



A Neurodivergent Speech and Language Therapist at Word of Mouth therapy Ltd

Michele Thompson

What was your first role after graduating?

Working for an independent SLT with a very mixed paediatric caseload. It was a baptism of fire in real-life schools: noisy classrooms, tiny chairs, and learning how to support children and the adults around them.

What does your current role involve?

I run my own independent practice. I work with autistic and ADHD children and young people in mainstream and independent schools, and I also have a clinic where I run Saturday groups. My work focuses on supporting self advocacy, perspective taking, emotional regulation, and helping school staff understand what is happening “under the surface”.

At what stage did you decide which area of the profession to work in?

Within my first two years I noticed that the children I kept thinking about on the way home were almost always autistic. I found their way of thinking genuinely interesting, and I could see how often their differences were misunderstood or dismissed. From there my work became more and more focused on neurodivergent profiles.

What steps did you take to progress from Band 5 to Band 6, and how did you navigate the transition?

I work outside the NHS, so I do not follow the Band system, but the shift from “junior” to “senior” has been about depth. I moved from a very broad caseload to developing specialist skills in autism and social cognition, did a lot of extra training, sought good supervision, and took on complex cases where I had to think hard and justify my decisions.

How have you used CPD and/or networking opportunities to help you progress in your career?

CPD has shaped my whole career. I have completed extensive training in autism, including travelling to the US for a specialist course, and I finished an MSc in Social Cognition in 2024 to deepen my understanding of autistic brains. I am also autistic myself, so lived experience is a constant source of learning.

My advice to students looking to get into my current area of work:

Get really curious about how people experience the world from the inside, not just how they behave on the outside. Read widely, listen to neurodivergent voices, and do not be afraid to question “how things have always been done”.



Contact me: admin@wordofmouth-uk.com

