



Divergent Health

# Team Guide

2024 to 2025



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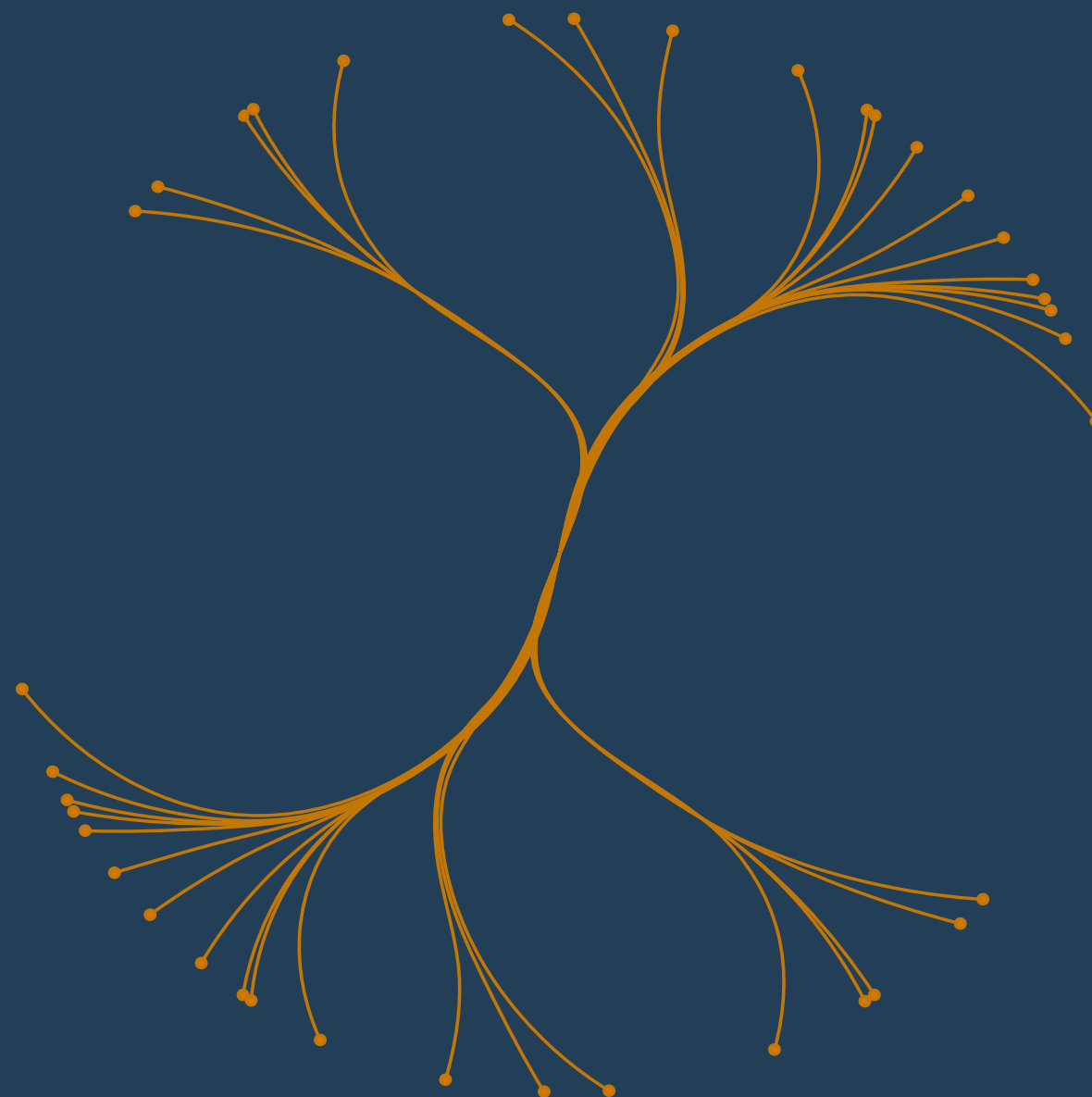
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# Our Mission

## Deliver Therapy with Lived Experience

We are committed to providing therapy based on our deep understanding and lived experience with neurodiversity, offering genuine care that truly resonates with our clients.



## Combat Allied Health Burnout Epidemic

We combat the growing burnout epidemic facing Allied Health professionals in Australia and champion a sustainable work environment that benefits our team and the clients they serve.



# Our Approach

At Divergent Health, we focus on three key pillars: **Neurodiversity Affirmation**, **Evidence-Based Approaches**, and **Client-Centered Support**. These pillars are not just words on a page; they form the foundation of our organisation and are central to the support we provide to our clients and team.

We live a culture of feedback and personal development and are committed to providing the best possible support.

If you need an advocate or support or have questions or comments, please email us at

[contact@divergenthealth.com.au](mailto:contact@divergenthealth.com.au).



## Our Approach

# Neurodiversity-Affirming

Neurodiversity-affirming therapy recognises and respects the diversity of neurological functioning among individuals. It understands cognitive, behavioural, and perception differences are natural variations instead of deficits.

This therapy aims to support clients in understanding and embracing their unique neurocognitive profiles. It advocates for social acceptance and accommodations rather than pathologising or attempting to normalise their differences.

