



Foundation Sessions

What are the Foundation Sessions?

An opportunity for the child and their parents/carers to

- explore and better understand their neurodivergent strengths and challenges
- develop insight, skills and supports to negotiate life as a neurodivergent individual

Who are they for?

- Children awaiting autism/ADHD (or other ND) assessment who need support now
- Children with a neurodivergent diagnosis who want to explore what that means for them
- Neurodivergent children seeking support; sessions offer immediate help whilst also identifying areas of need and developing a good foundation for future therapeutic work

What do they cover?

Sessions are tailored to each individual child, and utilise a variety of games, activities and resources to explore areas such as: understanding and valuing neurodivergence, sensory preferences and needs, monotropism, executive functioning, learning style, social navigation, nervous system regulation, self advocacy, masking and more.

How are they delivered?

- An initial phone call with parents/carers
- Six 45-minute sessions with the child (at your home or another agreed venue)
- An invitation for parents/carers to share their observations via online questionnaires
- A review session.

Cost: £270

(paid in 6 instalments of £45 after each session with child)

Further Information

www.sarahanddavewitt.co.uk (on 'therapeutic support' page)
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Regulatory Strategies

Self Advocacy

Sensory Preferences

Focus

Self Understanding

Executive Functioning

Monotropism

Valuing Neurodivergence

Needs

Valuing Interests

Social Navigation

Nervous System Regulation

Interoceptive Awareness

Strengths