somenté

where neuroscience *meets* nurture

THE BLUEPRINT PROGRAM · THE DEEP WORK

Every struggle that seems to come from nowhere has a system behind it.

Beyond awareness: a personalised plan, and the independence to use it.

Every complex situation your child experiences has a system behind it. Every meltdown, every shutdown, every struggle that seems to come from nowhere: there is a reason. And when you know which system is driving it, you know exactly what to do.

The Blueprint Program is a specialist-led program that takes you beyond awareness, into the nuanced, interconnected causes behind your child's experience — and out the other side with a personalised plan and the independence to use it.

THREE DIAGNOSIS-SPECIFIC VERSIONS

The Blueprint Program is built around your child's specific diagnosis: ADHD, autism, or AuDHD. Each version is grounded in the distinct neurobiology of that profile — meaning the strategies, sequencing, and tools you work with are calibrated to how your child's brain actually operates. AuDHD is treated as its own neurological profile, not a combination of two separate programs.

WHERE YOU ARE NOW

You understand the why, but the same hard situations keep repeating.

Every professional gives a different answer, and none of them connect.

What worked yesterday fails today, and nobody can tell you why.

WHERE YOU FINISH

You trace any moment back to the exact system driving it.

One integrated, sequenced plan, with a rationale for every element.

You adapt the plan yourself as your child grows. That is independence.

HOW IT WORKS

12 WEEKS · 12 SESSIONS · FOR FOUNDATION GRADUATES · ADHD / AUTISM / AUDHD

The Blueprint Program runs across 12 weeks in four phases — the Blueprint Framework: DISCOVER, DECODE, DESIGN, DEVELOP. Each phase earns the next. The sequence is clinically grounded: you cannot decode what you have not yet mapped; you cannot design a plan without a complete decode; and you cannot develop independence until the plan is built and tested.

Before Session 1, you complete a detailed pre-program questionnaire that Lauren reviews in full — so the program begins with a comprehensive picture of your child already in place. Every session builds toward your Blueprint Document: a complete, written strategy reference built collaboratively across the 12 weeks.

HOW EVERY SESSION IS STRUCTURED: LEARN · DO · BE

Every session moves through three stages. At Blueprint level, you are not starting from scratch. LEARN content is deeper and more specific to your child's profile. DO is where that knowledge becomes a documented strategy — something that goes directly into your Blueprint Document. BE is where it becomes something you can hold in a hard moment without having to think about it. The Blueprint Document is the cumulative output of everything built across all three stages.

THE MILESTONE MAP

Six milestones across four phases, plus two flex sessions allocated to your family's specific needs — twelve sessions in total.

PHASE 1 · DISCOVER

Systems Mapping [2 sessions]

All seven systems mapped for your child: the primary drivers, the contributors, the baseline.

Pattern Recognition [1 session]

Cumulative load, cascade patterns, and your child's fastest route back to nervous system safety.

PHASE 2 · DECODE

Decoding Situations [2 sessions]

Work backwards from the visible moment to the system cascade that was building before it.

Complex Situations [2 sessions]

School demands, conflicting professional advice, and the gaps that are costing your child.

PHASE 3 · DESIGN

The Integrated Plan [2 sessions]

Built with Lauren, sequenced correctly: nervous system first, then sensory, cognitive, behavioural.

PHASE 4 · DEVELOP

Testing and Refining [1 session]

Evidence from your real life, a refined plan, and the independence benchmark.

Two Flex Sessions [1 session each]

Allocated by Lauren to your family's needs: extra decoding, school preparation, or refinement.

WHAT YOU LEAVE WITH

THE BLUEPRINT DOCUMENT

A living reference built across the program: profile, decoded situations, your sequenced plan.

DECODED SITUATIONS

Your child's hardest recurring moments, traced back to the exact systems driving them.

THE INTEGRATED PLAN

Not a list of things to try. A sequenced plan with a clear rationale for every element.

PROFESSIONAL ROADMAP

Who to prioritise on your child's team, what to ask them, and how to sequence their support.

