

YOUR FREE RESOURCE



Neurodiversity Affirming Resources for Clinicians

MADE BY NEURODIVERGENT
PEOPLE AND COLLATED BY

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About me.

Hello! I'm Lydia Meem, founder of Autism Understanding psychology practice in Newcastle, Australia.

As a neurodivergent clinical psychologist, author, speaker, and clinical supervisor, I'm dedicated to enhancing the psychological assessment for Autistic individuals and their families.

I'm also passionate about promoting school strategies for neurodivergent students to engage, learn, and thrive.



I help psychologists, allied health professionals and teachers create neurodiversity affirming spaces and practices through online tools, interactive workshops, national and international conferences, supervision and retreats.

I've been working with neurodivergent individuals since 1998 and I am a Fellow of the APS College of Clinical Psychologists. My book, [Beyond IQ Scores](#), combines case-review research and clinical insights, guiding clinicians through psychometric assessments, enhancing their capacity to discern and interpret subtle signs of autism and other developmental differences.

If you'd like to dive deeper into autism and ADHD assessment and consultation, I invite you to explore my 2024 [Neurodiversity Affirming Clinician](#) training. Packed with tools, templates, case studies, resources, and strategies, it empowers you to confidently craft a neurodiversity-friendly experience for your clients.

For primary and high school teachers seeking insights and practical strategies in the classroom and playground, my on-demand course, [Supporting Autistic Students](#), is tailored for you. Let's connect and collaborate to understand, celebrate, and accommodate the full range of human brain styles!

Hello and welcome.

Welcome! The neurodiversity affirming movement prompts us to reconsider autism, ADHD, and other forms of neurodiversity. This is especially relevant in the context of how autism is expressed internally, the presentation of demand avoidance in autism, and our awareness of the effects of camouflaging and masking on mental health.

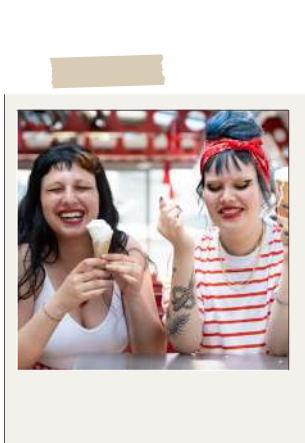
Delving into the Double Empathy Problem and the Social Model of Disability can be enlightening, prompting a reevaluation of goals and the appropriateness of conventional autism interventions, such as social skills training.

In seeking Autism resources, it is crucial to prioritise the perspectives of Autistic individuals, as their lived experiences offer invaluable insights and guidance on effective strategies.

This curated list serves as a launchpad for transforming your practice into a more neurodiversity-affirming space, offering valuable resources not only for your professional growth but also for the support of your clients and their families.

The resources featured here have been thoughtfully developed by Neurodivergent authors and content creators, ensuring diverse and authentic perspectives.

If you are aware of additional resources that could enrich this collection, we invite you to share your insights by reaching out to us. Your input is highly valued.



Your resources.



CLICK TO
ACCESS

Podcasts

- [Divergent Conversations](#) by Dr Megan Neff and Patrick Casale
- [The Autistic Culture Podcast](#) by Angela Lauria and Matt Lowry
- [The Neurodivergent Woman Podcast](#) by Monique Mitchelson and Dr Michelle Livock
- [The Neurodiversity Podcast](#) with Emily Kircher-Morris
- [The Yellow Ladybugs Podcast](#)
- [Two Sides of the Spectrum](#) by Play Learn Thrive

Websites

- [AUsometraining.com](#) - Autistic-led mentoring and training programs
- [autismunderstanding.com.au](#) - free resources for psychologists and teachers, online and in-person training, individual and group supervision around neurodiversity affirming practice, autism assessment and strategies
- [moniquemitchelson.com.au](#) - Neurodivergent clinical psychologist offering training, resources and supervision
- [neuroclastic.com](#) - free high-quality articles by autistic writers and professionals
- [neurodivergentinsights.com](#) - mental health/wellness resources by Dr Megan Neff
- [reframingautism.org.au](#) - celebrating and nurturing Autistic identity
- [yellowladybugs.com.au](#) - supporting Autistic girls and gender diverse youth

