



NEURO-DEVELOPMENTAL ASSESSMENTS ADHD, AUTISM & LEARNING DISABILITY NEURO-AFFIRMATIVE THERAPY

[version 30 October 2025]

Dr Silke Newman, Consultant Clinical Psychologist (HCPC registered PYL27381), provides neuro-affirmative diagnostic assessments. You can read more in her [Welcome to diagnostic assessment letter](#).

You can find further details about specific assessments and therapies offered below.

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1. ADHD & AUTISM SCREENING CONSULTATION

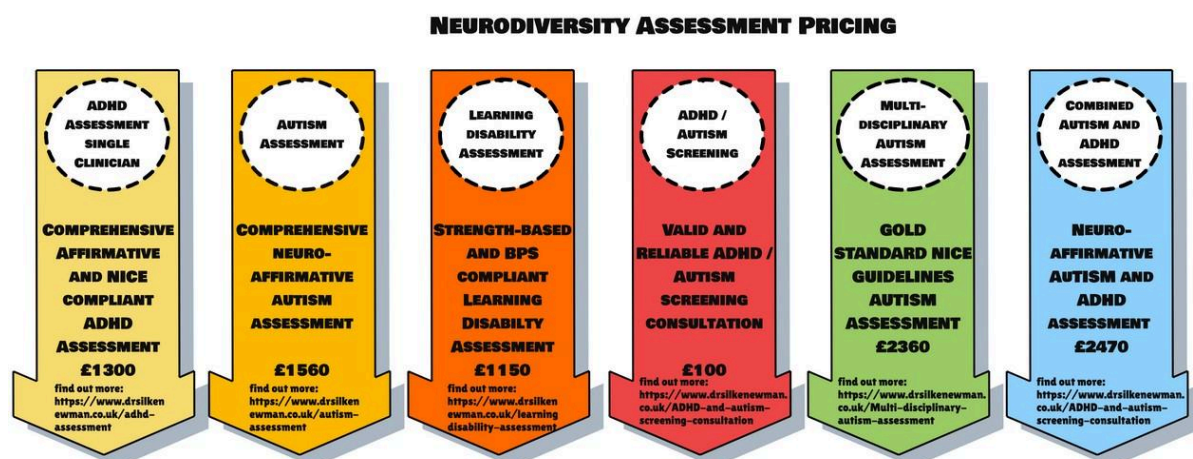
If you would like to complete a Screening Consultation with Dr Newman, you can book a face-to-face or online [45-minute ADHD/Autism Screening consultation](#) with

Dr Newman by choosing the ADHD/Autism Screening consultation from the dropdown menu.

Please see further information about the ADHD & Autism Screening Consultation on the website. The fee for this is £100, and **you will be reimbursed for this if you go ahead and book a diagnostic assessment**. This includes the evaluation of 6 screening tests of neurodiversity and mental health (depression and anxiety), and a discussion of your needs and further diagnostic evaluation if indicated. Please let Dr Newman know if there are any other additional mental health problems you need screening for.

Dr Newman does not keep a waiting list for these services, and booking an assessment is only possible 3 months ahead at any time.

