

## Which Service is Right for Me: Adult Psychotherapy Service or Neurodevelopmental service?

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If you have previously been diagnosed with a neurodevelopmental condition (e.g., Autism Spectrum Condition (ASC) or Attention Deficit Hyperactivity Disorder (ADHD)), or are thinking about whether you may have one, you may be unsure which therapy service is the most appropriate for you. Here is some information to help you choose which service is right for you.

As well as its diagnostic service, The Adult Neurodevelopmental Service provides therapy and peer mentoring that is specifically tailored to people with ASC and/or ADHD. Clinicians within the Neurodevelopmental service have specialist training and experience in supporting neuro-diverse people with a wide range of issues to do with mental health, relationships, and well-being. They are also able to help people better understand and live with their neurodiversity. The team has psychologists and therapists offering evidence-based psychological therapies that are adapted to meet the needs of neuro-diverse people. There are also occupational therapists with specialist knowledge in supporting neuro-diverse people, especially around sensory issues.

Due to the specialist nature of the service, there may be a longer wait for therapy within this service, and the price of therapy sessions is slightly higher than for our other therapy services.

Within our Adult Psychological Therapies Service, we have a range of skilled clinicians working in a variety of evidence-based therapy approaches. At assessment, our clinician can help you think about your situation and needs, so that therapy recommendations are tailored to you as an individual. Within this team, clinicians work in a neurodevelopmentally-informed and sensitive way, however therapists do not have specialist training in neurodevelopmental conditions.

Whether you prefer to access our Adult Psychological Therapies service or our Neurodevelopmental service, the initial assessment will help you explore and think about what approach is right for you. Getting specialist support where it is needed is important, and it may be that our clinician recommends that you receive therapy within the Neurodevelopmental service if this is likely to be most beneficial.