

NEURODIVERSITY NOTES

Lori Sacrey, MC

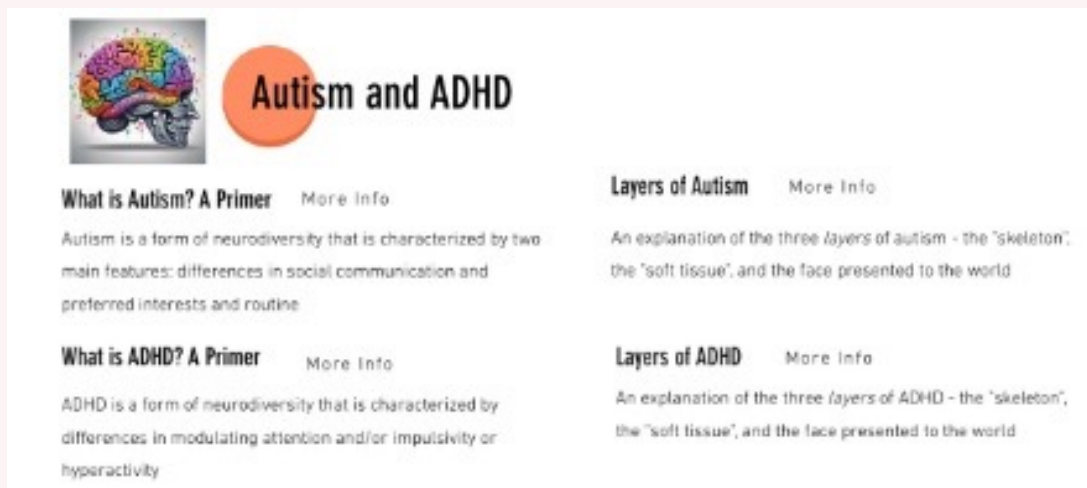


Hello everyone, I am Lori Sacrey! I am a Registered Psychologist in the province of Alberta, Canada. I work primarily with teens and adults who are (or suspect they are) neurodivergent! I do counselling and assessment for Autism and ADHD. Oh, and I have ADHD, too!

To learn more, visit www.sacreypsychology.com

My Website has Been Refreshed!

The neurodiversity information part of my website has been revamped to make it more visually appealing and user-friendly. It is best viewed on a computer - See below for peek at the updates to the layout!



<https://www.sacreypsychology.com/neurodiversity-information>

If there is a topic that you would like to learn more about, please let me know and I can work on developing it and adding it to the site!

WINTER 2025

How do I start a task?

A topic that has come up a lot recently in counselling sessions is finding a way to "push the go button" on starting a task that one wants or needs to get done. I did a deep dive in the literature, including helpful websites, to pull together resources to help understand and navigate task paralysis to help you push go!

TL;DR: Evidence-Based Strategies to Overcome It

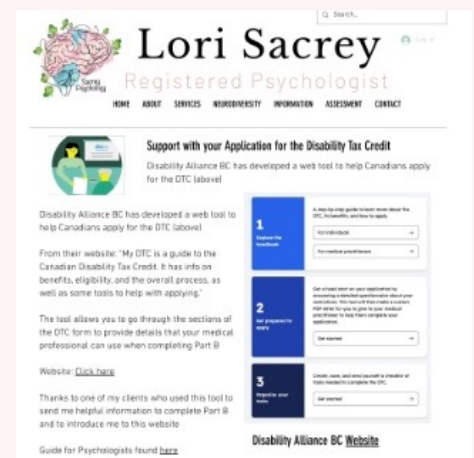
- Name the barrier: Acknowledge it's brain-based, not laziness
- Stimulate your body: Movement, music, cold water, sensory input
- Regulate emotions: Breathing exercises, mindfulness, consistent routines
- Chunk tasks: Break into tiny steps and celebrate small wins
- Redefine success: Focus on starting, not finishing perfectly
- Use timers/routines: Pomodoro method, alarms, time-boxing
- External activation: Work with others, use accountability tools
- Optimize environment: Declutter, create routines, add novelty and rewards
- Reduce friction: Keep materials nearby, find the right challenge level
- Consider medication: ADHD meds may help with initiation

For ALL the details, visit <https://www.sacreypsychology.com/task-paralysis>

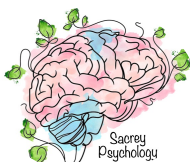
Help with Disability Tax Credit

A client recently told me about a helpful website they came across that helped them compile information to share with their doctor (or psychologist) that they can use to complete Part B of the form.

For links to the Disability Tax Credit, Disability Tax Benefit, and this helpful website, click here: <https://www.sacreypsychology.com/disability-tax-credit>



The screenshot shows the website for Lori Sacrey, a Registered Psychologist. The page features a navigation menu with links for HOME, ADULT SERVICES, NEURODIVERSITY, INFORMATION, ASSESSMENT, and CONTACT. The main content area is titled "Support with your Application for the Disability Tax Credit" and includes a sub-header "Disability Alliance BC has developed a web tool to help Canadians apply for the DTC (labelled)". Below this, there is a section titled "1. Introduction" with a dropdown menu for "My province/territory" and a "Get started" button. A second section, "2. Get your medical history", includes a dropdown for "Get started" and a "Get started" button. A third section, "3. Complete your form", includes a dropdown for "Get started" and a "Get started" button. The page also includes a "Disability Alliance BC Website" link and a "Guide for Psychologists found here" link.



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