



Clearer Perspectives

RESPECTING THE DIGNITY OF
DIFFERENCE

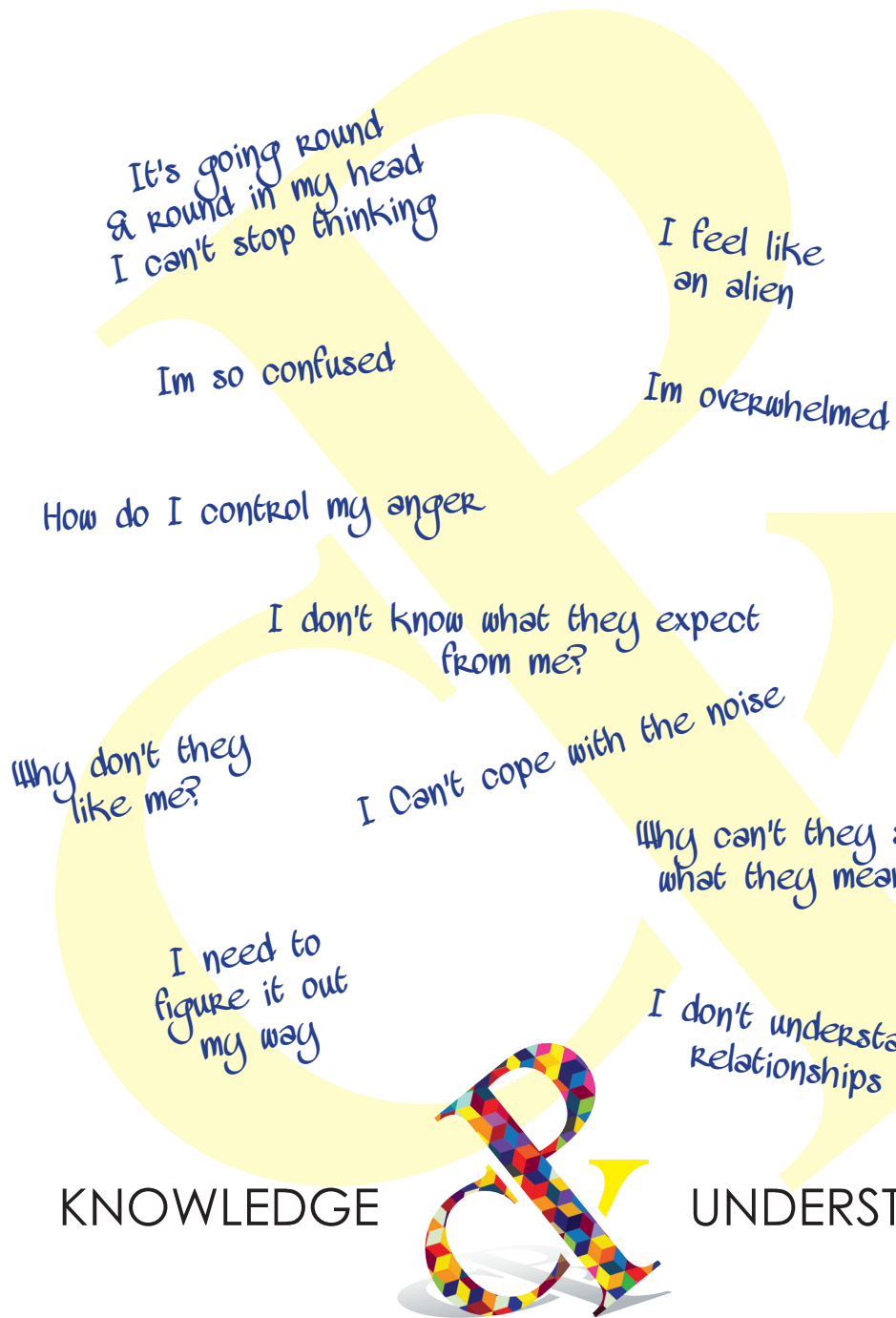
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The Insight

The world can be confusing and overwhelming – evolving and changing at a frenetic pace. Our ability to 'keep up' and cope with the volatility, uncertainty, complexity and ambiguity of life is often challenged. Getting the right support can make all the difference.

