be time-consuming and resource-intensive.

Conversely, there are significant opportunities to innovate:

- **Digital and Multimedia Formats:** E-workbooks and apps can offer customizable interfaces, audio guidance, and sensory-friendly settings, addressing many accessibility concerns more effectively than print versions.

- **Collaborative Development:** Partnering with neurodivergent individuals in the design process ensures that workbooks reflect authentic needs and preferences, improving user engagement and outcomes.
- **Integration with Professional Support:** Workbooks tailored for neurodivergent users can complement therapy by providing tools that therapists can adapt and personalize during sessions.

SEO Keywords and Their Role in Accessibility

Optimizing the content and distribution of neurodivergent friendly DBT workbooks online is essential for reaching those who can benefit most. Keywords such as "DBT workbook for autism," "ADHD-friendly DBT exercises," "accessible emotional regulation tools," and "sensory-sensitive therapy workbook" help connect users with appropriate resources. Incorporating these LSI (Latent Semantic Indexing) keywords naturally within descriptions, reviews, and promotional materials enhances discoverability without compromising professional tone.

Implications for Mental Health Practitioners and Neurodivergent Communities

The rise of neurodivergent friendly DBT workbooks signals a broader shift toward inclusivity in mental health treatment. Practitioners who utilize these specialized materials can better tailor interventions, leading to improved engagement and symptom management. For neurodivergent individuals, access to tools that respect their cognitive and sensory profiles fosters empowerment and self-efficacy.

However, awareness remains a barrier. Many clinicians and clients are unaware that adaptations exist or how to evaluate their suitability. Continuing education and advocacy are crucial to bridge this gap and integrate neurodivergent friendly DBT workbooks into standard therapeutic practice.

In summary, while traditional DBT workbooks have laid the foundation for emotional regulation and interpersonal skills development, the emergence of neurodivergent friendly alternatives represents a vital evolution. These tailored resources not only enhance accessibility but also honor the diversity of human cognition, paving the way for more equitable and effective mental health support systems.

[Neurodivergent Friendly Dbt Workbook](#)

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

neurodivergent friendly dbt workbook: [The Neurodivergent Friendly Workbook to Mastering DBT Skills](#) , 2024

neurodivergent friendly 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 friendly 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 friendly 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 friendly 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 friendly 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 friendly 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 friendly 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 friendly dbt workbook: *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.

neurodivergent friendly 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 friendly dbt workbook: *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.

neurodivergent friendly dbt workbook: *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!

neurodivergent friendly 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 friendly 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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