



NDIS INFO: NEURODIVERGENT EMPOWERED

Our multiple award-winning, neurodivergent-led safe space—created by autistic trailblazers. It's home to our neurodivergent-affirming therapist-led groups, designed to support autistic individuals in a world not built for our brains, and recognised for innovation, inclusion, and leadership including but not limited to:



Empowering Autistic Kids, Teens & Adults to Connect, Create, and Thrive



WHO WE ARE



About

We're so glad you found us!

Neurodivergent Empowered is a proudly neurodivergent-led organisation offering innovative, affirming supports aligned with the latest **NDIS requirements**. Our services are designed to uplift autistic and ADHD individuals through **connection, identity celebration, and nervous system nourishment**. Every offering is developed with lived experience, current research, and accessibility at its core.

Mission

To empower, educate, and inspire 1 million autistic and ADHD individuals to live a life of authentic joy, self-connection, and belonging—on their terms.

Core Values

- **Authenticity** – You were never meant to be anyone else.
- **Joy** – Your happiness is not a bonus—it's a birthright.
- **Connection** – Safe relationships are how we grow, not by being "fixed."
- **Safety** – Emotional and sensory safety comes before success.
- **Empowerment** – We walk alongside you, not above you.
- **Accessibility** – Everyone deserves to reach what helps them thrive.

HOW TO GET STARTED



NEURODIVERGENT-AFFIRMING. SENSORY-SAFE. CONNECTION-LED.

After reading through the information in this document, and once you're ready to speak with Cat about whether a particular session is the right fit for you or your child, please complete our contact form here: www.neurodivergentempowered.com/contact

STEP 1: EXPLORE OUR SESSIONS

All our sessions are interest-based, strengths-focused, and designed to support individual NDIS goals. We aim to build confidence, connection, and self-awareness in a way that feels safe, fun, and empowering.



Kids Sessions



Teens Sessions



Adult Sessions



“ We focus on Nervous System Nourishment. Regulation before participation. Safety before success. We support individuals in understanding their nervous system states and provide tools to feel more grounded, connected, and empowered.” - Tan

FEES

Program	Age Group	Weekday Rate	Weekday Rate
Early Intervention	5 to 8	\$65/hr	\$75/hr
Children	9 to 12	\$45/hr	\$55/hr
Teens	13 to 18	\$45/hr	\$55/hr
Adults	18+	\$35/hr	N/A
Animal Assisted	All Ages	\$65/hr	N/A



NDIS Registration ID: 4-K6GFD9R
Early Childhood Supports Registration No: 780528
APS Membership Number: 354431
ACA Membership Number: R82053
Incorporation Number: IA4786828



OUR THERAPY LEADERS

Our therapeutic supports are grounded in **lived experience, professional excellence**, and a shared passion for empowering neurodivergent individuals to thrive.

All therapy is delivered within **group settings** and woven seamlessly into discussions and activities that align with participants' **shared interests**. This is a core part of our **neurodivergent-affirming approach**, as we recognise that traditional face-to-face therapy models are often not best practice for our community. Instead, we prioritise **relational safety, interest-based engagement, and natural skill development** in environments where participants feel genuinely seen, respected, and comfortable.

EARLY INTERVENTION & PSYCHOLOGY - GROUPS



CATHERINE BEHRINGER - MEMBER OF APS

Early Intervention Practitioner - Psychology (Honours)

Cat offers play-based, compassionate supports that celebrate children's sensory needs, identity, and emotional world.



ABBEY BAKER - MEMBER OF APS

Early Intervention Practitioner - Psychology (Honours)

Abbey focuses on relationship-based support that builds safety, emotional literacy, and confident self-expression.



CHRISTINE DOYLE - MEMBER OF QCT

Early Intervention Practitioner - Psychology (Honours)

Abbey focuses on relationship-based support that builds safety, emotional literacy, and confident self-expression.

