

ADULT AUTISM ASSESSMENT IN BC

There are a few ways to get diagnosed professionally* with autism in BC:

- Registered Psychologist: this is the most common route to professional diagnosis
- Registered Clinical Social Worker: RCSWs are allowed to assess and diagnose based on the DSM (which includes autism)
- Psychiatrist: some psychiatrists may diagnose adults, but this is very hit-and-miss (more on that in the section below on psychiatrists)

* Self-diagnosis can be as valid as professional diagnosis. Professional diagnosis in adulthood may not always be needed (and in some cases may be detrimental). If you are interested in a step between self-diagnosis and professional diagnosis, we offer an [Adult Autism Screening](#) service.

ABOUT THE RATINGS

A rating is provided for each assessor that reflects their skill at identifying autism in varying presentations in adults (ratings are based on crowd-sourced reports from adults who have been assessed by that individual). If an assessor is “unrated” that just means that I haven’t heard reports on their skills – if you end up being assessed by an “unrated” assessor, please let me know your experience!

★★★	These assessors are skilled at all presentations and seeing beyond the mask. Best for: some screening questionnaire scores are below thresholds high masking all genders “successful” by societal standards
★★☆	These assessors sometimes miss individuals who mask well. Best for: all screening questionnaire scores are above thresholds minimal masking cis males or unmasked cis females
★☆☆	These assessors often miss individuals who mask or who don’t align with traditional views on what autism looks like. Best for: all screening questionnaire scores are well-above thresholds no masking unmasked cis males

Note: Neurodivergent Counselling Services assumes no responsibility or liability for an individual’s experience with an assessor on this list – it is merely provided as an informational document, and the responsibility lies with the individual seeking assessment to ensure the assessor is a good fit for their needs.

Last updated: January 5, 2026

REGISTERED PSYCHOLOGISTS

Wait times can vary widely, and the cost of an assessment can be \$2500 to \$4000. While we make every effort to keep this list current, some assessors may not be currently taking clients for their waitlist or may no longer be assessing adults. If you learn that an assessor on this list is no longer working with adults, please let us know so we can update it. This list may not include all assessors in BC. If you have a different experience to the rating given, please let me know as hearing about your experiences helps keep this list accurate and helpful to other adults seeking professional diagnosis. These assessors are listed in alphabetical order. To book an assessment, you can contact them directly; there is no need to go through your family doctor for a referral. Those that are PDA-aware (Pathological Demand Avoidance) are listed with a  next to their name.

Name	Contact Details	Rating
Dr. Cheryl Ainsworth	Oakhill Counselling & Mediation Services, 2663 James St, Abbotsford, BC, V2T 3L6 604-850-3774 https://oakhill.ca/	unrated
Dr. Kimberly Armstrong	Westcoast Child Development Group, 100 - 1330 West 8th Ave, Vancouver, BC, V6H 4A6 info@childdevelopmentgroup.com 604-732-3222 https://childdevelopmentgroup.com/	★★★★
Dr. Sharon Arnold 	Dr. Sharon Arnold & Associates, 610-220 Brew St, Port Moody, BC, V3H 0H6 admin@drsharonarnold.com 604-492-1699 https://drarnoldandassociates.squarespace.com/	★★★★
Dr. Glen Davies	ABLE Developmental Clinic, 15243 91 Ave #12, Surrey, BC, V3R 9K2 604-584-3450 https://www.ableclinic.ca/contact-us-2/surrey	★★☆☆
Juliane Dmyterko 	ABLE Developmental Clinic, 15243 91 Ave #12, Surrey, BC, V3R 9K2 604-584-3450 https://julianed.ca/ Email Juliane directly for adult assessment intakes: juliane@ableclinic.ca	★★★★
Ryan Doucet 	KS Neuroaffirming Collective, 4009-S 8500 Macleod Trail SE, Calgary, AB, T2H 2N1 778-655-0904 https://www.kerryschroeder.ca/ryandoucet <i>Must be able to travel to Calgary, special rate through WestJet may be available</i>	unrated
Dr. Mandeep Gurm	Dr. Sharon Arnold & Associates, 610-220 Brew St, Port Moody, BC, V3H 0H6 admin@drsharonarnold.com 604-492-1699 https://drarnoldandassociates.squarespace.com/	★★★★

Name	Contact Details	Rating
Dr. Ashley Heiner 	Evaluate, 102 - 850 Harbourside Dr., North Vancouver, BC, V7P 0A3 drheiner@evaluatebc.com 778-997-3441 https://www.evaluatebc.com/	★★★
Dr. Grace Iarocci	Simon Fraser University, Office RCB 7318, Burnaby, BC, V5A 1S6 gjarocci@sfu.ca 604-812-4248 https://www.sfu.ca/psychology/about/people/profiles/giarocci.html	★★★
Dr. Ellen Ivity	Able Developmental Clinic (listed as Richmond-based, but offers virtual assessments) drivity@outlook.com 778-745-6069 https://www.ableclinic.ca/richmond-associates-psychologists/	unrated
Dr. Amanda Morgan	The Neuro-Divergent Team (offers virtual assessments) admin@neuro-divergent.com www.neuro-divergent.com	★★★
Dr. Rashmeen Nirmal 	The Neurodevelopmental Group, Suite 400 - 601 W Broadway, Vancouver, BC, V5Z 4C2 dr.rashmeen.nirmal@gmail.com 778-846-2126 https://www.rashmeennirmal.com/	★★★
Dr. Melanie Parkin	Ascent Psychology, Suite 208 & 209, 103-1st St East, Revelstoke, BC, V0E 2S0 dr.melanieparkin@ascentpsychology.ca 250-837-0966 https://www.ascentpsychology.ca/	unrated
Dr. Kelly Price	104-777 Blanshard St, Victoria, BC, V8W 2G9 info@drkprice.com 250-886-9788 https://www.drkprice.com/ <i>Note: only assesses young adults up to age 25.</i>	★★☆
Dr. Jim Roche	RelatedMinds Educational Services, #501 - 3292 Production Way, Burnaby, BC, V5A 4R4 drjimroche@gmail.com http://www.relatedminds.com/	★★★
Dr. Stephen Rochefort	Vie Psychology, Inc., 3030 Lincoln Ave, Suite 228, Coquitlam, BC, V3B 6B4 stephen@viepsychology.com 604-554-0469 https://www.viepsychology.com/	unrated

