



# 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 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 Thursday, July 11th, 10:30am-12:30pm MT -OR - Thursday, August 8th, 10:30am-12:30pm MT. Please note, these are two separate trainings, you only need to attend one date. CEUs are available immediately after the training has completed. A link will be sent in the chat box.

### *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 Nick Walker's definitions of neurodiversity and a brief history of the neurodiversity movement. We will discuss how to dismantle ableism in your therapy room through the social disability model and understanding what isn't neurodiversity-affirming (aka ABA). Then we'll cover the 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, including symptoms of ventral, sympathetic and dorsal states, and how this causes 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 helpful interventions for this vulnerable population.

## III. Pricing

### **Two-Hour Training**

- Regular Pricing - \$149
- Student, Non-Profit and Group Pricing\* - \$111.75
- Half and Full Scholarships are Available - Email Phoenix for Application\*\*

*\*Group Pricing - Ten or more clinicians working within the same organization. \*\*Email Phoenix for student/nonprofit/group discount code or for the scholarship application at phoenix@napti.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. (Approval by the NASW of Colorado for CE credits are currently pending.)

## V. Registration

To register, please go to <https://www.napti.org/booking>