



Therapeutic Groups

All groups are attended via ZOOM. Therapist will keep a waiting list for all groups and will meet when the groups are full. Payton will contact you by email to confirm your registration and start dates.

Group 1: \$30.00 per session

This is a therapeutic open group for adult autistics. The goal of this group is to provide an open space for autistics to receive constructive feedback from both peers and a therapist about current issues disrupting daily activities and thought patterns. This group will meet once a week, with a limit of 10 clients per session. This group is a first come, first served. *Contact Payton for a free 15-minute consultation and registration, to determine your needs and placement in a group.*

Group 2: \$50.00 per session

This is a therapeutic closed group for adult autistics. The goal of this group is to work on communication skills, functional executive skills, relationship skills, and problem-solving skills. This is a 1.5-hour group that will meet once a week for 12 weeks. This group has a limit of 6 clients. *Contact Payton for a free 15-minute consultation and registration, to determine your needs and placement in a group.*





Group 3: \$50.00 per session

This is a therapeutic open group geared for professionals who are seeking advice or skill building techniques regarding autistic clients from a therapist who is autistic. The main purpose for this group is to provide a forum to openly ask an autistic (Payton) any questions you may have regarding therapies and techniques. *Contact Payton for a free 15-minute consultation and registration, to determine your needs and placement in a group.*

Group 4: \$25.00 per session

This is a therapeutic open group for parents and loved ones wanting to expand their knowledge on Autism. Scientific techniques and theories will be introduced to help manage maladaptive behaviors, communication skills, functioning executive skills; along with any trouble shooting that needs to be addressed. This group is for people with young or adult autistic loved ones in their lives. *Contact Payton for a free 15-minute consultation and registration, to determine your needs and placement in a group.*