Name	Contact Details	Rating
Dr. Adrienne Rombough 	Campbell & Fairweather Psychology Group, 201-6543 Portsmouth Rd, Nanaimo, BC, V9V 1A3 info@cfpsych.ca 250-933-4884 https://www.cfpsych.ca/nanaimo	★★★
Dr. Neeti Sachdeva	Crossroads Collective, 20230 Fraser Hwy, Langley, BC, V3A 4E6 604-532-5340 https://crossroadscollective.ca/	unrated
Robin Swift	Summit Psychology Group, 307 – 625 Front St, Nelson, BC, V1L 4B6 info@summitpsychology.org 250-352-6600 https://www.summitpsychology.org/	unrated
Dr. Pablee Wong	Cognostic, #214 – 3540 West 41st Ave, Vancouver, BC, V6N 3E6 info@cognostic.ca 604-428-1909 https://www.cognostic.ca/	unrated
Dr. Wallace Wong 	Diversity and Emotional Wellness Centre, 185 - 9040 Blundell Rd, Richmond, BC, V6Y 1K3 info@diversitycentre.net 604-961-2347 https://diversitycentre.net/ <i>Note: Dr. Wong often uses psychology interns for his assessments but his interns typically are well-reviewed. So if you are offered a spot with an intern, it should be good too! Dr. Wong also signs off on all assessments done by interns. His waitlist is often shorter than most.</i>	★★★
Dr. David Worling	Westcoast Child Development Group, 100 - 1330 West 8th Ave, Vancouver, BC, V6H 4A6 info@childdevelopmentgroup.com 604-732-3222 https://childdevelopmentgroup.com/	★★★☆☆
Dr. Jodi Yager	Compass Clinic, #302 - 1720 Grant St, Vancouver, BC, V5L 2Y7 info@compassclinic.ca 604-709-3515 https://www.compassclinic.ca/jodi-yager-phd-r-psych/	★★★☆☆
Dr. Soomin Yu	Cognostic, #214 – 3540 West 41st Ave, Vancouver, BC, V6N 3E6 info@cognostic.ca 604-428-1909 https://www.cognostic.ca/	unrated

REGISTERED CLINICAL SOCIAL WORKERS

Registered Clinical Social Workers are legally allowed to diagnose autism. These assessors are listed in alphabetical order. Like Registered Psychologists, you can contact them directly to book an assessment.

Name	Contact Details	Rating
Imogen McIntyre	Lavender Grove Counselling, 402 Pender St. West, Unit 514, Vancouver, BC, V6B 1T6 https://lavendergrovecounselling.ca/services/assessments/autism-assessments/	unrated

EMBRACE AUTISM

[Embrace Autism](#) is one other route to a professional diagnosis, however because the assessor is located in Ontario and is not a registered psychologist, sometimes the diagnosis is not accepted in BC (particularly it won't be accepted for Community Living BC). If you decide to use Embrace Autism and plan to use the results to access post-secondary or workplace accommodations, I recommend checking first with your institution/workplace to ensure that they will accept the diagnosis. One plus of Embrace Autism is that the assessor is Autistic!

Global and Regional Autism Spectrum Partnership (GRASP)

[GRASP](#) is a US-based Autistic and neurodivergent-led non-profit that offers virtual Autism assessments. They also include testing for ADHD, OCD, and PTSD as part of their assessment process. They offer several differently priced packages from \$800 USD and up. Like Embrace Autism, it is best to double-check with your workplace or post-secondary institution to see if they will accept an assessment from a non-BC source.

PSYCHIATRISTS

Psychiatrists are potentially a “free” route to an autism diagnosis in BC (covered by MSP), however this route should come with a warning of “proceed with caution.” Psychiatrists are taught to view autism using a pathological lens and most have no training in adult autism assessment (unless they have specifically sought it out since it's not typically included in psychiatry programs). Because of this, the vast majority of psychiatrists in BC are not skilled at identifying anything other than very obvious “classic” autism (and most will refuse to assess for autism at all). As most late-identified adults are good at masking and consequently may not be easily identifiable as Autistic, trying to get a diagnosis from a psychiatrist may be a negative experience with outcomes ranging from them refusing to diagnose, to receiving a different diagnosis (e.g., Borderline Personality Disorder is a common one), to having your Autistic traits blamed solely on anxiety. If you choose to try this route, be sure to share your [Adult Autism Screening](#) results with your psychiatrist as evidence and be prepared that they may invalidate your Autistic identity.