



Dr Tanya Breen

Consultant Clinical Psychologist
Company/University

Bio

With a private practice based in Hamilton but consulting across the country, Dr Tanya Breen is a clinical psychologist specialising in autism, neurodiversity and intellectual disability. In addition to diagnostic assessment and therapy, Tanya often works in cases where neurodiverse people are complainants or defendants in criminal proceedings. Tanya helped write the Aotearoa New Zealand Autism Guideline and is part of the team working to keep it current. Committed to the social model of disability, Tanya prefers to work from a strengths and rights-based perspective.

Formerly passionate about ballroom and Latin dancing, Tanya enjoys e-biking and swimming. For obvious reasons, she is familiar with physiotherapy and excited that a member of her extended whanau is training to become a physiotherapist.

Presentation Abstract

Recognising Neurodiversity

Have you ever had the feeling that you just have not “clicked” with a client? That despite your best efforts, you did not understand each other. Or that regardless of the care you took, their experience of physiotherapy was painful and unpleasant? If you have answered yes to any of these questions, you have probably worked with a neurodiverse person. In this presentation, Dr Tanya Breen will define neurodiversity, describe two common neurodiversities (autism and ADHD), and show how recognising and accommodating neurodiversity will help you become a more effective practitioner.

Workshop Abstract

Neurodiversity Affirming Physiotherapy

Although they try to do their best, many health professionals are challenged when working with neurodiverse clients. They struggle to establish rapport, understand their clients, be understood, and achieve therapeutic goals. In this workshop, Dr Tanya Breen will identify neurodiversity-affirming strategies that will help overcome these problems. By combining Tanya’s psychological knowledge with your physiotherapy expertise, you will leave the session

with practical strategies and easy-to-implement accommodations that will prepare you for more positive outcomes when you next encounter a neurodiverse client.