CLINICAL REFERRAL SHEET · POST-ASSESSMENT & ONGOING

Laury Monk

MA, AMFT #158568

ADHD/ASD therapist offering creative, neurodivergent-affirming therapy online across California

Why assessors, neuropsychologists, and coaches refer to Laury: When adults (18+) or teens (13–17) receive an Autism, ADHD, or AuDHD diagnosis, or hit a wall in top-down talk therapy, they often need a steady, low-demand space to unpack late-diagnosis grief, recover from masking burnout, and build sensory safety. As a matched-neurotype therapist trained in expressive arts and relational frameworks, Laury offers weekly sessions where *words are always welcome, and never forced*.

Accepting New Clients
Zoom (CA)

Strong Referral Fit (Who Thrives Here)

Post-Assessment Integration
Newly diagnosed or self-identified Autistic, ADHD, and AuDHD adults (18+) and teens (13–17).

When Talk Therapy Stalled
Clients who are highly self-aware and could benefit from neuro-affirming, relational therapy.

Burnout & High Masking
High-achieving adults, students, women, creatives, and highly sensitive people (HSP) running on empty.

RSD, PDA & Sensory Overload
Clients needing low-demand, choice-led sessions that honor nervous-system autonomy.

Practice Details at a Glance

Format: 100% Online via Zoom across California

Hours: Monday–Friday, 10:00am–7:00pm PT

Fees: $195 / 50-min individual (self-pay)

Superbills & HSA/FSA: Monthly superbills provided on request for PPO out-of-network reimbursement (coverage depends on plan); HSA/FSA cards accepted.

Consultation: Free 30-minute Zoom consultation for prospective clients and parents of teens.

Outside Clinical Scope (Referred Out)

Neuropsychological testing or diagnostic evaluations, including autism/ADHD assessments (I partner with assessors and refer testing back to diagnostic clinics) · Active suicidality, acute crisis stabilization, or IOP/PHP/inpatient care · Children under 13 · Clients who don't identify as neurodivergent or don't have ADHD/ASD · Couples or family therapy · Occupational therapy · Coaching or behavior-based support, including parent coaching and ADHD coaching · Clients outside California or who need in-network therapy

How to Refer a Client or Connect as Colleagues

1

Client Self-Booking Link
Share **therapywithlaury.com/lets-talk?ref=R** (sends a Zoom booking link immediately for a free 30-minute Zoom consultation).

2

Clinician Warm Handoffs
Book a 30-min Zoom intro chat at **therapywithlaury.com/clinician-chat**

3

Reach Out Directly
hello@therapywithlaury.com
call/text **(408) 413-4395**
Clinician info page:
therapywithlaury.com/for-referrers

Lauren (Laury) Monk, Registered Associate Marriage and Family Therapist, AMFT #158568 · Employed by the Center for Mindful Psychotherapy · Supervised by licensed therapist Lori Crowley, LMFT #121471, LPCC #10892, of ExP THERAPY®