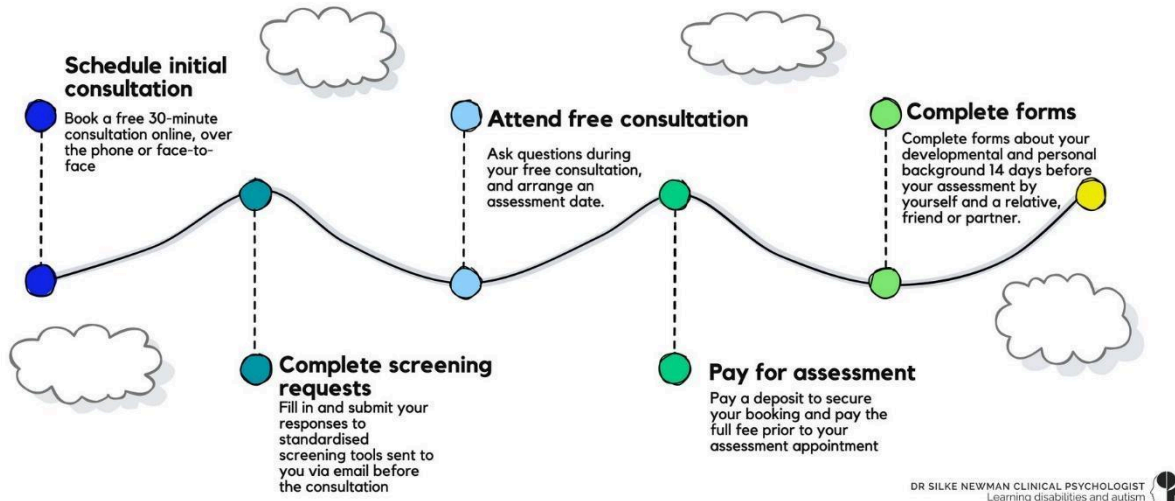
2. FEES FOR ASSESSMENT



3. ADHD ASSESSMENT

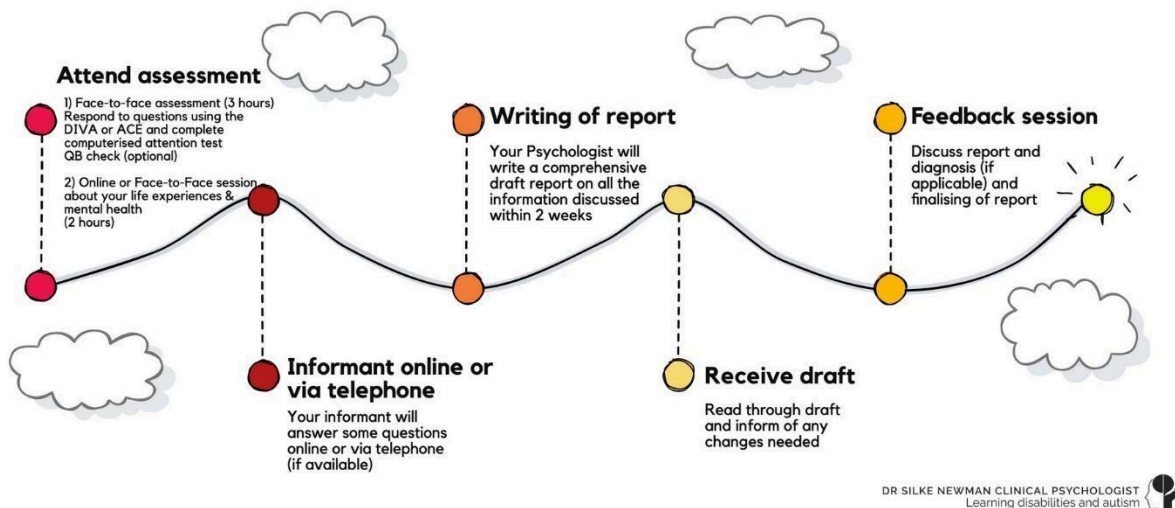
Preparing for your ADHD Assessment

Steps for preparing for your ADHD assessment.



