



What to Expect

This guide has been created to help neurodivergent clients know a little more about what to expect before coming to therapy. My approach is flexible, individual and centred around helping you feel safe, informed and understood.

Before you arrive

Knowing what to expect can make a new experience feel more manageable. You are welcome to ask questions before your appointment. If anything would help you feel safer or more comfortable, you can let me know.

Arriving for your session

You do not need to arrive early, prepare what you are going to say or make eye contact. You can take a moment to settle into the space before we begin.

The therapy space

The aim is to provide a calm, welcoming and non-judgemental environment. You can choose where you feel most comfortable sitting and we can discuss sensory needs or adjustments that may help.

You do not have to sit still

You are welcome to move, fidget, doodle or use something to help you regulate and focus. Therapy does not have to look a certain way for it to be meaningful.

You do not need to know what to say

It is okay if you find open questions difficult, need extra processing time or are unsure how to explain what you are feeling. We can find ways of communicating that suit you.

There is no pressure to make eye contact

You do not need to look at me while talking. Looking away, focusing on an object or closing your eyes can sometimes make it easier to think and communicate.

We can work in different ways

Sessions may include talking, visual tools, creative approaches, practical strategies, psychoeducation, movement or simply having time and space to process. You will not be forced to work in a way that feels uncomfortable.

You can ask for a break

If you feel overwhelmed, tired or need time to process, you can ask for a pause or break. We can slow things down and work at a pace that feels manageable.

You are allowed to ask questions



You can ask what is going to happen, why we are trying something or what to expect next. Feeling informed and involved is an important part of feeling safe in therapy.

After your session

You may want some quiet time afterwards to process. There is no right or wrong way to feel after therapy. Where helpful, we can discuss strategies that support transitions before and after sessions.

I'm glad you're here.

