



**ausm<sup>®</sup>**

autism society of minnesota



## Counseling and Consulting Services

Minnesota's First Autism Resource<sup>®</sup>



# AuSM COUNSELING

The Autism Society of Minnesota's highly trained therapists have committed their careers to helping individuals with Autism Spectrum Disorder understand their diagnosis. They provide strategies to support each person's unique autism experience, addressing both the challenges and gifts it can bring. AuSM therapists help individuals with autism from youth through adulthood as they grow at their own pace in a safe, compassionate, and respectful environment. AuSM's clinic is LGBTQIA friendly and takes a neurodiversity-friendly approach to therapy, with many neurodivergent therapists on staff. We are a leader in adult and gender-affirming mental health services for autistics. Our therapists practice a variety of types of therapy, including EMDR, ACT, CBT, and hold licensures including LMFT, PhD, MA, MS, and more. You can learn more about our therapists at [www.ausm.org](http://www.ausm.org).

## Counseling Services:

- Individual therapy
- Marriage, couples, and family therapy
- Psychoeducation
- Second opinions on autism evaluations
- Trauma therapy
- Evaluations for autism for ages 16+ (limited availability)
- Onsite consultations for high-intensity challenges when staff or family need additional support

AuSM's services are outpatient only. If you require a higher level of support, we may refer you to another provider.

## Support Groups

AuSM provides a variety of support groups to meet the needs of our community. Support groups offer those affected by autism the opportunity to share problems, solutions, joy, and sorrows with one another.

- Women's Support Group: First Thursday of each month, hybrid
- LGBTQIA+ Support Group: Second Thursday of each month, hybrid
- Independent Adults with ASD Support Group: Fourth Thursday of each month, hybrid
- Family Members of Adults on the Spectrum Support Group, Third Thursday of each month, virtual





# AuSM CONSULTING



Struggling with how to support a loved one, client, patient, or student? We consult! AuSM's Counseling and Consulting team will work with you to better understand autism and how you can support the autistic individuals in your life through challenging situations. We consult with therapists, group home staff, community organizers, employers, and other professionals who work with individuals with autism to help with general training or to offer strategies related to a specific issue or topic. If you've hit a roadblock and need experts in autism to help, we're here for you.

Our therapists are also available as speakers and trainers for classes, conferences, and trainings. We work directly with you to customize our services to your needs.

## Consulting Services

- Internships and practicum opportunities
- Speakers for classes and conferences
- Support in making your practice accessible to neurodivergent clients
- Recognizing autism in your clients
- Partnering with specialized providers (trauma providers, eating disorder clinics, and others with common co-diagnosis of autism) to better understand and serve clients with autism
- Creating accommodations for autistic individuals in intensive treatment programs (especially in-patient)
- Training for organizations and service providers from clinicians with years of experience in autism
- Clinical supervision from a neurodiversity lens
- Troubleshooting challenging situations or behaviors on location



# AuSM is a neurodiversity-affirming clinic.

Neurodiversity refers to the fact that human beings have a wide variety of minds, sensory systems, and ways of processing the world. AuSM embraces this diversity: we won't try to change your mind to fit a particular mold. We'll work with your needs and your unique mind to create personalized goals and supports that are right for you. You are not broken.

We acknowledge that there are challenges and difficulties created both by the world we live in and by lack of accessibility. Autism is a disability, and we know that it isn't easy to be autistic. Our goal is to support the navigation of the world with these differences in mind and to acknowledge that everyone is worthy and brings value to the world.



## Contact Us



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[www.ausm.org](http://www.ausm.org)



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