Having worked in the field of Neurodiversity for over 20 years, I have gained an intimate understanding of the real challenges my clients face. I have developed an innovative approach that recognises that every client is different.

The privilege of working with my clients has enabled me to elicit the following perspectives;

People own what they help to create. Collaborating and empowering delivers exceptional outcomes. **Be empowered.**

Personal 'meaning and purpose' come through revealing our authentic self. This comes from discovering more about ourselves and potentially sharing this with others. **Be interesting.**

Investing the time to learn about others creates meaningful connections and relationships and avoids misunderstandings and misinterpretations. **Be interested.**

Increasing our focus on the external world; engaging in activities and engaging with people helps bring meaning and purpose to our lives. **Be involved.**

Understanding is the first step to acceptance. Most of life's challenges are a source of improvement and need not be feared. It is not what happens to us, it is the way we respond that shapes our future. **Be curious and receptive.**



The Approach

The Approach is based on listening to client experiences for over 20 years. Diversity warrants both creativity and the use of 'tried and tested' models.

The Approach:

The 'dignity of difference' ensures a confidential, supportive and safe space from which to explore a client's unique perspective and experience. This approach enables individuals to better understand themselves, their life experience and other people. The aim is to achieve more contentment, to become more productive, happier, enriched and enjoy an improved future.

Inclusive

We work holistically by engaging with your experiences and environment to enable you to do things 'your way'. We identify and build upon strengths and we develop skills and strategies to cope with difficulties. This approach develops purpose and meaning where it is needed and enables active participation and the opportunity to take control to live a more fulfilling and rewarding life.

Partnership

With client consent, we engage (where appropriate) with parents, spouse/partner, friends & family to build a complete picture. Also when relevant we engage with Employers, Social services, Mental health services, Education establishments, Support workers and the Criminal justice system. This inclusive systemic approach creates a supportive environment whereby the 'people' around the client can learn and make adjustments and modifications to enable a more effective situation.

SELF OTHERS

Services

Clearer Perspectives strives to deliver services that help clients achieve their desired outcomes. Services are designed to support the wide array of client needs and we continuously innovate.

Improved self esteem

Improved relationships

Less depressed

COUNSELLOR



FACILITATOR

Individual & Family:

1-1 sessions:

Provide help and support (Counselling or Coaching) for individuals with Neurodiversity (Autism Spectrum, Asperger Syndrome, Adhd).

also

Counselling support for Neurotypicals (particularly those living with people on the autism spectrum and with Adhd)

Couple Counselling:

Couple work where one (or both) partners are Neurodiverse .

Family Counselling:

Family counselling where one or more members of the family are Neurodiverse

Groups:

Book club;

for adults with Asperger Syndrome. An opportunity to learn more about 'oneself' and about 'others' through discussing literature.

Social Understanding and Communication;

for adults on the autism spectrum (Asperger Syndrome). To build knowledge and social skills.

Social groups;

for adults with Asperger Syndrome. The group members engage in social activities in a safe and supportive environment (e.g. visiting speakers, restaurant & bowling) building confidence.

Woman's Forum;

for females diagnosed or identifying as being on the autism spectrum. A forum to explore the impact of autism on their lives.

Writing group;

for adults with Asperger Syndrome to express themselves through the written word.

Neurodiverse Therapeutic Group;

to share and explore issues, differences and challenges with "like minded" individuals.

Empowering Group;

to enable and empower neurodiverse individuals to self-advocate and more effectively express themselves and their needs.

Parenting on the Autism Spectrum;

to explore the best ways to parent people with neurodiversity

Services

Improved organisation

Less anxiety

Our marriage has improved now
we can communicate

INDIVIDUALS



THE GROUPS

Training and Consultancy:

Awareness training and workshops;

Providing Autism and Adhd awareness training and tailor-made workshops. I work both independently and as an associate for various autism charities. Highly interactive and engaging by providing insights and strategies that inform people living with or working with those with Neurodiversity. The workshops are tailored to suit the interests and knowledge base of the delegates attending. Typically the training is co-delivered with people on the autism spectrum or with adhd

Talks/Lectures:

Keynote speaker. Working with: Parents/ Teachers/ Education employees / GP practices/ Medical & Health professionals/ Psychotherapists / Counsellors/ Social workers/ Residential support workers/ Criminal justice personnel/ Ministers /Employers.

