



ELIZABETH NOLAN INDIVIDUAL, COUPLE, & FAMILY THERAPY, LLC

Neurodivergent (ADHD and Autism) Resources

(Last updated: 2/12/26)

Directories

- [Neurodivergent Therapists](#) – database to find a neurodivergent therapist
- [Learn Play Thrive](#) – neurodivergent-affirming therapists, Speech Language Pathologists, and Occupational Therapists
- [Neurodivergent-Affirming Eating Disorder Professionals](#)

Workbooks

- [The Autistic Burnout Workbook](#) by Dr. Megan Anna Neff
- [The Alexithymia Workbook](#) by Dr. Megan Anna Neff
- [The Neurodivergent Friendly Workbook of DBT Skills](#) by Sonny Jane Wise
- [Internal Family Systems Workbook](#)
- [The Self-Compassion Workbook for OCD](#) by Kimberly Quinlan, LMFT
- [The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety](#) by Noreen Reilly-Harrington, Louisa Sylvia, & Stephanie Roberts

Autism Books

- [Neuroqueer Heresies: Notes on the Neurodiversity Paradigm, Autistic Empowerment, and Postnormal Possibilities](#) by Nick Walker
- [Self-Care for Autistic People: 100+ Ways to Recharge, De-Stress, and Unmask!](#) by Dr. Megan Anna Neff
- [The Secret Life of a Black Aspie: A Memoir](#) by Anand Prahlad
- [NeuroTribes: The Legacy of Autism and the Future of Neurodiversity](#) by Steve Silberman
- [All the Weight of our Dreams: On Living Racialized Autism](#) by Autistic Women's Network, Inc.
- [Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew about Growing Up, Acceptance, and Identity](#) by Autism Women's Network (free PDF!)

- Taking Off the Mask: Practical Exercises to Help Understand and Minimise the Effects of Autistic Camouflaging by Hannah Louise Belcher
- Unmasking Autism: Discovering the New Faces of Neurodiversity by Dr. Devon Price
- Unmasking for Life: The Autistic Person's Guide to Connecting, Loving, and Living Authentically by Dr. Devon Price
- Autism in Heels: The Untold Story of a Female Life on the Spectrum by Jennifer Cook O'Toole
- I Will Die on This Hill: Autistic Adults, Autism Parents, and the Children Who Deserve a Better World by Meghan Ashburn & Jules Edwards
- The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic by Siena Castellon
- The Autism Relationships Handbook: How to Thrive in Friendships, Dating, and Love by Joe Biel & Dr. Faith Harper
- Dating While Autistic: Cut Through the Social Quagmire and Find Your Person by Wendela Whitcomb Marsh
- Women and Girls on the Autism Spectrum, Second Edition: Understanding Life Experiences from Early Childhood to Old Age by Sarah Hendrickx
- The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens by Yenn Purkis & Tanya Masterman
- The Little Justice Leaders Diverse Stories Book List

ADHD Books

- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder by Edward Hallowell & John Ratey
- The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps by Melissa Orlov
- Order from Chaos: The Everyday Grind of Staying Organized with Adult ADHD by Jaclyn Paul
- Radical Guide for Women with ADHD by Sari Solden, M.S. & Michelle Frank, PhD
- Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD by Tamara Rosier, PhD

Autism/ADHD Books

- How Not to Fit in: An Unapologetic Guide to Navigating Autism and ADHD by Jess Joy and Charlotte Mia

- Divergent Mind: Thriving in a World That Wasn't Designed for You by Jenara Nerenberg
- How to Keep House While Drowning: A Gentle Approach to Cleaning and Organizing by K.C. Davis
- We're All Neurodiverse by Sonny Jane Wise
- The Neurodivergence Skills Workbook for Autism and ADHD: Cultivate Self-Compassion, Live Authentically, and Be Your Own Advocate by Jennifer Kemp, MPsyh & Monique Mitchelson, MPsyh

PTSD, CPTSD, and Trauma Books

- Adult Children of Emotionally Immature Parents by Lindsay C. Gibson (free PDF!)
- What My Bones Know: A Memoir of Healing from Complex Trauma by Stephanie Foo
- No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model by Richard Schwartz (free PDF!)
- Dissociation Made Simple: A Sigma-Free Guide to Embracing Your Dissociative Mind and Navigating Daily Life by Jamie Marich, PhD
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies by Resmaa Menakem

General Books

- The Body Is Not An Apology: The Power of Radical Self-Love by Sonya Renee Taylor
- Fearing the Black Body: The Racial Origins of Fatphobia by Sabrina Strings
- Drama Free: A Guide to Managing Unhealthy Family Relationships by Nedra Glover Tawwab
- Come as You Are: The Surprising New Science That Will Transform Your Sex Life by Emily Nagoski

Free PDFs

- Meal Planning Made Easier - *RDs for Neurodiversity*
- Food Textures Made Simple: A Guide for Sensory Exploration - *RDs for Neurodiversity*
- Emotions and Autism Worksheet - *yorks.j.ac.uk*
- Emotion Reference Sheet - *therapistaid.com*
- Autism: A Guide for Adults Following Diagnosis - *Johanna Manikiza & Dr. Umapathy Sundari*
- How to Break the Cycle of Autistic Burnout - *Dr. Alice Nicholls*