THERAPY & COUNSELLING - GROUPS



TANYA HICKS - PROFESSIONAL MEMBER OF ACA

Registered Neurodivergent-Affirming Counsellor

Founder of Neurodivergent Empowered and Sparkly Aliens Inc., Tanya brings trauma-informed, identity-affirming support for autistic and ADHD individuals of all ages. Her work blends counselling, nervous system nourishment, mindfulness, movement, and authentic empowerment.

ALLIED HEALTH ROBBIE ELLETT - MEMBER OF AHPRA

Occupational Therapist

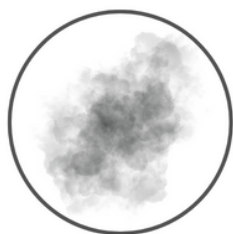
Robbie specialises in supporting the mental health and well-being of teens and adults. With a strengths-based and relational style, Robbie works to build capacity in everyday life while honouring each individual's unique processing profile and lived experience.

COMPLETE ONBOARDING

Before you complete your first session you will be provided access to your own portal and be required to complete:

- A personalised **Empowerment Plan** to help guide our support
- An **NDIS Service Agreement** outlining your sessions and funding
- Upload of any **relevant medical or support** documents

We use the **Program of Support model**, which secures your weekly spot for the duration of your funding period. This model supports **predictability, emotional safety, and relational trust**, which are vital to growth and regulation for many neurodivergent people.



LOST IN THE SMOKE

"I don't know."

- I can't tell how I feel
- I'm numb, foggy, disconnected
- I'm not sure what I need
- I just need someone to stay near and help me figure it out



IN THE FIRE

"I need to stop or reset."

- I'm overloaded or about to shut down
- I feel unsafe in my body or brain
- I need to leave, pause, or have space
- I cannot keep going

OUR 4 PHOENIX STATES TO SUPPORT SELF AWARENESS & ALEXITHYMIA



FLICKERING FLAMES

"I need something."

- I'm starting to feel unsettled
- Something feels off, but I'm still okay
- I might need a break, help, a tool, or a change



RISING PHOENIX

"I'm good to go."

- I'm regulated
- I'm in flow
- I'm enjoying this / able to participate
- My body and brain feel okay
- I don't need anything right now



CONNECT & BOOK YOUR FIRST SESSION

After reading through this information, and when you're ready to speak with Cat about whether a session is the right fit for you or your child, please complete our online contact form:

www.neurodivergentempowered.com/contact

Once we receive your form, our **Community Impact and Partnerships Coordinator, Catherine Behringer**, will contact you to explore your needs and guide you through the next steps.

As part of this process, you'll also be asked to share:

- Whether any **medication** will need to be taken during sessions
- If there are any **court or custody documents** relevant to your child's participation
- **Who referred you** to Neurodivergent Empowered (if applicable)
- **Any additional information** that may help us support a safe, positive, and empowering experience — including anything that could impact comfort, safety, or participation

This information allows us to create the most supportive, responsive, and affirming environment possible.

Once your onboarding documents are complete, we'll help you book your first session with one of our facilitators. Our sessions are low-pressure, gentle, and designed to help each participant feel **seen, supported, and safe from the very beginning**.

IF YOU ARE USING OUR SERVICES UNDER OUR THERAPY SUPPORT CODES:

To protect the **integrity of the therapeutic aspect** of our programs, any participant using their **NDIS therapy funding** (e.g. for **Early Intervention, Counselling, or Occupational Therapy**) will also be required to:

- Attend an **initial 1:1 session** with the relevant therapist when they begin with us
- Have **at least one 1:1 check-in every 3 months** to support goal tracking and clinical oversight
- Attend **additional 1:1s as needed**, outside of their weekly group sessions, if further observation or information is required to meet NDIS reporting standards

This structure ensures our team can provide **accurate, affirming, and high-quality reporting** while maintaining a therapeutic relationship that reflects best practice in a neurodivergent context.



OUR CONTACT



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www.neurodivergentempowered.com



*Rumba Resort - Shop 3.
Tucked in behind Hoggs Breath.
Car Park is , 10 Leeding Tce,
Caloundra, 4551.*