

ELIZABETH NOLAN INDIVIDUAL, COUPLE, & FAMILY THERAPY, LLC

Neurodivergent (ADHD and Autism) Resources

(Last updated: 11/1/25)

Workbooks

- The Autistic Burnout Workbook by Dr. Megan Anna Neff
- The Alexithymia Workbook by Dr. Megan Anna Neff
- The Neurodivergent Workbook of DBT Skills by Sonny Jane Wise
- The Self Compassion Workbook by Kimberly Quinlan
- Internal Family Systems Workbook
- The Bipolar II Disorder Workbook

Autism Books

- Unmasking Autism by Dr. Devon Price
- <u>Unmasking for Life</u> by Dr. Devon Price
- Neuroqueer Heresies by Nick Walker
- NeuroTribes by Steve Silberman
- Autism in Heels by Jennifer Cook O'Toole
- Divergent Mind by Jenara Nerenberg
- I Will Die on This Hill by Meghan Ashburn and Jules Edwards
- Spectrum Girl's Survival Guide by Siena Castellon
- Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly
 Diagnosed Teens and Pre-Teens by Cathy Wassell
- The Autism Relationships Handbook: How to Thrive in Friendships, Dating, and Love by Joe Biel and Dr Faith Harper
- <u>Dating While Autistic: Cut Through the Social Quagmire and Find Your Person</u> by Wendela Whitcomb Marsh
- The Secret Life of a Black Aspie by Anand Prahlad
- 110ish Books for Autistic Teens
- Self Care for Autistic People by Dr. Megan Anna Neff
- Taking off the Mask by Hannah Louise Belcher
- Women and Girls on the Autism Spectrum by Sarah Hendrickx

- The Awesome Autistic Go-To Guide by Yenn Purkis and Tanya Masterman
- All the Weight of our Dreams: On Living Racialized Autism by Morénike Giwa Onaiwu et al.
- Neurodiversity: The Birth of an Idea by Judy Singer
- We Are All Neurodiverse by Sonny Jane Wise
- LJL (Growing) Diverse Stories Book List scroll for Neurodivergent Stories and Authors

ADHD Books

- <u>Driven To Distraction</u> by Edward Hallowell and John Ratey
- The ADHD Effect on Marriage by Melissa Orlov
- Order from Chaos: The Everyday Grind of StayingOrganized with Adult ADHD by Jaclyn Paul
- Keeping House While Drowning by KC Davis
- Radical Guide for Women with ADHD by Sari Solden, M.S. and Michelle Frank, PhD
- Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD by Tamra Rosier PhD

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!)
- <u>Dissociation Made Simple: A Sigma-Free Guide to Embracing Your Dissociative Mind and Navigating Daily Life by Jamie Marich, PhD</u>
- 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
- <u>Drama Free: A Guide to Managing Unhealthy Family Relationships</u> by Nedra Glover Tawwab

Free PDFs

- Food Textures Made Simple: A Guide for Sensory Exploration
- Emotions and Autism Worksheet

- Autism: A Guide for Adults Following Diagnosis
- Autism & Safety Toolkit: Ways for Family Members to Support the Safety of Autistic People

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
- "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"
 ADDitute Magazine
- "Understanding ADHD From a Strengths- Based Perspective" CHADD
- "Reframing DSM Autism Criteria" Matt Lowry, LPP

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
 - O Support Group: Adults Diagnosed as Autistic Facilitated by Jamie Roberts, LMFT
 - o 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 <u>Start Here: A Guide for Parents of Autistic Kids</u>
- <u>Job Accommodation Network</u>
- College Autism Network
- Melo Executive Function Support with OTs
- ADHD Alien Comics

For Parents

- The Explosive Child by Dr. Ross Greene
- Parent Child Interaction Therapy (PCIT)
- Raising Calm Kids in a World of Worry by Ashley Graber and Maria Evans
- Educational tools for parents/caregivers

Apps

- Goblin Tools Breaking tasks down step by step
- Habitica Gamify your life
- Alarmy Set missions to turn off your Alarm
- <u>Hiki App</u> 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
- <u>Insight Timer</u> guided meditations, mindfulness courses

- <u>Arc Browser</u> anti-data tracking internet browser that helps clear tabs that can accumulate during research/rabbit holes
- Brain.fm music designed to help you focus
- <u>Tick Tick</u> task management and calendar tool
- <u>Tilmo</u> 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
- @blackausticking
- @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
- @haleyhoneyman
- @jenna.frieds
- @morgaanfoley
- @myautistictherapist
- @ndwellness
- @neurotatical
- @thecenteredlifeco
- @thewavecounseling