

Our Mission

Mindsight Therapies is a multidisciplinary practice innovating new ways to serve neurodivergent teens & adults.

We see, honor and advocate for a neurodivergent person's truth, even when it goes against societal norms. We focus on helping them advocate for those differences and express themselves in a way that the neuromajority will hear them.

No masking or self-abandoning here – for us, it's about helping unique individuals find their voice in this world.

INTEROCEPTION: Essential for Emotional Regulation

- Interoception is the “8th sense” that makes a person aware of internal body signals like a growling stomach, racing heart, tense muscles, or a full bladder.
- When these body signals are noticed our brain uses them as clues to our emotions.
- Interoception is the sense that allows us to understand emotions. We teach the abstract language of emotions from the inside out (through body sensations).
- This is not simply talking about emotions. Our clients learn emotions with concrete “experiments”.
- This can be life-changing for neurodivergent individuals as many are feeling sensations (sensory & emotional) coming in from everywhere (often all at the same time and at the same level) so they truly may not know *why* they are upset.
- They often cannot differentiate what they are feeling, which, as one could imagine, would be overwhelming.
- Research shows that many neurodivergent individuals have interoception differences which makes understanding and regulating emotions difficult.



Individualized Social
Emotional Groups & More
With Interoception!!



No “One Size Fits All” Here!

We Offer Unconventional
Support & Solutions for the
Authentic Empowerment of
Neurodivergent Tweens, Teens
& Adults

Do you have neurodivergent patients (Autism, ADHD, social anxiety, anxiety, etc.) who....

- ❖ have disruptive behaviors that are interfering with learning, working, or connecting socially?
- ❖ have difficulty understanding and communicating emotions?
- ❖ have difficulty regulating or feeling comfortable in their own skin?
- ❖ feel alone or misunderstood?
- ❖ have difficulty connecting with peers?
- ❖ need support in addition to traditional talk therapy to understand & communicate INTERNAL body cues?
- ❖ want to connect with like-minded individuals?

Services we offer -

for tweens, teens & adults:

- ❖ Informal Social Emotional Assessment
- ❖ Individual Therapy/Coaching
- ❖ Group Therapy/Coaching
- ❖ Social Learning & Connecting with Others, Emotional Regulation Through Interoception, & Self-Advocacy
- ❖ Support for Your Support System



- ❖ We help uncover what the behavior is communicating. BEHAVIOR IS COMMUNICATION.
- ❖ Understanding what needs to be expressed and effectively empowering clients is the most supportive therapy.
- ❖ We recognize and honor that neurodivergent people have a different neurology.
- ❖ We believe in integrating an individual's differences vs. training them to be 'normal'
- ❖ Our practice is about meeting you where you are and creating therapies that support and affirm neurodiversity.
- ❖ We help clients make connections with others in a way that feels right to them. Our job is to help clients find their voice and confidence to use it.
- ❖ SOCIAL EMOTIONAL GROUPS!!



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A Different Approach... Have you heard of interoception?

We are passionate about helping people learn about emotions and emotional regulation through INTEROCEPTION (see back for description).

Understanding interoception allows individuals to understand and talk about how they experience sensations, which may be VERY DIFFERENT than the neuromajority. It allows them to be HEARD and SEEN which opens a world to them.



We believe there is no "one size fits all" when it comes to social connection, emotional regulation &/or communication.