

# Tamsin Price-Bateman

## About Me

I am a qualified **person-centred therapeutic counsellor** with a passion for supporting neurodivergent individuals. My work is deeply informed not only by my professional training, but also by my lived experience as an AuDHD adult and as a parent to three neurodivergent children.

This dual perspective allows me to bring empathy, understanding, and authenticity into the counselling space. I understand first-hand the challenges, strengths, and complexities that can come with navigating a world that is not always designed for neurodivergent minds.

I offer a safe, accepting, and non-judgemental environment where you can explore your experiences at your own pace. My approach is grounded in person-centred therapy, meaning I believe you are the expert in your own life. I am here to walk alongside you, helping you make sense of your experiences, build self-awareness, and develop a stronger sense of identity and self-acceptance.

## Neurodivergent Counselling

I specialise in working with neurodivergent clients, both pre- and post-diagnosis. Whether you are questioning, self-identifying, awaiting assessment, or adjusting to a formal diagnosis, I provide support tailored to your individual journey.

Using an “inside out” modality, our work focuses on developing a deeper understanding of your internal world—your thoughts, emotions, sensory experiences, and identity. Together, we explore how these internal experiences shape your interactions with the external world, empowering you to build strategies, self-compassion, and confidence.

## I support clients with:

- Understanding and exploring neurodivergence (Autism, ADHD, or both)
- Navigating the diagnostic process and its emotional impact
- Unmasking and developing an authentic sense of self
- Managing overwhelm, burnout, and sensory challenges
- Building self-acceptance and self-compassion
- Exploring relationships, boundaries, and communication

My aim is to create a space where you feel seen, heard, and understood - without the need to mask or explain yourself.

## Professional Registrations

I am registered with BACP (British Association for Counselling and Psychotherapy) and ISPC (International Society of Psychotherapy and Counselling). I am insured with Holistic Services Insurance.