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 (15–30+) 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.

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)
- Sheppard Pratt ASD & Youth Transition Services (Maryland)

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.

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.