

# neurodivergent friendly workbook of dbt skills

**\*\*Neurodivergent Friendly Workbook of DBT Skills: Empowering Emotional Wellness\*\***

**neurodivergent friendly workbook of dbt skills** offers a refreshing and inclusive approach to mastering Dialectical Behavior Therapy techniques tailored specifically for individuals whose brains process information differently. Whether someone identifies as autistic, ADHD, or living with other cognitive and sensory variations, traditional mental health tools can sometimes feel inaccessible or overwhelming. This is where a thoughtfully designed workbook that respects neurodivergence can make all the difference, providing clear, compassionate, and flexible strategies for emotional regulation, distress tolerance, mindfulness, and interpersonal effectiveness.

In this article, we'll explore what makes a workbook truly neurodivergent friendly, why DBT skills are so valuable, and how these tools can unlock new pathways toward resilience and self-understanding. Along the way, we'll share insights on how to navigate common challenges and maximize the benefits of this therapeutic approach.

## Understanding DBT Skills and Their Importance

Dialectical Behavior Therapy (DBT) was originally developed to help individuals struggling with intense emotions and self-destructive behaviors, particularly those with borderline personality disorder. Over time, however, DBT's practical skills have been recognized as effective tools for a wide range of mental health challenges, including anxiety, depression, and trauma. The core DBT modules—mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness—teach people how to observe their feelings without judgment, manage crises, regulate intense emotions, and communicate their needs assertively.

For neurodivergent individuals, who often experience heightened sensory sensitivities, emotional intensity, or social communication differences, these skills can be transformative. Yet, traditional DBT workbooks may not always account for the unique ways that neurodivergent brains engage with information, self-reflection, or emotional processing.

## What Makes a Workbook Neurodivergent Friendly?

A neurodivergent friendly workbook of DBT skills embraces neurodiversity not just in content but also in design and delivery. Here are some key characteristics that set these workbooks apart:

### Clear, Concrete Language

Many neurodivergent individuals find abstract or metaphorical language challenging. A workbook that uses straightforward, literal explanations helps reduce confusion and anxiety. Instead of vague

phrases like “go with the flow,” it might say, “Notice what is happening without trying to change it.”

## **Visual Supports and Structured Layout**

Visual learners benefit greatly from charts, color coding, icons, and step-by-step guides. A well-organized layout with plenty of white space allows users to focus without feeling overwhelmed by dense text.

## **Flexible Exercises and Options**

Recognizing that individuals vary in how they best engage with therapy, a neurodivergent-friendly workbook offers multiple ways to practice a skill. For example, mindfulness might include options like listening to sounds, focusing on breath, or using a tactile object, allowing users to choose what works best for their sensory profile.

## **Incorporation of Sensory Awareness**

Sensory processing differences are common in neurodivergence. Workbooks that acknowledge and integrate sensory strategies—such as grounding techniques involving textures, smells, or movement—help users connect with their bodies and manage overwhelm.

## **Validation and Affirmation of Neurodivergent Experiences**

A workbook that explicitly affirms neurodivergent identities fosters safety and trust. Statements that normalize different ways of thinking and feeling can reduce shame and encourage engagement with the material.

## **Core DBT Skills Adapted for Neurodivergent Users**

Let’s dive deeper into how traditional DBT skills can be adapted within a neurodivergent friendly workbook.

### **Mindfulness: Anchoring in the Present with Neurodivergent Sensibilities**

Mindfulness is often presented as paying attention to thoughts and feelings without judgment. While valuable, this concept can feel abstract or elusive. A neurodivergent-friendly workbook breaks mindfulness into tangible steps, such as:

- Using sensory anchors: focusing on the sensation of feet touching the ground or the texture of an object.
- Guided prompts: “Name three things you can see, hear, and touch right now.”
- Short, manageable practices: starting with just 30 seconds to avoid overwhelm.

These approaches honor diverse ways of experiencing the world and help build a stable foundation for self-awareness.

## **Distress Tolerance: Tools for When Emotions Feel Too Big**

Distress tolerance skills are crucial for managing crisis moments without making things worse. A workbook designed for neurodivergent users might include:

- Visual step-by-step plans for grounding techniques, such as holding an ice cube or focusing on breathing patterns.
- Clear lists of “safe” activities tailored to sensory preferences, like using weighted blankets or listening to calming music.
- Creative outlets like drawing or movement as alternatives to verbal expression.

