

The Neurodivergent Counsellor: CPD Resource Pathway

Neurodivergent-Affirming & Trauma-Informed CPD Toolkits

Modular. Inclusive. Built from lived experience.

Introducing The Neurodivergent Counsellor Accredited CPD Training Toolkits

Supporting Neurodivergent Lives with Confidence, Compassion, and Clarity

The Neurodivergent Counsellor CPD Training Toolkits are crafted for professionals, caregivers, and neurodivergent individuals who want to deepen their understanding and support of neurodivergent people through a trauma-informed, neurodivergent-affirming, and identity-validating lens.

Whether you're a therapist, educator, parent, or peer facilitator, these resources provide the insight and practical tools needed to work ethically and supportively with autistic, ADHD, PDA, AuDHD, and otherwise neurodivergent individuals across the lifespan.

Each module is fully resourced, CPD-accredited, and grounded in lived experience, academic research, and inclusive practice frameworks.

Who Are These Resources For?

- **Counsellors, therapists, and clinical supervisors** — working with autistic, ADHD, PDA, or AuDHD clients.
- **Educators and SEN professionals** — including teachers, SENCOs, learning support staff, and inclusion leads.
- **Health and social care workers** — including keyworkers, youth workers, and family support teams.
- **Parents, carers, and family members** — navigating identity support, regulation needs, or late diagnosis.

- **Peer facilitators and community organisers** — supporting mutual aid, lived experience groups, and community training.
 - **Neurodivergent adults** — pursuing self-guided CPD, peer education, or professional facilitation.
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Why This Training Matters

This training honours:

- Intersectional identity and cognitive diversity
- Lived experience, including late-diagnosed and multiply-marginalised voices
- The realities of emotional regulation, shutdowns, burnout, and systemic harm

Modules are designed to meet current ethical guidelines from BACP, UKCP, NCS, and educational inclusion frameworks, with clear CPD tracking and licensing options.

Why These Are Classified as Intermediate–Advanced CPD Resources

These modules go beyond foundational awareness by integrating theory, lived experience insight, and applied professional tools designed for reflective implementation. Rather than offering surface-level overviews, each resource supports deep exploration of neurodivergent-affirming and trauma-informed practice through intersectional, relational, and context-specific lenses.

Participants are invited not only to learn but to **critically reflect, reframe established practices, and apply case-based tools** in their professional settings. Modules include:

- Facilitator-ready reflection prompts and planning tools
- Case scenarios rooted in lived experience and complexity
- Language reframes and documentation audits
- Guidance for co-regulation, capacity-aware support, and relational safety
- Tools for challenging systemic narratives (e.g. behavioural compliance, sensory suppression, diagnostic bias)

These resources are therefore suited to professionals who are actively engaged in neurodivergent support work, and who are ready to interrogate practice norms and implement affirming, embodied change, whether in therapy, education, care, supervision, or systems-facing roles.

What Are These Resources?

This CPD-accredited training pathway offers a flexible, modular toolkit for:

-  Neurodivergent adults
-  Practitioners, therapists, educators, and support workers
-  Teams, services, or trainers wanting inclusive, reflective resources

Choose a Topic Area → Complete any 3 modules in that area → Earn CPD certification

Use as self-paced learning, in-house training, or facilitated sessions

What's in Each Module?

Every module includes:

-  Participant Workbook
-  Trauma-informed & neurodivergent-affirming Theory Module
-  Facilitator Slide Deck & Full Training Outline
-  Printable Tools & Handouts
-  CPD Reflection & Documentation Templates
-  Planning & Delivery Guidance

CPD Hours: 6–12+ per module

Certificate issued after completing 3 modules in a single Topic Area

CPD Topic Areas & Module Themes

◆ **Topic Area 1: Foundations of Neurodivergent Identity**

- Thinking Styles and Attention Differences Across Neurotypes
- Executive Function, Capacity Awareness & Neurodivergent Safety
- Masking, Camouflaging & Identity Expression
- Intersecting Neurotypes: Understanding Co-occurring ADHD and Autism
- The Sensory System: Integration, Intensity, and Insight

◆ **Topic Area 2: Emotional Regulation & Relational Safety**

- Working with Trauma in Neurodivergent Contexts
- Emotional Regulation, Alexithymia & Body-Based Safety
- Co-Regulation, Neurodivergence, and Biorhythmic Safety
- PDA Profiles in Context: Regulation, Autonomy, and Safety
- The Felt Sense: Understanding Alexithymia, Autonomy, and Embodied Health in Neurodivergent Lives

◆ **Topic Area 3: System Navigation & Everyday Living**

- Communication, Consent & Expression in Neurodivergent Lives
- Navigating Systems with Safety, Identity, and Advocacy
- Burnout and Recovery in Neurodivergent Lives
- From Practice to Policy: Safeguarding that Centres' Lived Experience
- Navigating Change: Transitions and Life Stages in Neurodivergent Lives

◆ **Topic Area 4: Identity, Expression & Lived Experience**

- Neurodivergence and Gender Expression
- Identity Formation Within Systems: A Trauma- and ND-Informed Approach
- Loss, Transition, and Self-Discovery in Neurodivergent Experience
- Play as Practice: Expression and Flow in ND Lives
- Complex Identities, Complex Needs: Inclusive Responses to Marginalisation

CPD Certification Pathway

To receive your CPD certificate:

1. Choose **1 Topic Area**
2. Complete **any 3 modules** within that area
3. Submit your reflection templates

 **Optional:** Add a £40 verification/certification for external reporting

 **Total hours:** 18+ CPD hours per Topic Area

1 year Licensing Options (Per Topic Area)

License Type	Includes	Price
Individual	Personal study only	£195
Team (up to 10)	For use within a single team or department (up to 10 staff members).	£575
School/Agency (25)	For training use within a single educational institution, service team, or organisation site (up to 25 staff members).	£925
Professional Trainer	Permission for approved facilitators to deliver CPD-accredited training using the licensed materials.	£1,450
Large Org (25+)	Permission for internal staff training use within one organisation/site.	£2,100

Frequently Asked

Do I need to be a trained facilitator?

No. Each module includes delivery support and low-demand learning structures — ideal for peer sessions, supervision, or small-group use.

Can I mix modules from different Topic Areas?

CPD certification is issued per Topic Area. Mixing is allowed for learning, but certification requires 3 modules from the same set.

Who accredits the CPD?

The resources have been awarded accreditations by the CPD Standards Office and Certification is issued by The Neurodivergent Counsellor, with external audit and mapped CPD outcomes for coaching, counselling, and education sectors.

Just Want One Module?

Each module can also be bought standalone (no CPD certificate unless part of a 3-module set):

License Type	Price	Includes
Individual	£60	Self-paced use only
Team (up to 10)	£175	Workbook/tools
School/Agency (25)	£250	Team use
Trainer	£325	Usable in client work
Large Org (25+)	£495	Internal use, no certificate unless bundled

 **Upgrade available:** Module purchases can be credited toward a 3-module CPD package within 6 months.