

# NEURODIVERSITY-AFFIRMING PRACTICES: SUPPORTING OUR WORK AND HELPING THE HELPERS



This training will explore the common misconceptions of neurodiversity (particularly surrounding Autism and ADHD), the cost of missing or ignoring neurodivergent traits and needs, and what a neurodiversity-affirming approach entails and can look like. This will include exploring diagnostic criteria for Autism and ADHD, what diagnostic criteria and the medical model can miss, and how a relational perspective can embrace strengths and insight from neurodivergent folks to find support and strategies that work for them.

We will also explore the subjects of self-diagnosis vs. official diagnosis, neurodivergent employees in helper roles, possible differences in self-care, and ways to create more accessibility and accommodations with or without an official diagnosis.



**Wednesday, February 25**



**10:00am-12:00pm**



**Zoom**

**REGISTER NOW**



**CEU Eligible**



**Charlotte Splendido, BA, MA PCC**  
she/her/hers  
Certified Cognitive Behavioral Therapist

Charlotte Splendido, MA PCC (she/her) is a CCBHC Engagement Specialist and Professional Clinical Counselor in community mental health and PhD student for Counselor Education and Supervision with a focus on neurodiversity, trauma, and LGBTQ+ topics. With over five years of experience working in mental health settings as a neurodivergent clinician, she has advocated for neurodiversity-affirming practices in clinical and non-clinical settings, provided affirming psychoeducation and resources to clinicians, staff, and community members, and is pursuing research that seeks neurodivergent voices directly to inform future practices.