Emphasizing flexibility helps users find what genuinely soothes their nervous system instead of rigid “one size fits all” methods.

## **Emotional Regulation: Naming, Understanding, and Modulating Feelings**

Emotional dysregulation can be intense for neurodivergent individuals. Workbooks that include emotion identification charts with simple labels and relatable descriptions make it easier to pinpoint what’s happening. Additional adaptations might involve:

- Using visual scales or thermometers to rate emotional intensity.
- Providing scripts or sentence starters for communicating emotions.
- Encouraging journaling or drawing emotions to externalize inner experiences.

These tools empower users to recognize patterns and practice calming strategies before emotions

escalate.

## **Interpersonal Effectiveness: Navigating Relationships with Clarity and Confidence**

Social communication differences can make relationships challenging. A neurodivergent friendly workbook offers practical, scripted examples for setting boundaries, asking for help, or saying no. It may also include:

- Role-play scenarios or worksheets to plan conversations.
- Tips for interpreting nonverbal cues and managing sensory overload in social settings.
- Encouragement to honor personal communication styles and needs.

This approach encourages authentic connection without forcing conformity to neurotypical social norms.

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

Using a workbook effectively requires patience and self-compassion, especially when adapting to new strategies. Here are some helpful tips:

### **Go at Your Own Pace**

There's no rush to complete every section quickly. Taking time to absorb and practice each skill ensures deeper learning and reduces frustration.

### **Customize Exercises**

Feel free to modify exercises according to your preferences. If a writing task feels challenging, try drawing or recording your thoughts instead.

### **Use Supports**

Working with a therapist, coach, or trusted friend can provide guidance and encouragement. Sharing

progress and challenges can make the journey less isolating.

## **Celebrate Small Wins**

Recognize and appreciate even minor improvements. Each step forward builds resilience and confidence.

## **Why These Workbooks Matter in a Broader Context**

The emergence of neurodivergent friendly workbooks reflects a growing recognition of the need for inclusivity in mental health care. They challenge the one-size-fits-all approach and highlight the importance of respecting cognitive diversity. By providing accessible, affirming, and effective tools, these resources contribute to reducing barriers to emotional wellness and empower neurodivergent individuals to take charge of their mental health on their own terms.

Furthermore, such workbooks often serve as bridges, fostering understanding between neurodivergent people and clinicians or caregivers. They encourage a collaborative, flexible approach to healing that honors lived experience and neurodiversity principles.

As awareness expands, we can hope to see more tailored mental health resources that meet the needs of all minds, promoting wellbeing across the spectrum.

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Navigating the complexities of emotions and relationships is a universal challenge, but it becomes even more intricate when traditional tools don't quite fit. A neurodivergent friendly workbook of DBT skills offers a compassionate and practical pathway, blending evidence-based therapeutic techniques with sensitivity to diverse neurological experiences. Whether you're just beginning your journey or looking to deepen your practice, these workbooks stand as valuable companions for fostering emotional balance, self-understanding, and meaningful connection.

## **Frequently Asked Questions**

### **What is a neurodivergent friendly workbook of DBT skills?**

A neurodivergent friendly workbook of DBT (Dialectical Behavior Therapy) skills is a therapeutic resource designed to teach DBT skills in a way that is accessible and supportive for individuals who are neurodivergent, such as those with autism, ADHD, or other cognitive differences. It often includes tailored language, visual aids, and flexible approaches to accommodate different learning styles.

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

A neurodivergent friendly DBT workbook differs by using simplified language, clear instructions, visual

supports, and adaptable exercises to better suit the unique needs and processing styles of neurodivergent individuals. It may also focus more on sensory regulation and emotional processing strategies relevant to neurodiversity.

## **Who can benefit from using a neurodivergent friendly workbook of DBT skills?**

Neurodivergent individuals, including those with autism spectrum disorder, ADHD, and other cognitive or emotional processing differences, can benefit from such workbooks. Additionally, therapists and caregivers working with neurodivergent clients may find these resources helpful for supporting skill development.

## **What are some key DBT skills covered in a neurodivergent friendly workbook?**

Key DBT skills typically covered include mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. In a neurodivergent friendly workbook, these skills are presented with adaptations such as step-by-step guides, visual cues, and practical examples to enhance understanding and application.

