

ND Affirming Therapists and Assessments - Full Bios

PROVIDERS OF THERAPY ONLY

Riley Morgan, LMFT (she/they)

<https://www.rileymorgantherapy.com/>

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(415) 358-6700

As an autistic therapist, autism-focused and neurodiversity affirming therapy is my passion. I offer neurodivergent affirming therapy for adults with or without a formal autism diagnosis. I will help you feel safe, supported, and heard with compassion. I specialize in reducing autistic burnout, anxiety, depression, masking, the distress of meltdowns and shutdowns, low self-esteem, and difficulties with work or school performance, among many other concerns. I am also LGBTQIA+, non-binary, and transgender affirming; disability informed; and aware of intersecting forms of discrimination. Through our work together, I hope to inspire your self-reflective growth, create windows of opportunity where you can achieve your goals, open a door to your joyful self, and explore how you want to authentically structure your life so that it will work for you.

Lianna Gliksman, LCSW (she/her)

<https://www.gliksmantherapy.com/>

Lianna@gliksmantherapy.com

(323) 545-0773

As a neurodivergent affirming and trauma-informed therapist, my approach is rooted in the belief that we all have unique strengths, struggles, and differences. It's not about changing who you are, it's about figuring out what works for you. I specialize in ADHD, anxiety, autism, burnout, "giftedness," and trauma. I also love working with people to explore their neurotype and understand their sensory profile to deepen their understanding of their body's needs and preferences. We'll figure out how you can be the best version of yourself while also setting realistic expectations to keep you from feeling overwhelmed. Together we can untangle your thoughts, explore your emotions, and better understand your sensory needs.

Skylar Ibarra, LCSW (she/her)

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skylar@lenarratherapy.com

(714) 333-0307

As someone with both professional and lived experience, I understand how hard navigating the neuronormative world can be. I work with clients who were told throughout their life that they were "too much" or "not enough" and often told both of these things. You are enough. You probably have things to work on and things that aren't aligning with your needs, but that doesn't mean you aren't worthy of care and respect. That is where the work we'll do together starts. My areas of expertise include neurodivergent affirming therapy, trauma, OCD, perinatal, parenting, and exploring new identity recognition.

Andrew Brucker, LCSW PPSC (he/him)

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As a neurodivergent (AuDHD) therapist, I recognize that one of the hardest things in life is learning to love your neurodivergent self and it all starts with radical self-acceptance. Being neurodivergent comes with a whole host of challenges. It can leave you with self-doubt, questions about your identity, or a feeling of being lost or swept up. My type of therapy can help you focus and prioritize the important things, learn to not sweat the small stuff, and how to breathe new meaning and purpose into your life. I specialize in working with young adults, teenagers, and families, who through the power of mindfulness and communication work to discover their best potential.

Christine MacInnis, LMFT (she/her)

<https://www.transcendstherapy.com/macinnis.christine@gmail.com>

(310) 683-9047

As a neurodivergent therapist, I love to educate and support autism and ADHD identities from a neurodiversity-affirming stance. I love helping parents, teens and young adults in high conflict families learn to communicate more effectively and build stronger relationships. My passion also lies in helping those in the transgender and gender-expansive community with co-occurring mental health concerns, transition, family education and acceptance building, and referrals to the medical community.

Leah Richter, LCSW (she/her)

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(479) 388-0150

As a sensitive and neurodivergent person myself, I understand that it's not as simple as learning to "just calm down" or "care less about what others think." I work with clients who feel isolated, overwhelmed, or defeated by emotions, thoughts, and behaviors they can't manage or don't understand. I utilize Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT) to help you learn how to manage big emotions, difficult people, and "doom spiral" thoughts. I use Eye Movement Desensitization and Reprocessing (EMDR) to help you heal from painful and traumatic experiences in your past.

