

Neurodivergence & Learning Differences Resources

What is Neurodiversity?

"Neurodivergent" isn't a medical term, condition, or diagnosis, but is a way that people self-identify. People who identify as neurodivergent can have a large range of conditions or disorders.

"What is Neurodiversity?"

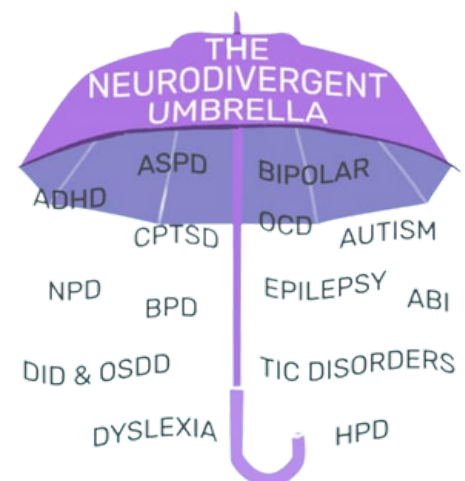
"What does it mean when a person is Neurodivergent?"

The neurodiversity umbrella represents a very broad group of neurological and learning differences. Some of these conditions like Autism are part of a spectrum, while other conditions like Attention Deficit Disorder can either be unrelated or overlap with each other.

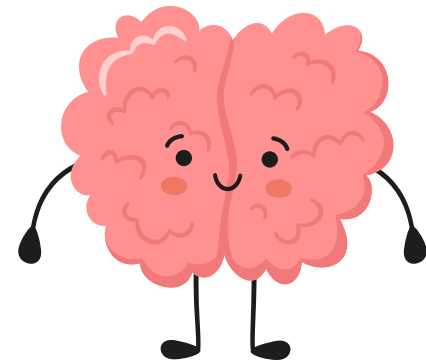
A partial list of neurodivergent conditions includes:

- Autism spectrum disorders
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Learning differences such as: Dyscalculia (difficulty with math), Dysgraphia (difficulty with writing), Dyslexia (difficulty with reading), Dyspraxia (difficulty with coordination)
- Sensory processing disorders
- Social anxiety
- Tourette syndrome
- Williams syndrome, Prader-Willi syndrome
- Intellectual disabilities, such as Down syndrome
- Other conditions like bipolar disorder, obsessive-compulsive disorder

There are often misunderstandings, misdiagnoses, shame, guilt, and challenges that come along with neurodiversity. There may also be overlap in gender identity and sexuality. With better understanding and acceptance, neurodiversity can be seen as unique set of gifts.



Resources



Learn More

["Neurodiversity & Gender-Diverse Youth"](#)

["Why identifying as Queer can be harder for those with Autism"](#)

["The concept of Neurodiversity is dividing the Autism community"](#)

["Symptoms and diagnosis of ADHD"](#)

["Autism Spectrum Disorder"](#)

Common treatment may include psychological testing, psychotherapy, executive skills coaching, or psychiatry.

Neuropsychological Testing & Diagnosis

A common challenge is getting the diagnosis. The most precise way to receive a diagnosis is neuropsychological testing. Testing can help better understand the way your brain works. Testing can involve tests, surveys, interviews, etc.

For neuropsychological services contact your insurance company for a list of in-network providers who do diagnostic neuropsychological testing near you. Below are several places that offer neuropsychological testing in the DMV area:

[The Center Clinic - The George Washington University](#) (clinician referral required)

[The Meltzer Center - The George Washington University](#)

[University of Maryland Psychology Clinic](#)

[George Mason University, Center for Psychological Services](#)

[Sheppard Pratt - Neuropsychiatry Program](#)

Finding a Neurodiverse-Affirming Therapist

Below are some resources on how to get started with your search and some tips on seeking out a neurodivergent-affirming therapist.

["What it means to be Neurodiversity-Affirming"](#)

["How to find a Neurodiversity-Affirming therapist"](#)

["How do I find a therapist as a Neurodivergent person?"](#)

Resources

Start with Your Insurance Company

Contact your insurance company for a list of providers in your network. Some insurance companies have designated navigators who can help you find a provider. If your insurance coverage includes "out-of-network" benefits, then you can possibly see providers outside of your network. Out-of-network services usually cost more than in-network services.

Try Psychology Today to Find a Therapist

One of the most common resources for locating a provider is the Psychology Today website: www.psychologytoday.com/us. This resource allows you to search for providers by issue, insurance, gender, type of therapy, age, price, and more.

1. Start the search with your zip code or city as your location. If you see a therapist virtually, they will need to be licensed in the state in which you are located.
2. Filter by your insurance.
3. Add any additional filters that you desire. For example, you can filter by race, ethnicity, sexuality, diagnosis/issue, or type of therapy. Know that with each added filter, the number of clinicians available will become smaller.
4. Cast a wide net and contact about ten providers.
5. Expect a response rate of three or four people. If someone does not have space, you can always ask for referrals to other providers who take your insurance.
6. Set up 15 min phone calls with the clinicians who have openings.
7. Make an appointment with the provider who you felt most connected to.
8. If they do not seem like a good fit after a session or two, try another provider.

Other Neurodivergent-specific Therapist Resources

<https://ndtherapists.com/>

<https://www.thrivingautistic.org/npn/>

<https://neurodivergenttherapists.com/>

<https://www.inclusivetherapists.com/neurodivergent-person>



Resources

Telehealth Options

Many therapists offer telehealth.

Some examples are:

- www.talkspace.com
- www.lyrahealth.com
- www.betterhelp.com

Questions to Ask a Potential Therapist

Here are some questions to ask potential therapists:

Neurodiversity:

- Can you tell me a little bit about your experience working with neurodiverse clients?
- How/where did you learn about neurodiversity?
- Have you ever worked with (your specific area of concern)? What are the common treatment goals for your clients with (your specific area of concern)?

BIPOC competence:

- What percentage of your clients are people of color and what are their races/ethnicities?
- Have you been trained to provide culturally competent therapy for BIPOC individuals?

Executive Functioning Skills Coaching

Executive functioning coaching helps people learn how to better manage time, organize, plan, prioritize, maintain focus, study efficiently, etc. Here are several executive functioning tutoring companies in the DMV for both in-person and/or online tutoring sessions:

- [Illuminos](#)
- [Educational Connections](#)
- [TheStudyPro](#)

