



• Newsletter — December 2025 Issue

## Why Neurodevelopment-Informed Therapy Matters

Therapy should be a space where children learn that they are not broken—they are perfectly designed, and their job is not to be “fixed” but to better understand and regulate themselves. Neurodevelopment-informed counseling isn’t about giving advice; it’s about helping children find their voice, celebrate their strengths, and navigate the world with clarity and self-compassion.

Children who are [twice exceptional](#) or who live with [ADHD](#), [executive dysfunction](#), [autism](#), [processing](#) or [learning disorders](#), or [overexcitabilities](#) have beautifully complex, one-of-a-kind profiles. Their strengths and challenges rarely unfold on the same timetable, a pattern known as *neurodevelopmental asynchrony*. This uneven growth can shape temperament, learning, and relationships—and often contributes to anxiety or depression when children feel misunderstood or out of sync with their peers.

Working with a neurodevelopmental therapist helps children make sense of their unique gifts, processing styles, and

emotional worlds. Unlike traditional school supports or tutoring, this type of therapy looks at the *whole child*—not just academics. For example, helping a child with dyslexia isn't only about learning to read; it's about understanding how their brain works so they can build lifelong strategies, confidence, and perspectives. Similarly, certain writing techniques can become powerful tools for self-reflection, self-expression, and emotional growth, not just school assignments.

## **How do I pick a good therapist?**

A good therapist is someone with whom you feel seen, heard, and genuinely understood—not someone who simply gives advice or follows a script. For children with ADHD, autism, learning disorders, or twice-exceptionality, it's especially important to choose a therapist with deep expertise in child development and neurodevelopment.

Look for someone who understands how cognitive skills, learning differences, attention and executive functioning, sensory and motor development, and social–emotional needs all interact to shape a child's self-concept, goals, and relationships.

The right therapist can connect these pieces, celebrate strengths, and help a child make sense of their whole profile. Above all, trust the relationship: when your child feels safe, respected, and understood, authentic growth can happen.

[Learn more](#) about neurodevelopment-focused therapy.

**I'd like to learn more — now what?**

If you're interested in learning more about neurodevelopment-focused therapy – for you, your child, or your family – or would like to schedule a consultation, we'd be happy to talk with you.

Please contact our office — we're here to help you and your child take the next steps with clarity, confidence, and support.

## **Are the holidays stressing you out?**

Check out our latest podcast episodes for practical, compassionate strategies for managing stress and maintaining emotional balance during the holiday season. They're a great way to find calm, clarity, and connection when life feels especially full.

### **Ep. 50 — The Less Stress Doc's Guide to a Calmer Life** **(Gary Sprouse, M.D.)**



### **Ep. 49 — Out of Your Head, Into the Holidays (Brian Sachetta)**



Here are some additional ideas for managing stress.

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“Be yourself. Everyone else is already taken.”

— Oscar Wilde

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Merry Christmas and Happy Holidays!



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