All of our support, whether for Occupational Therapy, Art Therapy, or Speech Therapy, champions this core belief.



## Our Approach

# Evidence-Based

Evidence-based care is an approach to healthcare that incorporates the best available research, clinical expertise, and individual preferences. It involves carefully assessing existing studies and data to guide treatment decisions and guarantee that the therapies provided are proven effective.

At Divergent Health, our team keeps up-to-date with the latest research and incorporates these insights into personalised treatment plans that cater to each client's unique needs and strengths. This approach involves active listening, collaborative decision-making, and continuous feedback from the client to ensure their needs and preferences are met.



## Our Approach

# Client-Led

Client-led care is an approach that prioritises the individual's voice in shaping their treatment and goals and respects them as the primary decision-makers in their healthcare.

We are deeply committed to the principles of client-led care, which is why our Therapy services are designed to respond to our client's needs and adapt our approaches based on their feedback. We foster a collaborative and respectful environment, empowering our clients to lead their therapy processes and celebrate their neurodivergent identities in every aspect of care.





# Our Team

At Divergent Health, our team is a vibrant blend of fully qualified Occupational Therapists, Art Therapists, and Speech Therapists. Each member brings unique expertise and a rich array of perspectives, united by a shared commitment to delivering exceptional care. Our diverse team embodies various beliefs and approaches, enhancing our ability to provide personalised, high-quality therapy tailored to every client's unique needs. Together, we foster an environment where innovation and empathy drive outstanding therapeutic outcomes.





# Nicole Foote

**SPA REGISTERED**  
**SPEECH THERAPIST**

Nicole holds a Bachelor's degree in speech pathology from the University of Newcastle. She is particularly interested in neurodivergent therapy and incorporates her clients' interests into therapy sessions. This approach fosters a positive learning and development environment, helping her connect with her clients personally.

Nicole prioritises accessibility in therapy by understanding and accommodating each client's diverse needs. Her commitment to inclusivity is a testament to her understanding of the needs of neurodivergent individuals and their families.

Nicole is a dedicated speech therapist who is committed to making a positive impact on the lives of her clients. Her innovative approach to therapy, accessibility and genuine care for her clients make her an invaluable asset to the neurodivergent community.



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# Jasmin Laffy

AHPRA REGISTERED

**OCCUPATIONAL THERAPIST AND  
DIRECTOR**

Jasmin is a therapist who identifies as neurodivergent and holds a Master's degree in Occupational Therapy from La Trobe University. With her background in health science and in-depth knowledge of the human body and its functions, she is uniquely equipped to cater to the specific requirements of neurodivergent individuals.

Jasmin founded Divergent Health to provide a welcoming environment for neurodivergent clients and staff and to promote better work health practices to combat the growing burnout epidemic in the allied health industry.

Jasmin's approach to therapy and business is based on the principles of neurodiversity affirmation, which emphasises accepting and celebrating neurological differences as natural variations within the human population. Her passion and expertise make her an influential advocate and ally in pursuing a more inclusive and understanding society.



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# Eloise Sandmann

ANZACATA REGISTERED  
**ART THERAPIST**

Eloise is a skilled art therapist with a degree in Visual Communication from the University of Newcastle and a Master's of Art Therapy from Western Sydney University. For three years, she has worked in private and public adult mental health hospitals, providing mental health support to individuals with neurodivergent conditions and mental health concerns.

Eloise creates a safe space for her clients to express themselves authentically through art therapy. Her approach is compassionate and trauma-informed, tailored to meet each client's needs.

As a registered Art Therapist with ANZACATA, Eloise is dedicated to promoting healing and growth through the power of art therapy. Her qualifications and commitment to her craft testify to her professionalism and dedication to supporting individuals who need mental health care.



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# Sarah Wood

**AHPRA REGISTERED**

**OCCUPATIONAL THERAPIST**

Sarah graduated with an honours degree in occupational therapy from Newcastle University in 2023. Her background in early childhood education and proficiency in musical theatre equips her with empathy, creativity, and understanding for the betterment of neurodiverse individuals.

Sarah's unique skill set allows her to connect with clients on a deeper level, creating a supportive environment for growth and development. She has a special interest in supporting individuals affected by commonly misunderstood disorders such as FND, CFS, and Fibromyalgia.

Sarah's holistic and individualised approach aims to enhance her client's quality of life by addressing the person, not just the symptoms. Her dedication to occupational therapy has made a significant impact, serving as a beacon of hope and inspiration.



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# Yumi

## THE THERAPY DOG

Yumi is a unique blend of a Mini-Poodle's intelligence and a Labrador's friendly nature, creating a remarkable presence in any setting she graces. As she is a mix of two beloved breeds, she carries the best traits of both and becomes an invaluable asset to the workplace. Her calming presence is more than just a soothing influence; it's a beacon of comfort for those facing daily life's stress and anxieties.

Yumi has an innate ability to sense emotions and react with the right balance of enthusiasm and gentleness, which endears her to everyone she meets. Her role is more than a mere pet; she becomes a centre of emotional support, a furry therapist whose presence can lift spirits and foster a more compassionate and understanding environment. In a world where the warmth of genuine connection is increasingly precious, Yumi's role as a comforter and friend highlights the irreplaceable value of animals in our lives.



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