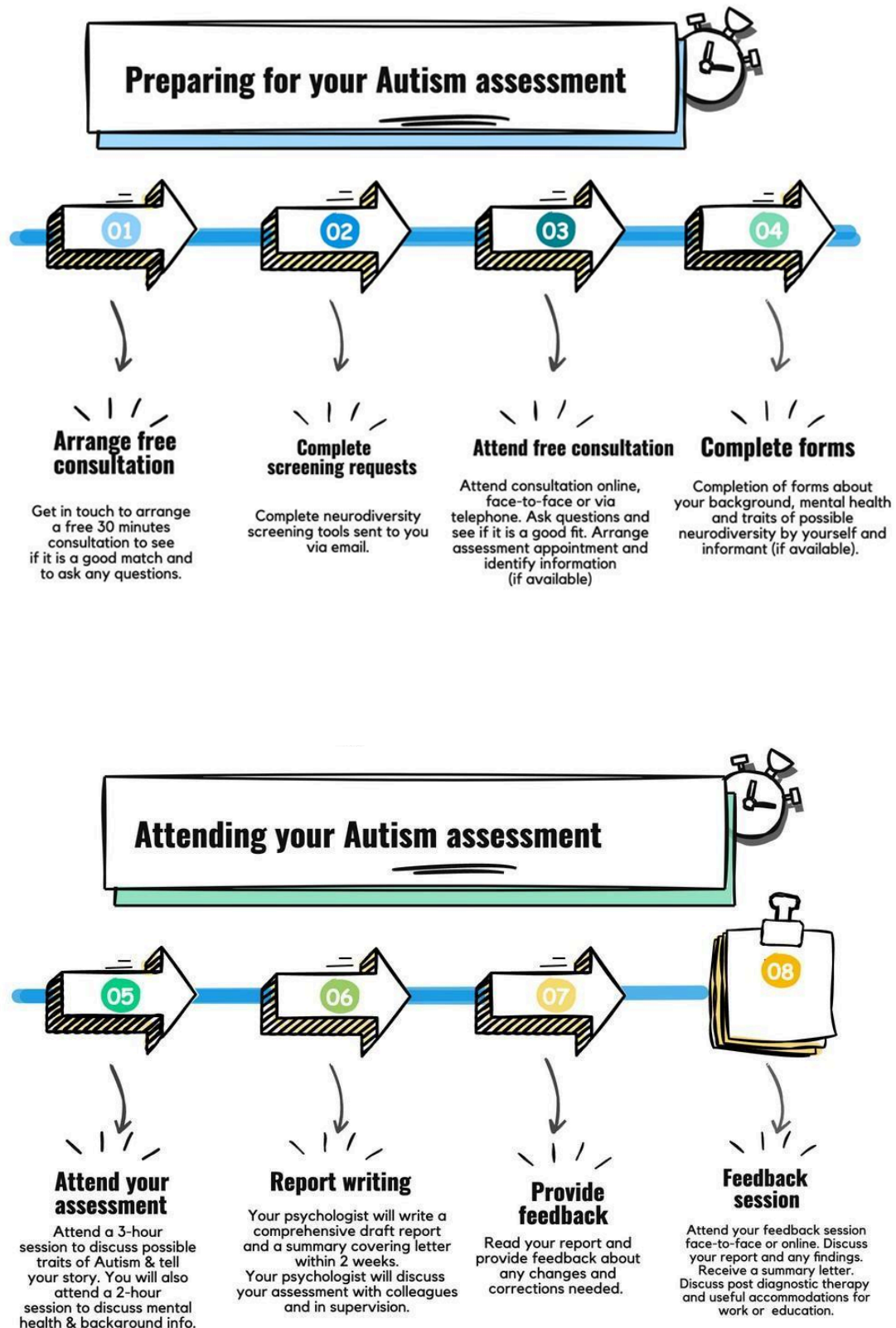
Attending your ADHD Assessment

Steps for completing your ADHD assessment.



Dr Newman does not keep a waiting list for ADHD Assessments, and booking an assessment is only possible 3 months ahead at any time.

4. AUTISM ASSESSMENT (SINGLE ASSESSOR)



Please note Dr Newman does not keep a waiting list for Autism Assessments, and booking an assessment is only possible 3 months ahead of time.

5. AUTISM ASSESSMENT PLUS SENSORY INTEGRATION ASSESSMENT

Autistic people often have co-occurring additional sensory needs as well as Mental Health Needs. This is a joint **holistic and comprehensive assessment of autism and mental health** by a Clinical Psychologist and **Sensory Integration Assessment** by an Occupational Therapist specialising in Sensory Integration. Dr Newman works closely with her Occupational therapy colleagues at [OT4me](#) to complete your assessment. A sensory assessment identifies your sensory profile and makes useful, practical recommendations about lifestyle changes that suit your sensory needs. You can find out more about this option on Dr Newman's [website](#).

The fee for an **Autism Assessment Plus Sensory Integration Assessment and lifestyle advice** is £2040.

Please note that Dr Newman does not keep a waiting list for this service, and booking an assessment is only possible 3 months ahead of time.

6. MULTI-DISCIPLINARY AUTISM ASSESSMENT

Our autism assessments meet the Gold Standard as indicated by NICE guidelines and are Consultant Psychologist-led. They are Multi-disciplinary - clinical psychology, with occupational therapy and a sensory specialism.

We utilise standardised and well-evidenced tools such as Conners 4 / assessment questionnaires from individuals, parents, workplace.

We utilise the DISCO and MIGDAS-2, and ADOS.

The assessment involves a Multi-disciplinary Clinical Team discussion to consider differential diagnosis.

We write a comprehensive report that clearly explains all of our steps and reasons for any decisions we make. We work with OT4U, who provide Occupational therapy and sensory integration services covering countrywide, and are based in York.

