

Finding Your Fit: A Roadmap to See if Your Therapist Is the Right Match for You as a Neurodivergent Person

Every journey needs the right guide. Whether you're starting fresh or reevaluating your current therapist, this roadmap helps you see if the fit is right. Pack your essentials: self-knowledge, curiosity, and courage.



SPECTRUM SERVICES

If you'd like more expertise on your neurotype, therapy, coaching, or a formal assessment with a neurodivergent-affirming team, we're here for you.

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