



PROFESSIONAL CPD

Meet Me Where I Am:

Working with Neurodivergent Clients

With Louise Ordish and Henri Ray

Saturday, 7th June, 10:00-16:00, **IN PERSON**

Venue: St John's, Marlborough, Wilts



In your clinical work are you:

- Noticing more clients talking about being neurodivergent or thinking they might be?
- Working with people waiting for an assessment or who have just received a diagnosis and who want support to process it?
- Unsure about whether, or how, to change your approach with these clients?
- Noticing that clients are using language you'd like to explore more fully, like AuDHD, ADHD paralysis, meltdown, shutdown, autistic burnout?

This one-day in-person training course will help you build skills and confidence in working with neurodivergent clients, particularly those with ADHD and autism.

We hope attendees will:

Understand Neurodivergent Profiles and Common Experiences

- Develop an understanding of autism and ADHD, including the unique and overlapping characteristics of these profiles.
- See how these profiles might be experienced and what impact diagnosis might have.

Appreciate the Impacts on Day-to-Day Life, Relationships, and Mental Health

- Understand how differences in sensory and emotional perception and regulation might affect daily life, relationships and self-perception.
- Be aware of the resulting issues that autistic or ADHD people may encounter and that often bring them to our therapy rooms.

Adapt Therapeutic Approaches for Neurodivergent Clients

- Develop skills to build an effective therapeutic alliance with individuals who have experienced few or no trusted relationships.
- Adapt therapeutic practices to work effectively with autistic and ADHD clients and those who might be neurodivergent.

Support Sensory and Emotional Dysregulation

- Gain techniques for helping clients with sensory or emotional dysregulation, creating a therapeutic environment that feels safe, grounded, and responsive to individual needs.

Facilitate Deeper Emotional Connection

- Learn approaches to support autistic and ADHD clients in building or deepening their connection to their emotional experiences, honouring each client's emotional range and expression.

Strengthen Sense of Self and Self-Worth

- Equip clients with strategies to cultivate a stronger sense of self and self-worth, where appropriate, supporting them as they define and pursue roles and identities that align with their personal values and goals.

Louise Ordish is a psychodynamic counsellor who discovered she was autistic in her 40s. She brings a personal connection to neurodivergence into her work which is mostly with autistic and ADHD clients. She is committed to creating supportive, inclusive therapeutic spaces. Alongside her practice, Louise provides training for counsellors, equipping them to work confidently and authentically with neurodivergent clients by deepening their understanding and fostering genuine connections.

Henrietta Ray (Henri) is a psychodynamic counsellor who works with adolescents in schools and adults in private practice. She has specialist training in supporting neurodivergent clients with eating disorders and disordered eating. As a neurodiversity-affirming therapist, Henri values the unique strengths and perspectives of each individual, celebrating neurodivergent identities without seeking to "fix" or alter them. She is committed to creating a supportive, inclusive therapeutic space that honours each person's distinctive qualities and rights.

This is an IN PERSON ONLY EVENT

The training will be delivered from a psychotherapeutic perspective, and is open to psychological therapists (including trainees) from all modalities as well as healthcare professionals.

Early bird price before **7th May**: £110, or after £120
CPD certificates and handouts/slides will be supplied
Refreshments and parking included but not lunch

TO BOOK: <https://www.bramhamtherapy.co.uk/events>

Contact: events@bramhamtherapy.co.uk

Each delegate is responsible for self-care should material within our professional events trigger difficult feelings.