

Neurodivergent Client Complexity Assessment

Lila Low-Beinart MA LPC, [Divergent Paths Counseling](https://divergentpaths.com), hello@divergentpaths.com

For clinicians, this tool is designed to help you maintain realistic expectations for your clients in order to foster your own well-being. For each trait listed, consider where your client falls along the spectrum; higher complexity is indicated towards the right. Recognizing this complexity empowers you to practice self-compassion, prevent burnout, and avoid the pressure to push for rapid progress, which can inadvertently lead to therapeutic aggression. Remember, greater complexity often necessitates a slower, more deliberate pace – a perfectly acceptable and often more effective approach.

For neurodivergent individuals, this tool serves as a guide to understanding the personal traits and traumatic impacts that might contribute to healing and therapy being a slower or more complex journey. As you explore these, note that higher complexity is indicated towards the right. Acknowledging your own complexity can validate the inherent challenges of daily life, foster self-compassion, and empower you to approach therapeutic work at a pace that genuinely works for you.

Emotional Granularity	0 1 2 3 4 5 6 7 8 9 10	Alexithymia	_____
High Positive Affect Tolerance	0 1 2 3 4 5 6 7 8 9 10	Low Positive Affect Tolerance	_____
Low Giftedness	0 1 2 3 4 5 6 7 8 9 10	High Giftedness	_____
Low Demand Avoidance	0 1 2 3 4 5 6 7 8 9 10	High Demand Avoidance	_____
Low Sensitivity	0 1 2 3 4 5 6 7 8 9 10	High Sensitivity	_____
Comfortable with Vulnerability	0 1 2 3 4 5 6 7 8 9 10	Scared of Vulnerability	_____
Comfortable with Emotions	0 1 2 3 4 5 6 7 8 9 10	Scared of Emotions	_____
Strong Support Network	0 1 2 3 4 5 6 7 8 9 10	Weak Support Network	_____

Total Score: _____