

Newsletter



Welcome to my seasonal newsletter – a very brief update on things that I find or create that may be of interest to you. For Fall 2024, I have three updates:

Autism in the DSM

First, I have been exploring the diagnostic history of Autism, from the first appearance of the word in 1952, where it referenced a – “childhood type” of schizophrenia, to today, where it is described a spectrum of social communication challenges and pattern of behaviours and interests

Explore the diagnostic journey for autism here:
<https://www.sacreypsychology.com/asd-dx-history>

Stay tuned as I hope to do the same for ADHD this winter!

Motivation – Where Art Thou?

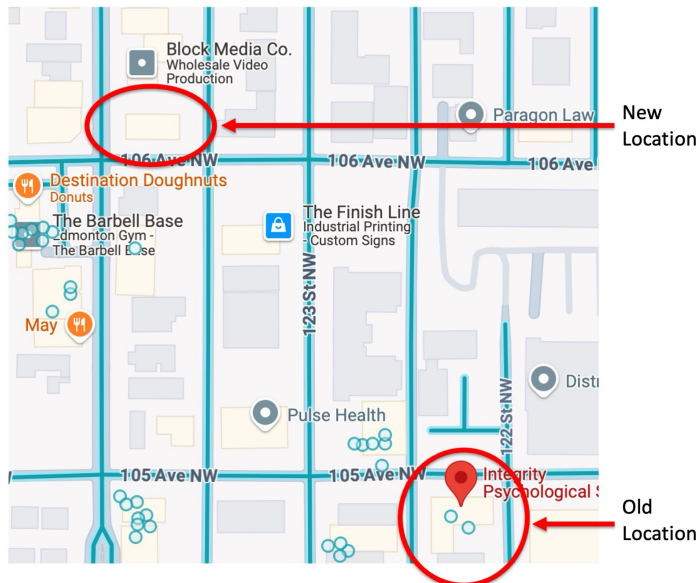
Even if you are not responsible for the predicament you find yourself in, you are nevertheless responsible for pulling yourself through it and out of it

Second, I have been exploring motivation and how to break free of the *sit pit*. I gathered some ideas as presented in the book “How to do Things You Hate by Hollins (2023). I summarized some of the info that explores the idea that a lack of motivation isn’t just laziness – in fact its likely to be due to other things. Read more here:
<https://www.sacreypsychology.com/motivation>

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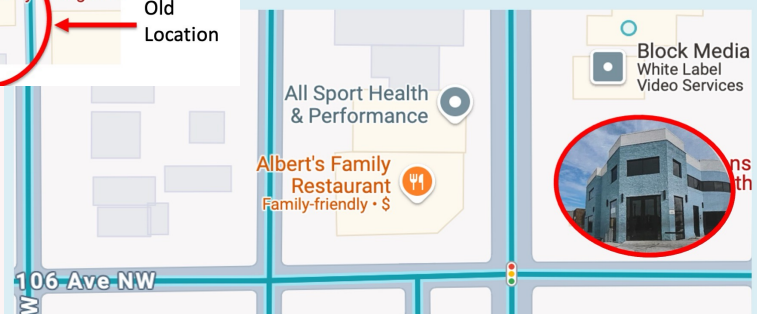
Third, I am moving my location! Its not far from where I currently am. Here is a guide to locate my new place. See you all there come December 1st.

Located at 10609 124 street
Crossroads of 106 avenue and 124 street



We are across the street from Albert's Family Restaurant in the blue powder coloured building

10609 124 street
Crossroads of 106 avenue and 124 street

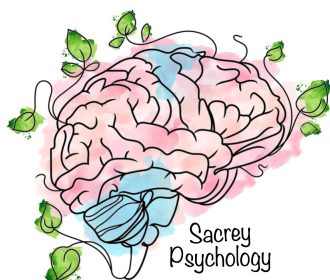


More info:

<https://www.sacreypsychology.com/contact-5>

Entry: Door on north-facing side

Take elevator to right, we are located on second floor inside of Integrity Psychological



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LORI SACREY, MC

www.sacreypsychology.com