A close-up headshot of Chelsea Luker, a woman with short, wavy, light brown hair. She is smiling warmly at the camera. She is wearing a sleeveless top with a vibrant, abstract pattern in shades of pink, orange, and blue. A thin necklace with small, light-colored beads hangs around her neck. She is also wearing small, round, white pearl-like earrings. The background is a soft-focus green foliage.

www.connectuspsychology.com

# Chelsea Luker

PSYCHOLOGIST AND AUTHOR

MEDIA KIT

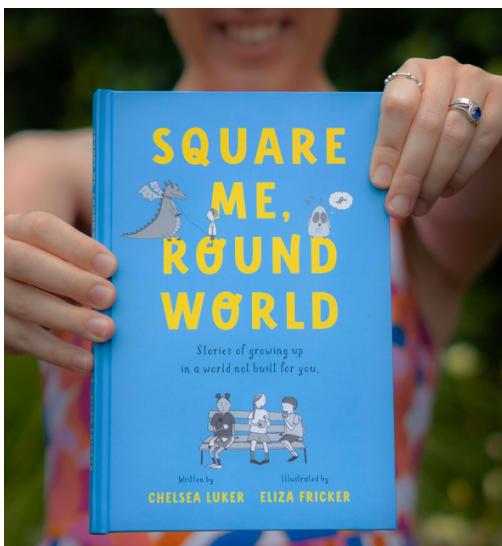
# Hi, I'm Chelsea!

Chelsea Luker is an Autistic/ADHDer psychologist, and is the proud owner of Connect Us Psychology. With a deep-rooted commitment to the Autistic/ADHD community, Chelsea dedicates her professional life to supporting Autistic/ADHD individuals across the lifespan. Chelsea is also a parent to two young neurodivergent children. Drawing from her lived and clinical experience, Chelsea wrote "Square Me, Round World" to provide a deep dive into the lives and minds of Autistic and ADHDer individuals, with the hope that this would contribute to the journey toward an inclusive world where every glittering part of every individual is celebrated and embraced.





## ABOUT THE BOOK



- ✓ "Square Me, Round World" is an illuminating collection of seven short stories that delve into the experiences of those who navigate life feeling like square pegs in a world of round holes. From social challenges to sensory differences, this book aims to foster greater empathy, understanding, and a drive for a more inclusive world.
- ✓ New Release: March 1st 2024
- ✓ 108 Pages
- 6" x 9" Portrait Layout
- Colour Premium
- Hardcover, Paperbook & Ebook
- Suitable for all ages (target age 8-12)

## Book Reviews

“A super valuable text for all kids. This book should be in every classroom, library and clinic.

Neurowild  
(@Neurowild)

“A wonderful, must-read book for every child to help understand and embrace their authentic self, no matter what *shape* they are.

Associate Professor  
Josephine Barbaro

# Why did you write "Square Me, Round World"?

Chelsea's work is based on her hope for a future where society embraces and accommodates neurodiversity. She believes in the profound power of understanding and empathy to bring about social change. Through "Square Me, Round World", she aims to articulate experiences that might be elusive to some, with the intention of fostering dialogues that lead to shared understanding.

Chelsea's mission extends beyond the pages of "Square Me, Round World". She envisions a world where everyone's unique spark shines unencumbered. In a world that often pressures us to fit its moulds, Chelsea is working toward the day when we are no longer required to squeeze our dazzling, sparkly selves into round slots.



## Where can we learn more about the topics covered in "Square Me, Round World"?

Chelsea has written an information guide to accompany "Square Me, Round World", that explores several of the concepts covered in the book (e.g., feeling like you don't fit in, neurodivergent friendships, sensory differences, masking). This can be found on her website: [www.connectuspsychology.com](http://www.connectuspsychology.com). Organisations such as Yellow Ladybugs and Reframing Autism also have some great neurodiversity-affirming content to provide further information on the Autistic/ADHDer experience.



## WHAT WAS CHELSEA'S EXPERIENCE AS A LATE IDENTIFIED AUTISTIC/AHDHER?

Chelsea was identified as Autistic/ADHD at 35 years old. Since this time, Chelsea has had the privilege of connecting with many other Autistic/ADHDer individuals. This has been hugely beneficial in navigating the process of unlearning neuro-normative expectations and learning about the Autistic and ADHD neurotypes. This connection was also what sparked the idea for “Square Me, Round World”, after Chelsea recognised the benefit of shared understanding in healing and building empathy.

## WHAT WOULD HELP PROMOTE AN INCLUSIVE SOCIETY?

Given the significant population of unidentified Autistic/ADHDer individuals, addressing the support needs of only a few is insufficient. Instead, there is a pressing need for systemic changes to create a more inclusive and accommodating world for everyone.



### GET IN TOUCH

If you'd like more information about “Square Me, Round World”, or the services Chelsea offers, she can be contacted via email. Chelsea also maintains social media accounts on Facebook (Connect Us Psychology) and Instagram (@connectuspsychology).

[hello@connectuspsychology.com](mailto:hello@connectuspsychology.com)

[www.connectuspsychology.com](http://www.connectuspsychology.com)

*- Chelsea*