Avery Garrett, ACSW (he/they)

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(310) 341-7169

While I have experience working with a broad range of concerns and communities, my expertise is in providing inclusive, affirming care for queer, neurodivergent, and BIPOC folks grappling with OCD/anxiety, trauma, and relational issues. I work with anxious overthinkers, perfectionists, and people pleasers who want to get out of their heads, heal past traumas, and find balance in their relationships.

Madylynn (Mady) Snyder, LMFT (she/her)

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(626) 765-4160

I specialize in working with Neurodivergent individuals, and Neurodiverse couples and families. I am trained in Brainspotting, a trauma modality. I use a trauma informed approach in my work and am well equipped to help you process and make sense of the painful experiences you've had in your life. In working with neurodivergent individuals, I believe that it is important to recognize and celebrate the unique strengths and abilities that come with neurodivergent brains. I work to create a safe and accepting space where individuals can feel comfortable exploring their experiences and developing coping strategies that work for them.

Robert O'Brien, AMFT (he/him)

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(213) 376-5481

As a neurodivergent therapist, I specialize in treating ADHD, anxiety, depression, shame, self-criticism, trauma (physical, emotional, relational/attachment) and much of my work is rooted in helping people increase their self-worth, daily focus, motivation and purpose in life. I also support people navigating relationships and family conflict, grief and loss and career challenges/transitions. As a therapist I am direct yet empathic and nonjudgmental. I am also supportive, and I will encourage you to stretch your mind, take risks and grow.

Anya Kavanaugh, LMFT, ATR-BC (they/them)

<https://nqtherapy.clinic/>

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(424) 247-6010

In person only 2401 Pacific Coast Highway, Suite 106, Hermosa Beach, CA 90254

As a neurodivergent therapist, I provide therapy for the Autistic, Queer, Genderqueer, ADHD, and/or Anxious individual and for the person labeled as weird, strange, or different. Do you ever feel judged or shamed when you express your authentic self? Let's talk about how Neuroqueer Focused Therapy can support you in your journey to awareness, acceptance, and celebration of who you are. As your therapist, I am your ally. I am here to learn about you and the way your brain works. I'm here to support you in building self-awareness and self-confidence in your authentic self. I also provide Art Therapy and specialize in autism, ADHD, genderqueer/queer, CPTSD, emotional neglect and abuse.

Sam Silverman, LMFT (they/them)

<http://www.samsilvermantherapy.com>

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(323) 487-3666

I am a white queer, trans, and disabled Licensed Marriage and Family Therapist. The therapeutic modalities I draw from most often are ACT, IFS, somatic, mindfulness, and experiential techniques. I have worked most extensively with the following populations: autistic adults and young adults, trans folks, queer folks, kinky people, polyamorous people, individuals with BPD, individuals with bipolar disorder, individuals with ADHD, individuals with (C)PTSD, individuals with chronic pain, and individuals with eating disorders and/or substance addiction.

Mónica Travaglia, LMFT (she/her)

<https://www.psychologytoday.com/profile/227730>

MonicaTravagliaLMFT@gmail.com

(657) 233-8678

I'm an AuDHD therapist currently treating client who experience relationship issues, trauma, depression, and anxiety. I specialize in working with neurodivergent individuals and providing education and support. I also have lived experience in the Intersectionality of Immigration and Neurodivergence in the US.

Stephanie Cunningham, LCSW (she/her)

<https://kidsunfiltered.com>

Stephanie@kidsunfiltered.com

(424) 241-2669

Hi, I'm Stephanie! I'm a Neurodivergent child and family therapist specializing in Infant-Parent and Early Childhood Mental Health. My practice, Kids Unfiltered, subscribes to an ND affirming, strengths based, child-centered, family-focused, trauma and attachment informed approach; the scope and nature of my work with kids and families, is guided by Neurodevelopmental and Neurorelational concepts as well as Ecological Systems Theory. Personally, I work with kids and their families from birth up to age 12 and have a team of clinicians who support all ages. We view every opportunity to support children and their families as a great privilege and invite parents and caregivers to always be the experts on their children throughout the therapy process. We offer in-person and virtual outpatient sessions, collaboration and consultation with outside providers, school consultations and IEP support, and in-home or community-based sessions where indicated. We are also in the process of co-creating an Infant-Parent Mental Health Community, Holding Space, for pregnant and postpartum women with infants through the first year.