FLEX SESSIONS

Two sessions deployed on Lauren's clinical judgement, matched to what your family needs most.

INDEPENDENCE

Before the program ends, you decode a new situation without Lauren. That is the benchmark.

EVERY RESOURCE IS YOURS TO KEEP

- The Blueprint Document, built across six sections
- Your child's personalised seven-system profile
- Decoded Situation records for your hardest moments
- The Strategy Mapping Worksheet
- Your integrated, sequenced plan
- The professional roadmap and communication plan
- Pre-program questionnaire, reviewed by Lauren in full
- Two flex sessions, clinically allocated

It is not a template with your child's name on it. Everything is built from scratch across the 12 weeks, with your child as the reference point throughout.

PROGRAM DETAILS

FORMAT — 12 x 90-minute sessions via Zoom across 12 weeks, including two flexible sessions that respond to your child's specific needs as they emerge

DELIVERY — 1:1 with Lauren Quirke

PRE-WORK — Detailed questionnaire completed before Session 1 and reviewed by Lauren in full

FREQUENCY — Weekly recommended. Fortnightly available for families who need more implementation time between sessions.

ENTRY — Diagnosis required. Foundation Program completion required — or existing foundational knowledge assessed as equivalent at your discovery call.

VERSIONS — ADHD, autism, or AuDHD — each version built around the distinct neurobiology of that specific profile

SUPPORT — Structured check-in at the start and end of every session — the program adapts as it progresses. Between-session email support throughout. Session recordings included.

IS THIS YOU?

"We've come so far at home. But there are still two or three situations that beat us every time."

"I can read my child now. What I can't always see is what was building underneath all day."

"Every professional sees one piece of my child. Nobody is looking at the whole picture."

WHAT PARENTS OFTEN ASK BEFORE THEY BOOK

This is a significant investment. How do I know it will be worth it?

The more useful question is what it costs not to have this. Every appointment that does not quite get to the bottom of it. Every strategy that works for two weeks and then stops. Every professional who gives advice that does not quite fit your child. Families who have been in the system for a while consistently describe the Blueprint Program as the first time everything connected — not because it replaced everything else, but because it gave them a framework that made everything else make sense.

Will this actually be specific enough to my child, or will it still feel generic?

Everything in the Blueprint Program is built around your child specifically. The pre-program questionnaire Lauren reviews before Session 1. The diagnosis-specific version you enter. The two flexible sessions that respond to what emerges across the program. The Blueprint Document itself, built from scratch across 12 weeks with your child as the reference point throughout. It is not a template with your child's name on it.

We just finished the Foundation Program. Do we need time before starting the Blueprint Program?

Sometimes yes, sometimes no — and the discovery call is the right place to work that out honestly. Some families are ready to move straight into implementation. Others need a few months for the Foundation Program to settle. Lauren will tell you which she thinks applies to your family, and she will not push you into the next step before the timing is right.

YOUR INVESTMENT

FOUNDING FAMILY INVESTMENT

$3,900 + GST

The Blueprint Program methodology is proven across years of direct clinical work; the structured program container is new — and founding pricing reflects that honestly.

Payment plan options are outlined in the separate pricing and payment guide.

HOW TO GET STARTED

01 Book your Discovery Call — 30 minutes. For Foundation Program graduates, a brief check-in to confirm readiness and timing. For direct entry enquiries, Lauren will assess foundational knowledge and fit at this call.

02 Complete your pre-program questionnaire — A detailed questionnaire Lauren reviews in full before Session 1. This shapes everything from your first session forward.

03 Profile Preview Call — Lauren shares her initial observations from your questionnaire before your program begins. You arrive at Session 1 already informed.

04 Begin Session 1 — Your Blueprint Program starts — and your Blueprint Document begins to take shape.

Ready to build your child's Blueprint?

Book your Discovery Call at www.neurodivergentneuroscience.com — no commitment, just a conversation.

ADHD · AUTISM · AuDHD

The Blueprint Program is part of the Mastering the Moments in Between program suite by Somenté.