



Divergent Paths

COUNSELING

Boulder Healing Hub
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Lila Low-Beinart's Bio for media and other needs

Lila Low-Beinart MA LPCC (she/her) is a neurodiversity-affirming psychotherapist and owner of Divergent Paths Counseling. She serves neurodivergent folks in the Boulder, CO area, and specializes in working with gender minorities, women/girls, and LGBTQIA+ Autistics, ADHDers, Gifted folks, and highly sensitive people, teens and adults. She walks with clients as they learn to reduce their internalized ableism, recover their capacity to regulate, expand their executive functioning, and foster relationships and supports so they can move from surviving to thriving. She sees clients individually, in relationships, groups, and supports parents/caregivers of neurodivergent children of any age. She is contemplatively trained and believes that all people have the innate wisdom and health they need to re-whole themselves, sometimes with a little help from a therapist.

Lila is also a teacher and trainer on a mission. She speaks at the graduate level, to mental health clinicians, and in the community on the importance of the neurodiversity-paradigm for not just neurodivergent people, but all people. She also speaks on other topics related to neurodivergence.

Lila is an executive function coach, and a meditation, authentic relating, and yoga instructor. She is neurodivergent herself – highly sensitive, autistic and gifted – and a queer, cis woman, former pharmaceutical chemist, and current musician, partner, and friend.