



NEURODIVERGENT NEWS(LETTER)

Spring - June 2026

Sacrey Psychology has taken root!

I want to send a grateful thanks to everyone who sent well wishes as I transitioned into my new role and launched Sacrey Psychology!

I am very excited and nervous about the change. I am partnered with two lovely clinicians who also support neurodivergent individuals and we are operating together under the name Working Minds Therapy Collective

You may have noticed that my logo received a fresh update. I would like to shout out my son, Alex, for his helpful, and humorous, feedback during the refresh process.

For example:

Me: "What do you think of this font?"

Alex: "I like that. I mean, I still hate it, but it's better than the other one"



Hello everyone, I am Lori Sacrey!

I am a Registered Psychologist in the province of Alberta.

I work primarily with adults who are (or suspect they are) neurodivergent!



Important Updates:

1. Location details
2. Leaves
3. Pop cultural influences



Location Details

To book an appointment online, copy and paste

https://sacreypsychology.janeapp.com/#staff_member/1

For virtual directions to my new location, College Plaza, copy and paste

<https://www.sacreypsychology.com/visual-directions>



www.sacreypsychology.com



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Upcoming Leave - June 15 - 30th 2026



Please Note

I will be away from June 15 to June 30th 2026
for preventative health care

I will return on July 2nd, 2026

I will be away the last half of June to have a medical procedure for preventative health care.

The procedure is supposed to be relatively easy and smooth to recover from.

I am just holding off on opening my online booking until June 16th in the small chance that an unexpected complication arises. Being neurodivergent, there is a greater than neurotypical chance that this might happen. I am not worried though, and nor should you worry. <3

Pop Culture Influences

I guess I just got lost being someone else
I tried to kill the pain, nothin' ever helped
I left myself behind somewhere along the way
Hoping to come back around to find myself someday

Lately, I'm so tired of waiting for you
To say that it's okay, but tell me

Please, would you one time
Just let me be myself
So I can shine with my own light
Let me be myself
Would you let me be myself?

I'll never find my heart behind someone else
I'll never see the light of day living in this cell
It's time to make my way into the world I knew
And then take back all of these times that I gave in to you
Lately I'm so tired of waiting for you
To say that it's okay

I have been listening to a lot of older rock music, etc (music from my teens, early 20s) and Let Me Be Myself by 3 doors down came on.

I could not help but reflect that this song felt very neurodivergent coded in that the person is describing how they lost themselves (masking) and are waiting for you (society) to say its ok to just be themselves.

Do you know this song? What do you think?

Let Me Be Myself

Song by 3 Doors Down · 2008



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