The fee for this is £2360

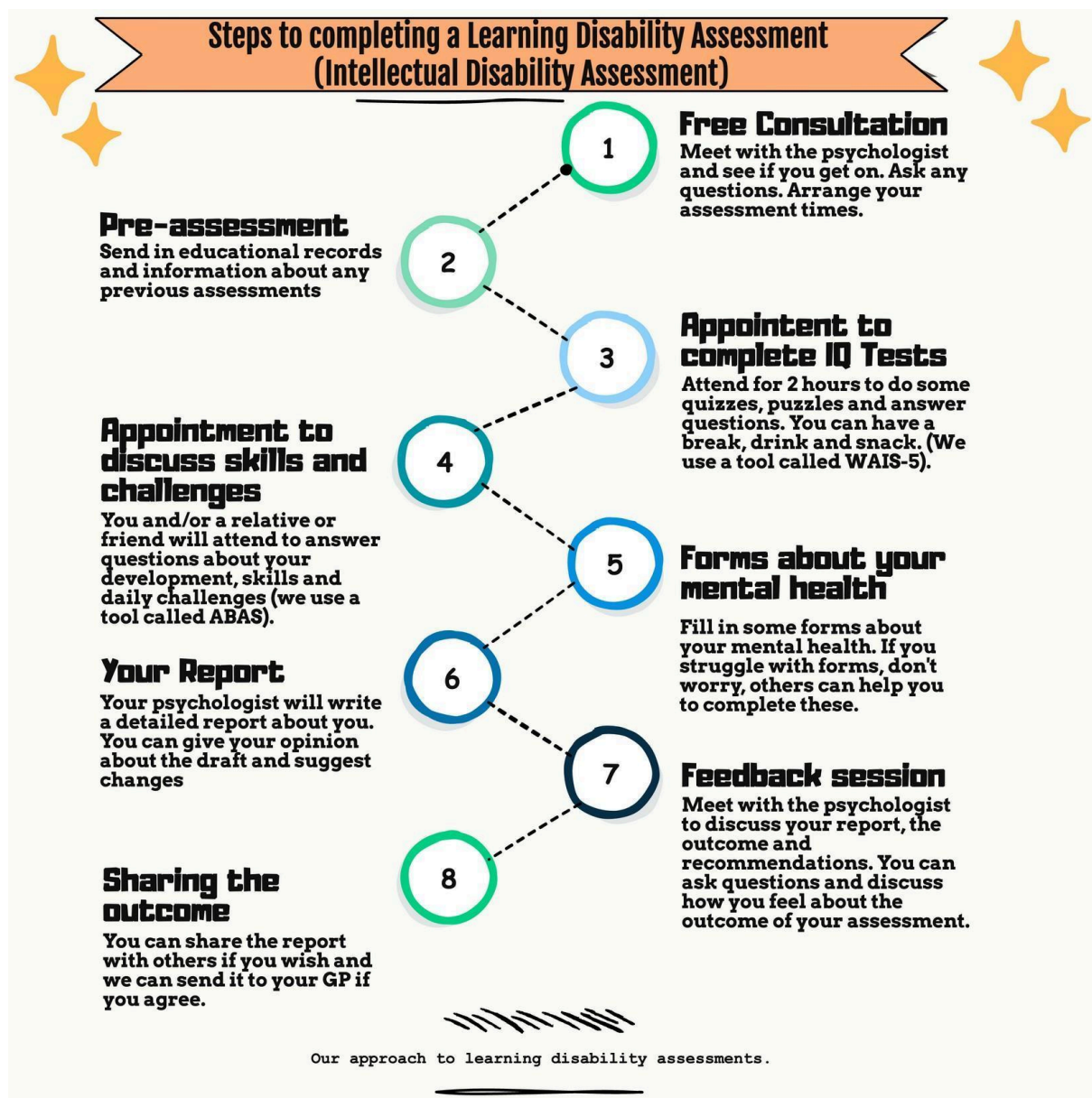
There is no waiting list for this service, and booking an assessment is only possible 3 months ahead at any time.

7. COMBINED ADHD AND AUTISM ASSESSMENTS

There is a **discount of £390 for a combined assessment (AuDHD)**, as only “one set” of background, mental health and developmental history sessions is needed. This leaves a fee of £2470.

There is no waiting list for this service, and booking an assessment is only possible 3 months ahead at any time.