- Autism & Safety Toolkit: Ways for Family Members to Support the Safety of Autistic People - autisticadvocacy.org

Articles

- "Imposter Syndrome After an Autism Diagnosis" – *Simply Psychology*
- "Imposter Syndrome and Late-Diagnosed Autistic Women: Navigating a "New" Identity" – *Dr. Desiree S. Howell PhD*
- "Tendril Theory" – *E is for Erin Blog*
- "Understanding Alexithymia in Neurodivergent People: 7 Traits and the Wheel of Presentation" – *Dr. Megan Anna Neff*
- "The Great Big ABA Opposition Resource List" – *Stop ABA, Support Autistics*
- "PMDD, Autism, and ADHD: The Hushed Comorbidity" – *ADDitude Magazine*
- "Why ADHD in Women is Routinely Dismissed, Misdiagnosed, and Treated Inadequately" – *ADDitude Magazine*
- "Understanding ADHD From a Strengths- Based Perspective" – *CHADD*
- "Reframing DSM Autism Criteria" – *Matt Lowry, LPP*
- "100-ish Books for Autistic Adolescents, Teens, and Tweens" – *Meghan Ashburn*
- "Unmasking Within the Couple Relationship" – *Karen Doherty*

Podcasts

- Divergent Conversations
- The Neurodiversity Podcast
- Autistic Culture Podcast
- Autism Goes to College
- Meet My Autistic Brain
- Special Interest Podcast
- Neurotakes Podcast
- The Testing Psychologist- Autism in Girls & Women
- Autism in Black
- The Stoop – Episode 60: Black, Grown, and Adult
- That Black Couple Podcast – Episode: Black and Autistic
- Two Sides of the Spectrum
- ADHD reWired
- Hacking Your ADHD
- ADHD Friendly Lifestyle

YouTube

- [The Thought Spot](#)
- [How to ADHD](#)
- [Autism from the Inside](#)

Resource Pages

- [NeuroPebble Corp](#)
- [Neurodivergent Insights](#)
- [Additude Magazine](#)
- [Autism Society Inland Empire](#)
 - [Support Group: Adults Diagnosed as Autistic](#) - Facilitated by Jamie Roberts, LMFT
 - [Toolkit for Adults](#)
- [Autism in Black](#)
- [Autistic Women and Nonbinary Network \(AWN\)](#)
- [Autism Career Pathways](#)
- [Sins Invalid](#)
- [Neuroclastic](#)
- [Black and Neurodivergent](#)
- [Autistic Self Advocacy Network – Start Here: A Guide for Parents of Autistic Kids](#)
- [Job Accommodation Network](#)
- [College Autism Network](#)
- [Melo](#) - Executive Function Support with OTs
- [ADHD Alien Comics](#)

For Parents

- [Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew about Growing Up, Acceptance, and Identity](#) by Autism Women's Network (free PDF!)
- [Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens](#) by Cathy Wassell
- [Raising Calm Kids in a World of Worry: Tools to Ease Anxiety and Overwhelm](#) by Maria Evans & Ashley Graber
- [The Explosive Child](#) by Dr. Ross Greene
- [Educational tools for parents/caregivers](#)
- [Parent Child Interaction Therapy \(PCIT\)](#)

Apps**

- Goblin Tools – Breaking tasks down step by step
- Habitica – Gamify your life
- Alarmy – Set missions to turn off your Alarm
- Hiki App – Friendship and Love for Neurodivergent Community
- Finch – Self-care app
- Routinery – guides you through routines that you can set up and adjust
- Amazing Marvin – customizable and gamified task and time management app
- Insight Timer – guided meditations, mindfulness courses
- Arc Browser – anti-data tracking internet browser that helps clear tabs that can accumulate during research/rabbit holes
- Brain.fm – music designed to help you focus
- Tick Tick – task management and calendar tool
- Tilmo – task management tool that allows for visual planning and reminder/countdown notifications

Instagram Accounts

- @21andsensory
- @adhdoers
- @adhd.christal
- @adhd_empowerment_coaching
- @audhd_academic
- @amymariehann
- @autienelle
- @autisminblack
- @autism_sketches
- @autisticblackgirl
- @autisticblackwoman
- @blackautistickayla
- @blackautisticking
- @blackneurodiversity
- @crutches_and_spice
- @howtoadhd
- @neurodivergent_insights
- @resetadhd
- @theblackdyspraxic

- @the.chronic.couple
- @thepsychdoctormd
- @zelue

TikTok Accounts

- @adhdwithennafree
- @autism.project
- @catgsally
- @crutches_and_spice
- @deconstructing.neuro
- @fabdigitaltherapy
- @haleyhoneymen
- @jenna.frieds
- @morgaanfoley
- @myautistictherapist
- @ndwellness
- @neurotical
- @thecenteredlifeco
- @thewavecounseling