Reclaiming Neurodivergent Stories

A narrative group for neurodivergent people

Participants of the group may be familiar with ideas like:

> *Neurodivergence is a superpower. ADHD and autism are disorders to be treated. Autistic people prefer to not be social. Neurodivergents have exceptional abilities, like creativity. People with ADHD are unfocused and disorganised. And many more…*

Where do these ideas come from? How true or contradictory are these? In which ways do these ideas influence people? Should the ideas be accepted or rejected? What other ideas might deserve to be more visible?

This group is an opportunity to:

- explore and understand the dominant stories about neurodivergence, including stories which have undesirable impact;
- create space for alternative stories and preferred identities which are richer than diagnostic labels or stereotypes;
- contribute to collective knowledge and new understandings about neurodivergence;
- connect with others who may have similar experiences and foster a sense of solidarity;
- collectively make a creative piece that honours neurodivergent preferred stories and identities.

WHEN
Saturday, 10:00 am – 2:00 pm
31 October or 21 November 2026
(English-speaking groups)

WHERE
Minu Kliinik
Ädala 1, 4th floor

GROUP SIZE
4 – 6 people

PARTICIPATION FEE
€30 for the one chosen session
(October or November)

Information about the group is on both sides of the page.

The group will take place in a medium-sized room which has adjustable lighting, soundproofing and flexible seating. Fidgets, sound sensitivity earplugs, sunglasses and other supportive resources are welcomed; some can also be provided.

Snacks, light lunch, hot drinks and water will be provided. Participants are also welcome to bring their own food or drink.

This group is facilitated by **Heldi McCaskill** as part of her narrative therapy training with the Institute of Narrative Therapy (UK). This is her final year project which seeks to collectively witness, document and share stories of neurodivergent people.

To join or ask a question about the group, contact Heldi McCaskill:
heldi.mccaskill@minukliinik.ee
You are also welcome to discuss joining the group with your psychologist or psychiatrist.

Further information about narrative therapy is available on the Minu Kliinik homepage or on the homepages of the Institute of Narrative Therapy (https://www.theint.co.uk/) and the Dulwich Centre (https://dulwichcentre.com.au/what-is-narrative-therapy/).