Abigail Stone, LMFT (she/her)

<https://www.psychologytoday.com/us/therapists/abigail-stone-berkeley-ca/859648>

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(510) 239-9795

In-Person and Virtual in CA (Berkeley, CA)

I've found that the most important way to help a client is by being a person who speaks their language. As a neurodivergent (AuDHD) therapist, I work with my clients to improve their quality of life in a way that works with their unique qualities and diverse neurotypes rather than changing who they are. I want to help neurodivergent people of all ages internalize that the "problem" isn't their brains, but a world that doesn't accommodate them, process the trauma of being neurodivergent in today's world, and develop the tools and inner acceptance to build a life that works for them. My clients tend to identify with one or several of the following: They are highly intelligent and verbal. They often feel like they don't fit in but may form fewer and deeper friendships. They throw themselves enthusiastically into the things they're passionate about. They struggle to find appropriate outlets for intense emotions. They often have "geeky" hobbies. Many identify as neurodivergent, autistic, or ADHD, with or without a diagnosis. I work with adults, adolescents, and kids ages ten and up.

PROVIDERS OF THERAPY AND ASSESSMENTS

Kim Thompson, PhD, ABSNP (she/her)

<https://www.eastbayadhd.com/>

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(510) 771-7315

Many adults with or without a formal Attention-Deficit/Hyperactivity Disorder (ADHD) diagnosis seek therapy with me because they struggle with organization/attention/focus, and have challenges such as maintaining relationships, performing up to their potential in the workplace, and parenting in a way that feels fulfilling. I understand these pain points as I also am a parent with ADHD, and I provide warm, empathic therapeutic services that are neurodivergent affirming. Although I support all neurodivergent adults, I specialize in working with female-identifying gender-queer adults with or without a formal ADHD diagnosis and/or who are experiencing anxiety and depression. I also perform neuropsychological assessments for neurodivergent people of all ages.

Jamie Roberts, LMFT (she/her) & Equilibrium Counseling Services

<https://equilibriumcs.com>

info@equilibriumcs.com

(909) 331-0863

In-person and Virtual in CA (9135 Archibald Ave, Unit B, Rancho Cucamonga, CA 91730)

Teens and Young adults have always been my favorite and I started as a therapist to become who I needed when I was younger. This is even more significant after my later in life diagnosis of ADHD and Autism. Our goal at ECS is to support teens and their families as they discover their identity, brain and emotions. At ECS all of our therapists have lived experience within both the Neurodivergent and LGBTQIA communities and are excited to work with you. I also offer diagnostic assessments for 18+ in order to increase accessibility to those who are seeking confirmation or official diagnosis.

Maddisen Espeseth, PsyD, RPT, CST, Licensed Psychologist (she/her)

<https://www.drmaddisenespeseth.com>

(714) 790-4066

In-Person Only (136 South Imperial Highway, Anaheim Hills, CA 92807)

I am a licensed psychologist who practices from an attachment-heavy, neurosequential lens. I offer client-centered, neurodiversity affirming psychodiagnostic testing in-person in Anaheim Hills for clients 4 to 55-years-old.

Nicole Vale, Psy.D., Licensed Psychologist (she/her)

<https://www.drnicolevale.com>

nicole@drnicolevale.com

(424) 333-0412

In-Person and Virtual in CA (2001 S. Barrington Avenue, Suite 312, Los Angeles, CA 90025)

I focus on providing assessments that are affirming, readable, and accessible. I see clients aged 3.5 years old and up for neuropsychological assessments, as well as adult assessments for autism and ADHD. Calendly Link to schedule a free consultation (<https://calendly.com/nicole-vale>).