



NeuroBalance: A 6-Session CBT Pathway for ADHD & Autistic Adults

*An affirming, neurodiversity-informed therapy programme for
adults navigating a late diagnosis or self-identification.*



What is NeuroBalance?

NeuroBalance is a focused 6-session therapy pathway designed for late-identified ADHDers and Autistic adults who are looking to better understand their neurodivergence, reduce overwhelm, and build more helpful habits.

Whether you're newly diagnosed, self-identified, or simply seeking clarity, this short-term program offers a structured and compassionate space to explore who you are beneath the masking, burnout, and internalised "shoulds."



What to Expect

Each session is adapted to your unique profile, but common themes include:

Assessment & Goal Setting Clarify what you'd like to gain from therapy and explore your current experiences and priorities.

Formulation: Making Sense of Your Traits

We'll use adapted CBT models to explore how ADHD or autistic traits influence your thinking, emotions, and behaviours without pathologising them.

Strengths & Strategies

Identify what's already working for you. We'll explore unhelpful coping patterns and develop sustainable, neuro-affirming alternatives.

Masking & Unmasking

Understand your relationship with masking, how it impacts wellbeing, and what authenticity might look like for you.

Emotional Reactions to Diagnosis

Make space to process your diagnosis or self-identification the grief, relief, confusion, or hope that can come with it.

Social & Communication Support

Explore challenges with social anxiety, burnout, or difficulties in navigating conversations with practical tools and gentle experiments.



Is This Programme Right for You?

- Youve recently been diagnosed (or self-diagnosed) with ADHD or autism - You want to understand yourself better and reduce burnout - Youre curious about neurodiversity-affirming ways to build emotional resilience - Youre not ready (or dont need) long-term therapy, but want meaningful insight and support



Approach

- Cognitive Behaviour Therapy (CBT) - Strengths-based and affirming - Informed by lived experience, polyvagal theory, and current neurodiversity research - Trauma-aware and paced to your nervous system

Visit tinsleyhousetherapies.co.uk or [book a free 15-minute consultation](#)



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