

Hello, thank you for your interest in this therapy group.

If you feel this could be of interest to you, please consider the following criteria that is required in order to attend the group:

- You feel you relate to the experience of a neurodivergent person, whether this is pre or post diagnosis (not everyone chooses to get diagnosed)
- You can demonstrate an ability to self-reflect
- You can be respectful to the experience of others
- You can commit to attending as much of a term as possible (6 weeks)
- No current drug or alcohol dependence
- Consider your current level or risk. For example, anyone who may feel actively suicidal or is part of crisis care at this time, the group is not appropriate at this point in time. Private individual therapy or crisis team involvement would be more suitable.
- You are age 18 or over
- This is an inclusive space, there will be no tolerance for any kind of hate speech

Please note, suitability for the group may be reviewed at any time.

Thank you for taking the time to read and consider this.

Kind Regards,
Leigh Whittaker