

NEUROAFFIRMING ADHD AND AUTISM ASSESSMENTS

With Dr Jacinta Thomson

She / Her

1 BOOK IT

Speak to our friendly admin team to determine which assessment or service is best for you.

Admin will help you book 1-2 clinical assessment sessions, which are currently being conducted on Mondays via telehealth.



2 SECURE IT

To secure your assessment booking, you will be required to complete all of the following steps:

- Pay the first invoice (usually 50% of total payment - bank transfer preferred), and;
- Complete the Intake and Service Agreement form that will be emailed to you.



3 ASSESS IT

You will be emailed a range of more targeted questionnaires to complete about your life, characteristics, strengths, and difficulties. These measures are sent from 3rd-party sites such as Novopsych, WPS, MHS, PariConnect, and PsychProfiler.

Questionnaires will also be emailed to your nominated 'Informants' - which are people that knew you well as a child and/or adult, and can provide corroborative observations of your behaviours. Your informants can be your parent(s), partner, sibling, friend, teacher, coach, or extended family members. Don't worry, we do not include nor exclude diagnoses based purely on third party observations.



4 SEND IT

You will be encouraged to share copies of other background documentation that helps Dr Thomson to clarify your diagnosis.

This can include:

- School Report cards
- Childhood diaries or school assignments
- Previous neurocognitive or psychological assessment reports
- Relevant medical letters or hospital records

Please send to admin@timetountangle.com.au



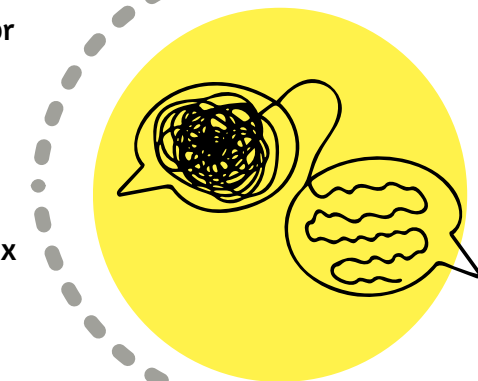
5 EXPLORE IT

You will connect with Dr Thomson via videoconference for your clinical assessment session(s). You don't need to prepare in any particular way - just wear your comfiest clothes, grab a snack or the cat, and make sure you have a good internet connection.

- ADHD assessments are done in a 1 x 2.5 hour appointment.
- Autism assessments are done in a 1 x 3 hour appointment.
- Combined ADHD *and* Autism evaluations are conducted in 1 x 2.5 hour and 1 x 1.5 hour sessions across 1 or 2 Mondays.

Sometimes, clients will be asked to book an additional testing session for more in-depth assessment of other differential diagnoses or extenuating factors. Additional testing incurs a higher fee.

Assessment sessions are usually conducted in the mornings, but there is some flexibility with timing. You are welcome to have a support person present.



6 ANALYSE IT

Please allow 4-6 weeks for Dr Thomson to analyse your qualitative and quantitative data for your diagnostic report.

Towards the end of this period:

- Admin will invoice you for the balance owing for your assessment and report.
- You will book you in for your Feedback session (30-60 minutes, with times available Monday - Thursday incl).
- Dr Thomson will email you a draft of your report 1-2 days in advance of your Feedback session.



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7 DISCUSS IT

You will meet with Dr Thomson again for your Feedback session. You may discuss:

- Any formal or provisional diagnoses offered according to DSM (diagnostic) criteria.
- Understanding the testing methods and results.
- What it might mean for you to identify as neurodivergent.
- Recommendations for neuroaffirming resources, services, and/or accommodations.



8 LIVE IT

You will receive your final report by email and it is yours to share as you see fit.

It is recommended that you share a copy with your relevant healthcare providers, for example, your General Practitioner, treating Psychologist, and/or Psychiatrist - especially if you plan to explore medication options.



FOLLOW UP SUPPORT

9 UNTANGLE IT

THERAPY AND COACHING SERVICES

Depending on your diagnoses and mental health needs, you may enquire about booking follow up sessions with Dr Thomson. Some of her assessment clients find it useful to subsequently explore topics such as:

- Considerations for the process of 'coming out' as ND to friends, family, the workplace and so forth.
- Learning more about 'Energy Accounting' (e.g. Spoon Theory), sensory sensitivities, social camouflaging, and 'unmasking'.
- Building skills and confidence in self-advocacy and requesting accommodations.
- Developing specific strategies to support differences in executive functioning.
- Treatment of anxiety, depression, burnout, poor self-esteem, and related emotional and behavioural challenges.
- Exploring identity, strengths, special interests, and self-expression.
- Identifying and improving misunderstandings in relationships that may stem from the 'Double Empathy' phenomenon.
- Trauma-sensitive therapy involving the re-processing of unmet developmental needs and grief.
- And many, many other areas! If you have a specific area of enquiry - just ask us.

Speak with your GP about organising a Mental Health Care Plan and referral for up to 10 sessions per year where you can receive a Medicare rebate towards the private fee for therapy sessions with Dr Thomson.

If Dr Thomson does not have current availability for therapy appointments, you may choose to be placed on the waiting list and/or speak with your GP about alternative options.



GET IN TOUCH



Web: www.timetountangle.com.au

Email: admin@timetountangle.com.au

Phone: (07) 5356 9344

Our friendly admin team are available to assist you business hours Monday to Friday