



Neurodiversity 101

A Two-Hour Training for Mental Health Professionals

I. Overview

Learning Objectives

1. Learn neurodiversity definitions and a 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 a 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, August 14th, from 9:30 am-11:30 am MT. CEUs are available immediately after the training has been 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

Our trainings are endorsed by the NASW Colorado chapter for two CEUs. Please check with your state licensing board as we cannot guarantee credits depending on your license and state. You must attend the entire session.

V. Registration

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