

A woman with long dark hair, wearing a black headset and a black top with white polka dots, is sitting at a desk. She is looking at a laptop screen and has her hands raised in a gesturing motion, as if in a conversation. The background is a light-colored brick wall.

The Chrysalis Effect

FHT Accredited
Recognising and Working
Effectively with Neurodivergent
Clients:
A Practical How to Course
4 Module Short Course



Message from the Founder

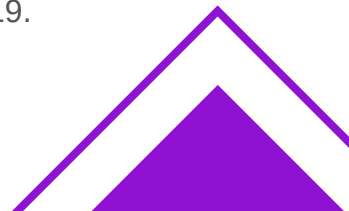
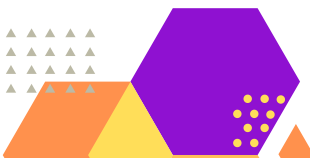


As you will know, being aware of equality, diversity and the importance of inclusion is at the heart of good practice. I am certain that whichever field you may have studied or worked in, prior to your career as a coach or health practitioner, you will have seen the positive changes and legislation to ensure our society is considerate and respectful to all. Much needed changes are moving swiftly thank goodness and we as members of society are all involved.

In 2018 The Chrysalis Effect became a fully trauma informed organisation and we are proud of the body of training we have developed to ensure practitioners are fully aware and have the skills to intercept the long term impact of Adverse Childhood Experiences and small t trauma on adult health. This knowledge is transforming the face of healthcare.

Upward Trends of Neurodivergence in 2024 and 2025

Then after the global trauma of the Pandemic, the demand for mental health services spiralled to proportions never seen before. It has been a seed change, highlighting the increasing incidence of friends, family members and clients speaking openly about their struggles. What followed was an unparalleled surge of adults speaking openly that they were considering seeking a Neurodivergence assessment for themselves their children or in many cases both. A 5 fold increase since 2019.



Message from the Founder

Adult women, especially, have had to face the realisation that their health problems like anxiety and chronic fatigue are the result of misdiagnosis and years of masking to fit in because as research shows 80% of autistic females remain undiagnosed or misdiagnosed at the age of 18. The failure to have neurodivergence recognised or supported has left more than 90% of all autistic people aged over 50 in England undiagnosed. This is a huge gap in neurodivergence awareness for all of us and that gap must be closed.

This is why this course was designed, to ensure that you, as a dedicated health professional can learn first-hand from Neurodivergent Expert A J Harman with lived experience of a life undiagnosed. I feel immensely blessed that AJ has designed this course to give you skills to recognise the types, traits, struggles and superpowers of Neurodivergence.

To understand the cross overs with fatigue related illness, is also vital in the diagnosed and undiagnosed, and most importantly provide you with the tools to confidently and respectfully support the needs and wellbeing of ND clients, patients and their families so they can thrive.

Love and Appreciation

Elaine xx

Elaine Wilkins CEO



Course Content



An Introduction to Neurodiversity in Adults



- Why the time is right for a course of this kind.
- Ways of talking about neurodiversity, including specifics about language and the concept of disability.
- A brief look at which conditions are described as neurodivergent.
- Why knowing that your client is or may be ND is important, and the implications for your work together.

Coaching and Business Resources:

Scripts:

- **What to do and say** if you're working with someone who thinks they might be neurodivergent but isn't sure.
- What to do and say if you're working with someone **you** think might be neurodivergent and they have no idea.
- Sign Posting and Resources for assessments



Understanding ADHD in Adults



- The misnomer of ADHD What it is and what it's is not.
- The three presentations of ADHD, and why that's not the whole story (presentation in girls and women).
- The main features, neurobiology and treatment for ADHD.
- Implications for coaching the Recovery Pathway with an ADHD'er.
- Case study.

Coaching and Business Resources:

Scripts:

- What to do and say if you're working with someone who thinks they might be ADHD
- What to do and Say if you recognise traits and client has no idea.

More About Your Trainer



Amanda Jayne Harman (AJ)
Neurodivergent Coach, Writer and
the Founder of Outside the Box:
Neurodiverse Coaching and
Mentoring, a growing neurodivergent
support business.

Before starting Outside the Box, AJ had a successful career as an editor, proofreader and book project manager for nearly 30 years.

Diagnosed with attention deficit hyperactivity disorder (ADHD) and autism spectrum condition (ASC) four years ago when she was 52, AJ now helps other late-diagnosed neurodivergent adults to come to terms with their differences.