8. LEARNING DISABILITY ASSESSMENT



Please note that Dr Newman does not keep a waiting list for this service, and booking an assessment is only possible 3 months ahead of time.

9. AFTERCARE (THERAPY AND NEURODIVERSITY COACHING)

After receiving a diagnosis, it is natural to experience different emotions. The person may find themselves going through **a period of grieving** for what they thought was 'normal' and feeling a sense of loss of what expectations they may have had. This is a common and valid response. At the same time, the person might also experience **feelings of relief** as the diagnosis helps to explain past experiences, provides a framework to develop **compassion** and a **better understanding**. While Autism and ADHD may present some challenges, Dr Newman offers therapy for mental health problems adapted to individuals with Autism, ADHD, and learning disability. This helps people to explore and understand their core qualities better, manage "pitfalls," and **develop strategies for succeeding with their personal, social, academic, and professional goals**.

Once you have received and reviewed your assessment report and discussed the findings, you will be offered the opportunity to arrange a further consultation to **explore adaptations at work** and **ongoing therapeutic support**.

Dr Newman does not keep a waiting list for this service, and booking a therapy appointment is only possible 3 months ahead of time.

10. NEURO-AFFIRMATIVE THERAPY AND COACHING

Dr Newman works in line with neuro-affirmative principles described by the British Psychological Society.

You can read more about what Dr Newman provides in her [Welcome to Therapy letter](#).

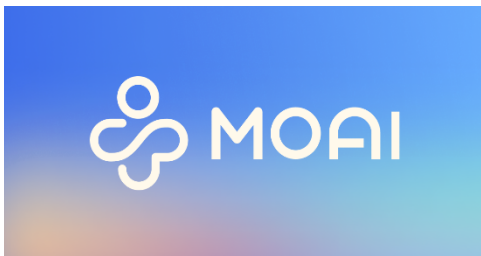
Prior to therapy, you will need to book a free [Consultation for neurodivergent therapy](#) to check if what you need is a good fit with what Dr Silke Newman offers. Choose the correct dropdown for consultation for neurodivergent therapy.

Please note that currently, there is only very limited availability for new clients. Clients who have attended for a Diagnostic Assessment will be prioritised for Therapy.

OTHER AND ADDITIONAL SERVICES

11. MEDICATION INITIATION PATHWAY:

Dr Newman works with [MOAI Health](#) psychiatry service. If you are looking for an assessment for **titration of ADHD medication** (£580 as of May 2025), **medication for Autism or mental health-related difficulties**, we can refer you to our psychiatry colleagues at MOAI Health. This is an established CQC-registered service providing online medication services to us. Further information about [how](#) Dr Newman works with MOAI Health and [Questions and Answers](#) can be found on her website. You can request their patient information pack about prices and their services.



[MOAI Health](#)

MOAI Health is changing how we as a society approach mental health. We build data-driven tools for people to explore their mental wellbeing risk factors, we offer clinical care for adults and young people and we provide mental health training for all.

www.moaihealth.com

12. SENSORY INTEGRATION ASSESSMENTS

Dr Newman can refer you for a **separate sensory integration assessment** if you have frequent, significant sensory processing difficulties (seeking and avoiding specific sensory stimuli). This may be a suitable option for you if you would like to receive individualised sensory strategies to help you manage them from our experienced, neurodivergent expert Occupational Therapy colleagues at OT4U. Further information can be found at OT4U.

Sensory Integration Assessment – OT4me

Get in Touch. Hi there, thanks for stopping by. If you need help with anything, just fill in the form below. Alternatively, you can call us on 07850535965

ot4me.co.uk

13. QUESTION AND ANSWERS

You can find further information and **answers to common questions** about neurodivergent assessments and neuro-affirmative therapy in the [Questions and Answers](#) section on the website.

Please also see the [Terms and Conditions for Therapy](#) and the privacy policy on the website.

14. NEXT STEPS

If you would like to see if the way Dr Newman works is a good match for you, you can book a 15-minute [Discovery Call](#). Please choose the dropdown Discovery call from the menu. If you would like to find out more information via email, you can contact Dr Silke Newman via info@drsilknewman.co.uk.

14. ABOUT DR SILKE NEWMAN



Read more on the website <https://www.drsilknewman.co.uk/about>

Dr Silke Newman
Consultant Clinical Psychologist
Neurodivergent Specialist
Neurodivergent lived experience