Consultancy:

To help employers and organisations with their diversity and inclusion agenda, specifically with regards to Neurodiversity. To creatively engage with business in recruitment, retention and harnessing the potential of the Neurodiverse talent pool.

Mediation/Interpretation:

Autism at its core is a social and communication difference and as such difficulties do arise. Mediation and interpretation can provide a necessary bridge to finding the best outcome for all parties.

Workshops and short courses:

Social understanding

Conversational skills and communication

Understanding Relationships

Being part of a Neurodiverse couple

Intimacy and sexual understanding

How to make friends

Employability- helping the individual improve their employability and be more successful in the workplace

Understanding the Neurotypical

Understanding my Autism

Understanding my ADHD

Understanding my emotions

Understanding my sensory profile

Neurodiversity and Anxiety

Neurodiversity and self-harm

Impact of Autism on the family

Managing University life

Understanding Autistic Females

Working with Neurodiverse people

Improved understanding and efficacy in relationships

Less anxiety

Recognition of thinking style

Better control over obsessive behaviours and intrusive thoughts

Improvement in making & sustaining friendships

Better management of self-harming behaviours & suicidal thinking

Safer online interactions

Improved emotional regulation

Better understanding of other people

NEEDS



GOALS

Outcomes

Understanding the individual and recognising his or her needs and goals enables a sharp focus on outcomes. Clearer Perspectives is described as insightful, unconventional and innovative. We work together to come up with ideas and solutions and we consider the consequences of the next steps.

Typically, the process builds self-esteem, self-worth and the value and dignity of difference. The individual is helped to find their own unique way of building awareness of societal norms and then enabling the choice of whether they conform to them or not.

The outcomes are typically the achievement of deeper understanding and improved ability to effectively 'manage' life's challenges and appreciate its rewards.

Janet Gothelf MA
BACP (accred)
Psychotherapist specialising
with Neurodiversity

(Autism spectrum /Asperger
Syndrome/ High Functioning
Autism, Attention Deficit
Hyperactive Disorder)



About Janet Gothelf

Janet Gothelf works as a counsellor, psychotherapist and coach and has specialised in the field of Autism for over 20 years. She is the founder of 'Clearer Perspectives' – a practice established in 1998 to support and improve the lives of her clients. Janet enables people to better understand themselves, manage their difficulties and build upon their strengths. She is described as a straightforward, trustworthy, non-judgmental, innovative and caring clinician who embraces the dignity of difference.

Janet has a background in psychotherapy and in addition to her mainstream practice she has worked extensively with individuals that she describes as 'Neurodiverse' [Autism spectrum, Asperger Syndrome, High Functioning Autism, Attention Deficit Hyperactive Disorder..] She works with individuals, couples and families as well as facilitating a number of autism groups. She is also a passionate and experienced autism awareness trainer and consults both in the public and private sector.

Janet has a Masters in Autism (Distinction) from The University of Birmingham and a postgraduate qualification in Asperger Syndrome (Sheffield Hallam University). Janet is an eclectic practitioner who has trained in a variety of therapeutic models (CBT, Systemic family therapy, Psychodynamic, Solution focussed, Mindfulness) and is committed to continued professional development. Janet is a registered accredited member of the BACP with the necessary professional indemnity insurance and supervision.

Her broad range of skills, experience and academic achievements, qualify her as;

Psychotherapist/Counsellor
Coach
Facilitator
Mediator
Trainer
Keynote Speaker

*Through her direct and honest communication
she helped me understand my whole life
differently*

*Janet made us realise that tapping into
diversity made commercial and ethical
sense and that we will all be the richer as a
result of it.*

*She showed me the impact that my
senses have on my life and helped
me realise that the way I hear
things has totally influenced how I
interact with people.*

*She listened, she cared
and she understood
me.*

NON-JUDGEMENTAL



CONFIDENTIAL

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HERE



NOW