Therapy Resources

- [A Therapist's Guide to Neurodiversity Affirming Practice with Children and Young People](#) by Raelene Dundon
- [Autism Level Up!](#) tools and resources for emotional and energy regulation
- [Free evidence based literacy tests](#) by Macquarie Online Test Interface (Motif)
- [Free autism screeners](#) by Dr Natalie Engelbrecht and Eva Silvertant, Embrace Autism
- [Know Your Normal Toolkit](#) by Ambitious about Autism
- ND Me Cards, Spoon Thieves Cards and Spoon Savers Cards by [Nurture Clinical Psychology](#)
- [SEA \(Social-Emotional Acuity\) Bridge](#) online curriculum by Bridges Learning System
- [Sensory Diet Cards](#) by Tara Calder
- [The Emotion Cards](#) by Margot Sunderland
- [Thoughts and Feelings: A Sentence Completion Card Game](#) by Bright Spots Games
- [Whats Up Flip Chart](#) by Onwards & Upwards Psychology

Books & eBooks

- [Awesome Autistic Go-To Guide](#) by Yenn Purkis and Tanya Masterman
- [Can't Not Won't](#) by Eliza Fricker
- [Different, Not Less](#) by Chloe Hayden
- [Growing in to Autism](#) by Sandra Thom-Jones
- [More than Procrastination](#) by Jennifer Kemp
- [NeuroTribes](#) by Steve Silberman
- [Some Brains](#) by Nelly Thomas
- [Spectrum Women: Autism and Parenting](#) by Renata Jurkevithz, Maura Campbell and Lisa Morgan
- [Spectrum Women](#) edited by Barb Cook and Dr Michelle Garnett
- [Standing Up for Myself](#) by Evaleen Whelton
- [The Amazing Discovery of the AuDHD Brain of...Me!](#) by Adelle Sushames
- [The Autistic Trans Guide to Life](#) by Yenn Purkis and Wenn Lawson
- [The Brain Forest](#) by Sandhya Menon
- [The Family Experience of PDA](#) by Eliza Fricker
- [The Rainbow Brain](#) by Sandhya Menon
- [The Year I Met My Brain](#) by Matilda Boseley
- [Unmasking Autism](#) by Devon Price
- [Untypical](#) by Pete Wharmby
- [What I Want to Talk About](#) by Pete Wharmby

Neurodivergent Instagram (Social Media) Accounts

- [@adhd_alien](#) - Pina, excellent infographics about ADHD
- [@amandamosespsychology](#) - Amanda, psychologist supervisor and trainer
- [@autism_sketches](#) - Anouk, drawings explaining autism and neurodiversity
- [@autismunderstanding](#) - Lydia, neurodivergent clinical psychologist
- [@chloeshayden](#) - Chloe, AuDHD actor and author
- [@embracingbrains](#) - Megan, neurodivergent occupational therapist
- [@geeonthespectrum](#) - Gee, mental health and autism content
- [@ld_adhd](#) - Jules and James, late diagnosed ADHDers and podcasters
- [@livedexperienceeducator](#) - Sonny, trans neurodivergent advocate
- [@mariecamin](#) - Marie, AuDHD clinical psychologist and researcher
- [@neurodivergent_ally](#) - Adelle, neurodivergent psychologist
- [@neurodivergentrebelle](#) - Lyric, trans-nonbinary, AuDHD artist and author
- [@neurowild](#) - Em, AuDHDer, speech pathologist, artist and illustrator
- [@omgimautisticaf](#) - Autistic lawyer based in the US
- [@onwardsandupwardspsych](#) - Sandhya, AuDHD psychologist and author
- [@theneurodivergentot](#) - Claire, ADHD occupational therapist

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