## **Where can I find a neurodivergent friendly workbook of DBT skills?**

You can find neurodivergent friendly DBT workbooks through specialized mental health bookstores, online retailers like Amazon, or websites dedicated to neurodiversity and mental health resources. Some therapists and support organizations may also provide or recommend specific workbooks tailored for neurodivergent individuals.

## **Additional Resources**

Neurodivergent Friendly Workbook of DBT Skills: A Comprehensive Review

**neurodivergent friendly workbook of dbt skills** represents an emerging resource designed to bridge the gap between traditional Dialectical Behavior Therapy (DBT) methodologies and the unique cognitive, emotional, and sensory needs of neurodivergent individuals. As mental health awareness grows, the demand for tailored therapeutic tools that accommodate neurodiversity—including autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), and other neurological variations—has increased significantly. This article examines the qualities, benefits, and potential limitations of neurodivergent friendly DBT workbooks, exploring how these specialized resources can enhance skill acquisition and emotional regulation for diverse learners.

## **Understanding DBT and Neurodivergence**

Dialectical Behavior Therapy, developed by Marsha Linehan in the late 1980s, is a cognitive-behavioral treatment originally designed to help individuals with borderline personality disorder

manage intense emotions and develop healthier coping mechanisms. DBT emphasizes mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Over time, its applicability has broadened to a wide range of mental health challenges, including anxiety, depression, and trauma-related disorders.

Neurodivergence, a term referring to variations in neurological development and functioning, encompasses conditions like ASD, ADHD, dyslexia, and more. These conditions often influence how individuals perceive sensory information, process emotions, and communicate. Conventional therapeutic materials, including standard DBT workbooks, may not always address these distinct needs effectively, potentially hindering progress.

## **What Makes a Workbook Neurodivergent Friendly?**

The phrase “neurodivergent friendly workbook of DBT skills” implies a deliberate adaptation of DBT resources to accommodate sensory sensitivities, executive functioning challenges, and cognitive processing differences. Several key features distinguish such workbooks:

### **1. Accessible Language and Visual Design**

Neurodivergent individuals may experience difficulties with abstract language or dense text. Therefore, workbooks with simplified, concrete language, clear instructions, and supportive visuals tend to be more effective. Use of icons, color coding, and whitespace can reduce cognitive overload, facilitating engagement and comprehension.

### **2. Flexible Pacing and Modular Structure**

Rigid, linear formats can be overwhelming. Neurodivergent friendly DBT workbooks often allow users to navigate modules in any order, revisit sections easily, and practice skills at an individualized pace. This flexibility respects the variable energy levels and attention spans typical among neurodivergent populations.

### **3. Sensory Considerations**

Design choices that minimize sensory triggers—such as avoiding harsh color contrasts, busy page layouts, or distracting fonts—can make the workbook more approachable. Some workbooks also include guidance on managing sensory overload, directly addressing common neurodivergent experiences.

### **4. Emphasis on Strengths-Based Approaches**

A neurodivergent friendly workbook does not solely focus on deficits or challenges; instead, it

highlights individual strengths and resilience. This positive framing supports motivation and self-efficacy, which are vital for sustained therapeutic engagement.

## **Evaluating Popular Neurodivergent Friendly DBT Workbooks**

Several DBT workbooks have been adapted or created explicitly with neurodivergent users in mind. While comprehensive data on their efficacy is still emerging, user feedback and preliminary studies offer insight into their practical value.

### **“The DBT Skills Workbook for Teens: Mindfulness, Emotion Regulation & Interpersonal Effectiveness” - Adapted Versions**

Although originally targeting adolescents, some editions have been revised with neurodivergent needs considered, including simplified exercises and visual aids. These adaptations improve accessibility for neurodivergent teens and young adults, particularly those with ADHD or ASD.

### **“Mindfulness and DBT Skills for Neurodivergent Adults”**

This workbook merges mindfulness practices with DBT techniques, tailored for adults with sensory sensitivities and executive functioning differences. It incorporates step-by-step guides and checklists, which are beneficial for those who struggle with working memory and organization.

## **Pros and Cons of Neurodivergent Friendly DBT Workbooks**

Examining the advantages and drawbacks of these specialized workbooks offers a balanced perspective.

