



Caro Strover-Green & Associates Educational Psychologists

Solutions for children, young people,
schools and families.



Post-Diagnostic Support

PERSONALISED SUPPORT FOLLOWING AN ADHD AND/OR AUTISM DIAGNOSIS



A strengths-based, child-centred service to help children and young people **understand their diagnosis**, build confidence and develop strategies to **thrive as themselves**.



We help children and young people to:

- ✓ Make sense of their diagnosis and what it means for them
- ✓ Develop a positive understanding of who they are
- ✓ Recognise and value their strengths and attributes
- ✓ Explore challenges and develop strategies that work for them
- ✓ Reduce the pressure to mask or hide aspects of themselves
- ✓ Build self-advocacy, confidence and a sense of identity
- ✓ Work towards becoming the person they want to be while embracing their individuality

Flexible Support, Tailored to Them



AT HOME

Sessions in the home environment where your child feels most comfortable.



AT SCHOOL

Sessions in school/educational provision (subject to agreement and permission).



ONLINE

Online video sessions available, offering flexibility to suit your family.



Support Options

- Single focused session or four sessions
- Ongoing follow-up programme
- Tailored to your child's needs, goals and communication style



Cost

£85 per hour

Inclusive of a £15 service charge. Reduced service charge of £5 for online sessions.



Included for Families

- ✓ Monthly newsletter with evidence-based tips
- ✓ Free online Q&A sessions
- ✓ Updates, resources and exclusive offers



From understanding a diagnosis to self-acceptance, confidence and the tools to **thrive** – we're here to support every step of the way.



Let's work together

To find out more or to book a session, please get in touch.



07973 185429



caro@edpsych.co.uk



edpsych.co.uk

**Solutions
for every
individual.**