She uses coaching to help them to learn to look at their life so far through a new lens and to face their future with increased self-knowledge, celebration and a powerful strategy toolkit.

She also works with employers and line managers to help them support their neurodivergent staff and colleagues.

<https://amandajharman.com/>



Course Content



A Closer Look at Autism



- What is ASC?
- Stereotypes and myths.
- The main features of ASC - recognising external and internal presentations.
- Implications for coaching the Recovery Pathway with an autistic adult.
- Case study.

Coaching and Business Resources:

Check lists

- Presentations
- 'Recognising ND traits and behaviours in your clients'
- Tips for coaching Recovery Pathway for ND clients



Crossovers and Complications



- ADHD and ASC in combination.
- Common co-morbidities and crossovers in these clients.
- Hormonal interactions in women: PMDD and perimenopause/ menopause.
- The role of Trauma, Identity issues, gender and sexuality.
- Case study.

Coaching and Business Resources:

Scripts

- What to do and say if ...
- A client has fatigue related Symptoms How to Highlight the crossovers between primary and secondary symptoms



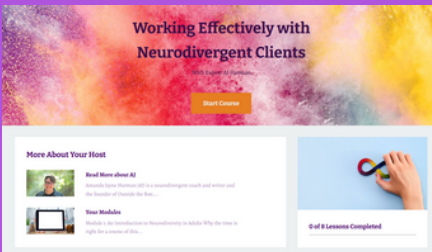
Resources and Live Integration Session



Handbooks provided for each module as well as full access to a training members area for you to access replays and resources.

Live 2 hour integration session hosted by Elaine and AJ to embed learning and get your questions answered.

The Accreditation



- X 4 pre-recorded Sessions
- X 1 Integration Live Session
- All sessions recorded and replays available in your members area
- Buddying for practical skills

Assessment

- Submit Your Reflective Questions
 - Attend live practical integration session to practice scripts
- [or book 1 to 1 - additional fee applies]



Next Steps...

Course Release Dates

Contact us for next live module release dates:



team@chrysaliseffecthealth.com

Or Text 07771 722462



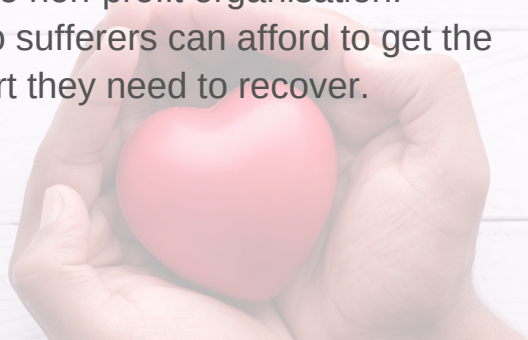
[I have Questions](#)



[I Would Like to Register](#)

Thank you for your interest in this course.

Choosing us as your training provider enables us to subsidise the online Recovery Programme for ME, CFS and Fibromyalgia, run by the non-profit organisation: The Chrysalis Effect CIC, so sufferers can afford to get the daily help and support they need to recover.



Testimonials



'I have always been an admirer of AJ Harman's work so to have the opportunity to complete the Recognising and Working Effectively With Neurodivergent Clients offered by The Chrysalis Effect, lead by AJ was a very simple decision. And I was not disappointed at all. The wonderful live sessions, and the incredible amount of information I have to use to support my clients is wonderful and will be life changing.'

Alison Peake

'At last a course that not only covers the medical and diagnostic aspects of ND but also conveys real life case studies, experiences and challenges. The teaching style has been such a friendly and safe environment and the tools and resources impeccable! Thank you!'



GT

'This course has been a complete game-changer for me. The amount of empathic information, shared so wisely and clearly by AJ, is unbelievable. There is SO MUCH to understand about Neurodivergence, and so much understanding needed for the people who have ND traits. It is critical that these people are helped to understand themselves better, and that the world can respond better to them. From this course, I now feel that I have many fantastic tools to work positively with neurodivergent clients. THANK YOU AJ!'

Niamh Homs

I found this course to be fascinating, extremely informative and it will be a huge benefit to my family as well as my practice as a Nutritional Therapist. AJ Harman is a great speaker with a wealth of knowledge and personal experience, and I highly recommend the course to anyone with an interest in this area and/or who supports clients on their journeys to better health.



SB

This course has really helped me to understand and gain an awareness in neurodivergence. AJ is an excellent teacher and brings empathy and humour to the teachings. I feel really equipped now to support clients who are neurodivergent, or who may have neurodivergent traits, effectively and appropriately.

Wendy Day

