

## Unique U Group Registration Form

Please **tick** which group you would like to register for:

**? Friendly U (10-12yrs), \$1080:** This 6-week (1 hr) group is a neurodiversity-affirming social support and friendship group. Topics will cover: types of friends, making and keeping friends, conversation skills, saying no and being assertive, common friendship problems, and bullying. It will be a wonderful opportunity to connect with like-minded peers. A brief parent summary is included in the last 15 minutes.

**? Celebrating U Together (13-16 yrs), \$1080:** This 6-week (1 hr) group will focus on building self-understanding and relationships through exploration and celebration of participants' autism diagnosis. Because many autistic teens feel alone and have not had the opportunity to meet other peers on the spectrum, this group is a wonderful way to focus on the internalised/female presentation of autism and provides support in fostering new friendships. Topics include: what are autism spectrum conditions and how are autistic girls often different, celebrating autistic strengths and identifying common challenges, how to build and maintain friendships, and relationship safety.

**? Celebrating U Together (17-19 yrs), \$1080:** This 6-week (1 hr) group will focus on building self-understanding and relationships through exploration and celebration of participants' autism diagnosis. Because many autistic teens feel alone and have not had the opportunity to meet other peers on the spectrum, this group is a wonderful way to focus on the internalised/female presentation of autism and provides support in fostering new friendships. Topics include: what are autism spectrum conditions and how are autistic girls often different, celebrating autistic strengths and identifying common challenges, how to build and maintain friendships, intimacy, and relationship safety.

**? Sexclusive EdU (14-19 yrs), \$1080:** Sexclusive EdU is a 6-week group that has been designed for autistic teens and aims to provide psychoeducation and safety around intimate relationships and sex, consent, connection, and self-confidence and self-love. Each session will run for 1 hour and will include a 15-minute parent summary for the parents in the last 15 minutes.

**? My Unique Brain (adults), \$2500:** is a 10-week (2 hrs/session) neurodiversity affirming group for diagnosed or self-identifying as autistic adults. The aim of this group is to explore and understand your own unique autistic brains in a safe and affirming space. The group is for female or female-identifying adults. Each session will follow the DSM-5-TR criteria for Autism, exploring how these are uniquely experienced by group members, moving beyond the medical model, and supporting members to an increased self-understanding of their diagnosis.

**? Uniquely U (adults), \$2000:** is a 10-week (1.5hrs per week) group for women (or who identify as women) who are either diagnosed with Autism or ADHD or self-identify as autistic or an ADHDer. This 10-week neurodiversity affirming group explores what it means to be neurodivergent in a neurotypical world. The following topics will be delved into (and more!): nurturing an authentic neurodivergent identity, masking, whether and how to share your diagnosis, the power of your senses and interests, preventing burnout, exploring your social needs so that are meaningful and authentic to you, and exploring Rejection Sensitivity Dysphoria (RSD) and Persistent Drive for Autonomy (PDA). The group will provide an opportunity to meet your fellow neurokins while supporting you to learn more about yourself and relationships with others.

**? Welcome Back U (adults), \$200/session:** is an online (1.5 hrs) **monthly** drop-in group for clients who have completed *My Unique Brain* and/or *Uniquely U* adult groups only. These are drop-in evening sessions and participants can come and go and do not have to commit to ongoing group sessions. Minimum in group is 5, capped at 15. Group will not be scheduled for less than 5 attendees, instead those attendees will go on the list for the following month.

**? Creative Crafts (Primary-aged and Secondary-aged), \$190 for a 2 hour workshop:** is a neuroaffirming craft workshop to support young people creatively and socially. Sessions are capped at 8 people. Fee: \$190 for 2 hours (NDIS rebates are possible)

**please circle which stream interests you:    Primary (Grade 4-6)    or    Secondary**

.....

**Fees**

A deposit of \$500 will be taken upon place confirmation (\$100 for Creative Crafts), with the remaining amount invoiced prior to group commencement.

If you would like to claim rebates through **Medicare**, you will need to obtain a referral from your GP for **Group Therapy** (10 sessions). Please ensure you request the referral for group therapy specifically, as these sessions are in addition to the 10 you receive through a standard mental health care plan for individual therapy. Your rebates will be automatically processed after each group session (\$33.45) if the referral is dated prior to group commencing. If you would like to use **NDIS** funding for group therapy, you will need to contact your plan-manager/support coordinator to enquire around which funding capacity should be used. As the price guideline is \$214.41 for psychology, there is no out-of-pocket cost for sessions.

Please note that fees must be paid upfront prior to the group starting. We will process your Medicare rebate within 2 days of each attended session. If you have supplied your bank account details to Medicare, your rebate should appear in your bank account 24 hours after we process it.

**Group Cancellation Policy:** *Refunds are not possible for change of mind.* Please note that groups are very popular and if you accept a spot you have committed to the 6 or 10 weeks. We are unable to fill any vacant spots once group has commenced.

**Please Complete:**

**PARTICIPANT'S NAME:** .....

**DATE OF BIRTH:** .....

**ADDRESS:**

.....

**PARENT CONTACT DETAILS (for child clients only)**

**NAME:** .....

**PHONE NUMBER:** .....

**EMAIL ADDRESS:** .....

**Payment Terms (please tick one from below)**

I consent to my credit card being charged for the amount stated.

Or

I prefer to transfer payment via bank transfer, which I will make prior to the group commencement date.

**Bank details: Unique U Psychology Pty Ltd**

**BSB: 062-692**

**Account number: 44283133**

**Please sign :**

Name: .....

Parent signature: .....

Date: .....