

Recognizing and Addressing Neurodiversity in Your Substance Use Disorder Clients

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Credentials



Licensed Professional Counselor
Student of Metaphysics
Spiral Wisdom LLC – 20+ Years
30 Years in Public Education

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Disclosure Statement

I have no financial relationships or conflicts of interest to disclose.

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Recognizing and Addressing Neurodiversity in Your Substance Use Disorder Clients

Objectives

Understanding Sensitives and Who They Are:

- Terminology
- Sensory Overload
- Trauma/trauma (PTSD, ASD, etc)
- Therapist and Environmental Techniques
- Client Strategies

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Sensitives' Terminology

- Neurodiverse
- Neurosensitive
- ASD/Autism/Asperger's Syndrome
- ADHD
- Anxiety
- PTSD
- TBI

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Who Is A Sensitive?

- One or More Attuned Senses
- The Sixth Sense:
 - Intuition, Energy Awareness, Empathy
- An expansion and expanded understanding of the 5 senses
- Sensitives Continuum *includes* ASD, ADHD, Anxiety, etc

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Sensory Issues

Amygdala and its Regulation

Trauma/trauma (PTSD, ASD, etc)

The Traumatic Roots of Addiction by Maia Szalavitz in Scientific American, October 2024.

https://apple.news/AiDau2YleRKCOTK3i_GYSuw

Meltdowns (vs Tantrums)

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Environmental Techniques

Reduce Sensory Output

Remove bright/fluorescent lighting

Soften your energy, movements, speech, breath

Jill Bolte-Taylor (My Stroke of Insight)

Provide a Quiet Space; Blankets/Heavy Vests; Fidgets

Motion Moves Emotions (and Energy)

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Techniques For You and Clients

Relaxation

Change 'View'

Energy Modulation

Explicit Instruction

Breath

Understand and Accept

Isometric (Thighs)

Stay Centered and

Tapping

Grounded

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**What Are Your Questions
????**

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**Please email the following information to
judylipson@spiralwisdom.net**

Reflection:

Prior to today I believed...

After learning this new material...

An action I will take as a result...

Something that I still need to understand...

Reflection

Prior to today, I believed ...

After learning this new material ...

An action that I will take as a result ...

Something that I still need to understand ...

Optional
Name _____
Phone _____
Email _____

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