



UNDERSTANDING AUTISM PODCAST

SHOW NOTES SEASON 2
EPISODE 36



Lila Low-Beinart
Divergent Paths Counseling

[Divergent Paths Counseling](#)
(website)

[*In A Different Key* by Caren
Zucker and John Donovan](#) (book)

[*Neuro Tribes: The Legacy of
Autism and the Future of
Neurodiversity*](#) (book).

[*The Complex PTSD Coping Skills
Workbook: An Evidence-Based
Approach to Manage Fear and
Anger, Build Confidence, and
Reclaim Your Identity*](#) (book).

SEASON 2 EPISODE 36: INTERVIEW WITH LILA LOW-BEINHART OF DIVERGENT PATHS COUNSELING

In this episode we interview Lila Low-Beinart, a licensed therapist in Boulder County, Colorado who specializes in neurodiversity-affirming therapy for sensory neurodivergent teens and adults. With her, we explore the challenges, stigmas, and obstacles that surround the topic of adult independence for neurodivergent people.

- **Introduction: After A Long Hiatus** **0:00 - 6:06**
- Nicole's Cancer Journey
 - Lilia's Upcoming Workshop for Therapists
- **Our Interview with Lila**
- Lila's journey in becoming a neurodivergent counselor **6:06 - 10:55**
 - Lila's view on how her lived experiences shapes her approach to counseling **10:55 - 12:02**
 - Lila's own late diagnosis of autism and it's impact on how she relates to her clients **12:02 - 13:04**
 - The desire for people on the spectrum to live at home vs. the desire to live independently **13:04 - 16:26**
 - The biggest challenges that people face when moving towards independence **16:26 - 20:38**
 - Parents role: supporting their child's mental health and holding them accountable to become independent **20:38 - 21:40**
 - Addressing a parent's own mental health care in caring for their child **21:40 - 22:57**
 - Depression and suicidal ideation and adult independence **22:57 - 28:11**
 - Passive demand for autonomy (PDA) and its role in achieving adult independence in a neurotypical world **28:11 - 38:45**
 - Lila's advice for those seeking to live independently **38:45-41:05**
- **Our Post Interview Reflections** **41:28-1:14:45**