

Psychological Services



Which do I pick?

1

Adult Autism Evaluation **\$1850**

- You want a full evaluation with a diagnosis if appropriate
- You need accommodations at your job/school
- You want to validate your self-diagnosis and thoroughly review your life with a psychologist
- You want to explore trauma, anxiety, burnout, and depression as related to your neurodivergence

2

Self-Diagnosis Support **\$450**

- You have self-diagnosed as autistic but want to review your characteristics with an expert and get guidance
- You don't want or need a diagnosis and don't want to share data with your insurance company
- You need help with burnout, masking, sensory, socially
- You need guidance for finding a therapist
- You need direction for working with your current therapist

3

Short Term Therapy **\$165**

- You already have an autism or ADHD diagnosis
- You need help with burnout, masking, sensory, socially
- You are looking for a therapist but need support
- You like your therapist but they aren't neurodiversity-affirming
- You just want a few therapy sessions
- 2 session package for \$350, followups: \$165

****All options include extensive neurodiversity-affirming resources on masking, burnout, sensory sensitivities, executive functioning, and much more!**

