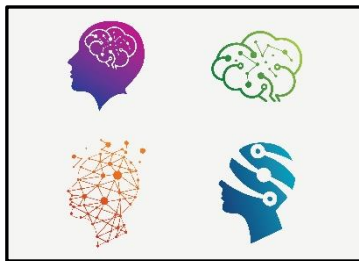


Different, Not Less

Understanding Autistic Adulthood

This psychoeducational program for Autistic adults explains ASD from both the scientific and practical perspectives. Each 45-minute session will include psychoeducational information concluding with an optional 15 minutes of discussion.



Thursdays: April 13th – May 18th, 2023

Time: 5:30PM – 6:30PM

Who: Adults 18 and older with a diagnosis of ASD (or who suspect they may have Autism)

Group Size: 12

Format: Virtual (camera not required)

Goal: Participants will learn to identify and understand their mental, behavioral, and biological processes. They will explore coping skills to live authentically. The group will be held virtually, and participants are not required to use video or voice if they are not comfortable doing so.

Objectives: Each session will focus on explaining different pieces of autism in adults and how this information can be integrated into day-to-day life. The first session will provide a foundation for the rest of the sessions. The six sessions will be:

1. Core Concepts for Understanding Autism
2. How You Think
3. Sensory Processing
4. Autism in the Body
5. Social Differences
6. Where to go From Here

Early Bird
Special!
\$275

This group is intended for autistic adults; parents are welcome to attend with their adult children but we would ask them to leave discussion time for autistic participants.

Preregistration Required: contact Integrative Psyche at 414-545-4430 or by email: integrativepsyche@gmail.com

Cost: \$295. *Early Bird Special – Register and pay by March 20, 2023 and SAVE \$20!*

