THRIVE EMERGE

FOUNDATIONAL RESOURCES

Below is a resource list that focuses specifically on how family dynamics influence neurodivergent teen and young-adult development, emotional regulation, anxiety, avoidance, and independence—plus treatment options, family-based interventions, support models, podcasts, trainings, and webinars.

This list is geared toward parents of ND teens/young adults (14–30) and aligns with your work on stuckness, emotional logjams, and family-system change.

FAMILY DYNAMICS, SYSTEMS THEORY, & NEURODIVERGENT DEVELOPMENT

1. Neurodiversity and Family Systems

- *"The Whole-Brain Child" & "No-Drama Discipline"* - Drs. Dan Siegel & Tina Payne Bryson
  - Accessible introduction to relational neurobiology and how parent regulation shapes child regulation.
- *"Brainstorm: The Power and Purpose of the Teenage Brain"* - Daniel Siegel
  - Exceptional exploration of reactivity, motivation, and parent–teen relational cycles.

2. Family-Systems–Focused ND Books

- *"What Works for Autistic Adults"* - Luke Beardon
  - Includes sections on family expectations, communication mismatches, and anxiety reinforcement.
- *"NeuroTribes"* - Steve Silberman
  - Strong historical and systems-level lens on how environments shape ND development.

3. Trauma, Family Patterns & Emotional Regulation

- *"The Body Keeps the Score"* - Bessel van der Kolk
  - Essential for understanding familial trauma loops and dysregulation cycles.
- *"Adult Children of Emotionally Immature Parents"* - Lindsay Gibson
  - Not ND-specific, but excellent for examining intergenerational patterns affecting independence.

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CLINICAL MODELS: FAMILY APPROACHES THAT WORK FOR ND TEENS & YOUNG ADULTS

1. SPACE (Supportive Parenting for Anxious Childhood Emotions)

- Developed by Eli Lebowitz at Yale.
- Focus: **Parents change their own accommodating behaviors**, reducing anxiety-driven avoidance.
- Evidence-based for teens with anxiety, OCD, and shutdown avoidance patterns.
  Website: https://www.spacetreatment.net/

2. Parent–Child Interaction Therapy Adaptations for ASD/ADHD

- PCIT-ASD (for emotional/behavioral dysregulation)
- PCIT-T (for teens)
  Focuses on **parent coaching**, emotional tone, and relational safety.

3. Emotion-Focused Family Therapy (EFFT)

- Helps parents support emotional processing, reduce shame cycles, and disrupt avoidance.
  Applies beautifully to ND young adults with anxiety, self-doubt, or trauma histories.

4. Family Systems–Based Executive Function Coaching

- Models like Peg Dawson & Richard Guare ("Smart but Scattered Teens") integrate **parental scaffolding** and emotional cues.

FAMILY-FOCUSED TREATMENT & SUPPORT OPTIONS

1. Parent Coaching & Family Therapy Programs

- **Ross Greene's Collaborative & Proactive Solutions (CPS)**
  For explosive, inflexible, or anxious ND teens.
  https://livesinthebalance.org
- **Family Systems Therapy**
  Bowenian, Structural, or Emotionally Focused Family Therapy (EFFT) frameworks.
- **Launch-Focused Programs (Transition to Adulthood)**
  Examples include:
  - College Autism Network
  - Neurodiversity Navigation Services
  - Local EF coaching programs
  - Supported Employment & Vocational Rehabilitation programs

2. Residential or Intensive Family-Based ND Programs

- The Dorm (NYC/DC)
- La Europa Academy (emotional dysregulation + ASD features)
- OASIS Transition Programs
- Sheppard Pratt ASD & Youth Transition Services (Maryland)

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PODCASTS ON FAMILY DYNAMICS & NEURODIVERGENCE

1. *The Neurodiversity Podcast* (Emily Kircher-Morris)
Episodes on anxiety, family patterns, emotional safety, and autonomy.

2. *Uniquely Human* (Barry Prizant)
Focus on relational approaches and the role of environment in autistic development.

3. *Beautifully Complex* (Penny Williams)
Specifically for parents of neurodivergent teens; strong content on emotional dysregulation, stuckness, and family roles.

4. *The Explosive Child Podcast* (Ross Greene)
Excellent on conflict, collaborative problem solving, and parent–child relational dynamics.

5. *ADHD Experts Podcast* (ADDitude Magazine)
Frequent episodes on parent communication, motivation, and "launch years."

6. *It's Not About the Nail* (Dr. Eli Lebowitz interviews)
Episodes about parental accommodation and anxiety reinforcement cycles.

WEBINARS, TRAININGS & ONLINE COURSES

1. Yale Child Study Center – SPACE Training
Workshops for parents on reducing accommodation and changing family patterns.

2. ADDitude Webinars
Frequent webinars on:

- Parent–teen conflict
- Launching with ADHD
- Emotional regulation
- Family communication patterns

3. The Autism Society & AANE (Asperger/Autism Network)
Webinars for parents on:

- Anxiety in ND young adults
- Dependency cycles
- Family boundaries
- Parent self-regulation

4. Ross Greene's CPS Online Trainings
Focus on reducing power struggles, shifting from control → collaboration.

5. Jessica McCabe's *How to ADHD* (YouTube)
Episodes on executive function, motivation, and parent–teen communication.

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ACADEMIC / PROFESSIONAL SOURCES

1. Family Accommodation in Child and Adolescent Anxiety Disorders
Lebowitz et al.
Core concept for understanding parental behaviors that reinforce avoidance.

2. "Expressed Emotion" Research in ASD
Studies showing how **parent emotional tone** and **family affect** influence teen functioning.

3. EF, Shame, and Family Reinforcement Patterns in ADHD
Russell Barkley's work on parent–child cycles, EF delays, and emotional impulsivity.

4. Transition to Adulthood Research (ASD & ADHD)

- Paul Shattuck (ASD outcomes & family predictors)
- ADHD long-term studies showing **parenting style → independence trajectories**

SUPPORT COMMUNITIES FOR PARENTS

1. CHADD Parent Support Groups
Local & virtual support for ADHD families.

2. AANE Parent Support Groups
For parents of autistic teens & adults.

3. NAMI Family Support Groups
Relevant for comorbid mood/anxiety challenges.

4. Neurodiversity Affirming Parent Groups (various Facebook groups)
Topics include emotional burnout, launch anxiety, and relational challenges.