- **Pros:**

- *Improved Engagement:* Tailored content and design reduce frustration and cognitive overload.
- *Enhanced Skill Acquisition:* Concrete examples and visual supports aid understanding and retention.
- *Increased Autonomy:* Flexible pacing empowers users to manage their learning process.
- *Validation of Neurodivergent Experiences:* Recognition of unique challenges fosters a



sense of inclusion.

- **Cons:**

- *Limited Availability:* Few workbooks are explicitly designed for neurodivergence, restricting options.
- *Potential Oversimplification:* Simplified language may sometimes underrepresent complex DBT concepts.
- *Cost Considerations:* Specialized resources can be pricier than standard workbooks.
- *Variable Effectiveness:* Individual differences mean not every workbook suits every neurodivergent user.

## **Integrating Neurodivergent Friendly Workbooks into Therapeutic Practice**

Mental health professionals increasingly recognize the importance of adapting DBT interventions to neurodivergent clients. Incorporating neurodivergent friendly workbooks into therapy can enhance outcomes by supporting personalized learning styles. Therapists often supplement workbook exercises with verbal explanations, role-playing, and environmental modifications, creating a multi-modal approach.

For self-directed users, these workbooks serve as practical tools for practicing DBT skills outside clinical settings. However, professional guidance remains critical, especially for individuals with co-occurring conditions or severe emotional dysregulation.

## **Technology and Digital Adaptations**

Digital versions of neurodivergent friendly DBT workbooks offer interactive elements such as audio instructions, customizable interfaces, and progress tracking. Apps and online platforms can further reduce barriers by enabling users to access materials on various devices and tailor experiences to sensory preferences.

## **Looking Ahead: The Future of Neurodivergent Friendly**

# DBT Materials

Research on the efficacy of neurodivergent friendly DBT workbooks is still in its infancy, but early indications suggest meaningful benefits. As awareness grows, more mental health practitioners and publishers are likely to invest in developing inclusive, evidence-based materials.

Collaborations between clinicians, neurodivergent individuals, and designers may yield innovative workbooks that go beyond traditional formats, incorporating multimedia content and personalized feedback mechanisms. Such advances can transform how DBT skills are taught and practiced, ensuring broader accessibility and effectiveness.

The neurodivergent friendly workbook of DBT skills is more than a resource; it is part of a larger movement toward inclusive mental health care. By recognizing and accommodating diverse neurological profiles, these workbooks empower users to engage with therapeutic techniques in ways that resonate deeply with their lived experiences.

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

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

**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.

**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.

**neurodivergent friendly workbook of dbt skills: *The Trauma-Sensitive Mindfulness Workbook: A Comprehensive Guide for Mindfulness Teachers*** 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 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.

**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.

**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.

**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.

**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.

**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.

**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.

**neurodivergent friendly workbook of dbt skills: How to Eat Well for Adults with ADHD** Rebecca King, 2025-03-18 Packed with simple strategies and practical tools, How to Eat Well for Adults with ADHD helps ADHDers overcome common struggles in the kitchen and transform their

relationship with food.

**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 TikToker, 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.

**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.

**neurodivergent friendly workbook of dbt skills: Help Me Help My Teen** Maggie Dent, 2024-07-30 'I love Maggie's style. Quite simply, when she talks, we should listen.' Hamish Blake 'A masterpiece ... this book is the answer we've been waiting for.' Dr Vanessa Lapointe Australia's favourite parenting expert on how to understand and help our teens so they can thrive. Adolescence has always been a time of huge transformation, but today's teens deal with challenges that parents may never have imagined. An increasingly digital world filled with social media, gaming and harmful content, along with changing cultural norms, has intensified the pressure to excel and 'fit in' - leading to heightened levels of stress, anxiety and depression. Maggie Dent, Australia's queen of common-sense parenting, believes that teens can handle these pressures with resilience and strength when they are supported by stable, loving connections with family, teachers and other caring adults. Drawing on up-to-date research, a survey of modern teens and her own experiences as a teacher, counsellor and mother, and her memories of being a teen, Maggie provides clear and compassionate 'what to do' advice for some of the most difficult, sensitive topics - such as technology use, sex, drugs and alcohol, dropped school grades, mental health and identity - and shows us how we can provide a safe and supportive environment for all our teens. *Help Me Help My Teen* is a

reassuring, practical guide for parents to help teenagers navigate adolescence and grow into confident, capable adults.

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