



True Node Therapy Templates

Find your way

I have had multiple folks mention to me that their primary care provider or their mental health professional has never written a letter for accommodation. I decided to make the language that I use available. Clinicians can freely take whatever would work for them, or clients can suggest this language to their provider.

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True Node Therapy

Find your way

To Whom It May Concern,

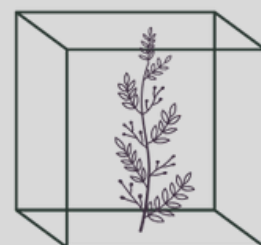
My name is Ruth Spalding, LMSW; I'm a therapist and social worker who owns the practice True Node. [name] receives care from me. Please take this letter as a sign that you should work with [pronoun] to accommodate [pronoun] requests.

Accommodations that are not exhaustive, but should be considered:

- Allow for a more flexible work schedule
- Allowing breaks to rest
- Allow the ability to sit down and rest
- Allow a work from home schedule
- Provide captions, always
- Allow camera off
- Allow chat box participation
- Allow written discussion participation (handwritten or text/typed)

Please consider training management and staff regarding disability and neurodivergence. There are Thriving Autism webinars on my Disability resources page and I also can provide tailored training for your organization.

Ruth Spalding, LMSW
True Node Therapy
contact@truenodetherapy.com
www.truenodetherapy.com



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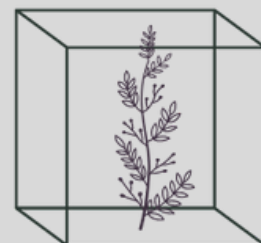
My name is Ruth Spalding, LMSW; I'm a therapist and social worker who owns the practice True Node. [name] receives care from me. Please take this letter as a sign that you should work with [pronoun] to accommodate [pronoun] requests.

Accommodations that are not exhaustive, but should be considered:

- No timed tests (or allow more time for tests)
- Flexible deadlines
- Provide captions, always
- Allow camera off
- Allow chat box participation
- Do not mandate attendance, or flexible participation credit

Please consider changing your curriculum/work setting so that people who are unable to access therapy could complete your course. Many people do not have access to insurance and there is a severe shortage of mental health workers. This means that people have likely failed your course/been fired because they did not have access to a therapist who could write them an accommodations letter. If you would like help understanding disability, feel free to reach out to me.

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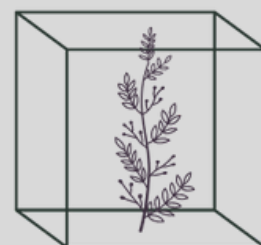
My name is Ruth Spalding, LMSW, and I'm writing regarding [client name] who is a client under my care. I'm a social worker and therapist who owns the therapy practice True Node.

[Name] meets criteria for a disability according to the Americans with Disability Act. [client name] receives mental health benefits from animal companionship. In fact, they help to reduce or even alleviate [pronouns] current symptoms.

It's my professional opinion that [client name]'s companionship with a pet is critical for [pronouns] mental health care. Please grant [client name] an accommodation for living with an animal companion, in accordance with the Americans with Disabilities Act.

Best,

Ruth Spalding, LMSW
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True Node Therapy Forms

Find your way

Therapy is Not a Transaction Form

Disclosures

Release of Information

Consent

True Node LLC

