

Our Pledge to You

I understand that trust between us will be built in small moments. I will earn your trust through my actions.

I will treat you and your family with the dignity and respect that you deserve. I'll only use therapeutic techniques that I would consider doing with my own children, friends, and family. I will be thoughtful and respectful in my interactions. I promise that I will not be a part of othering you.

I will be vulnerable with you and hope you feel safe enough with me to do the same. This will be a risk for both of us, but I know it will make our time together authentic and meaningful.

I will allow you in to my heart and I hope to know your heart too. We will truly connect. Connection is what moves this world forward. Connection is a profound human experience.

I will continue to grow and improve so that I can be the best therapist I can be. I will look beyond autism as a way to expand my therapeutic lens. I will continue to read about self-acceptance, attachment, relationships, love, emotion, mindfulness, decision-making, creativity, and all the essential aspects of being human.

Foremost, my clinical decision making will be informed by people living and loving on the autism spectrum. With neurodiverse role models, I will encourage healthy autistic identity.

— Jenny Palmiotto: The Family Guidance and Therapy Center