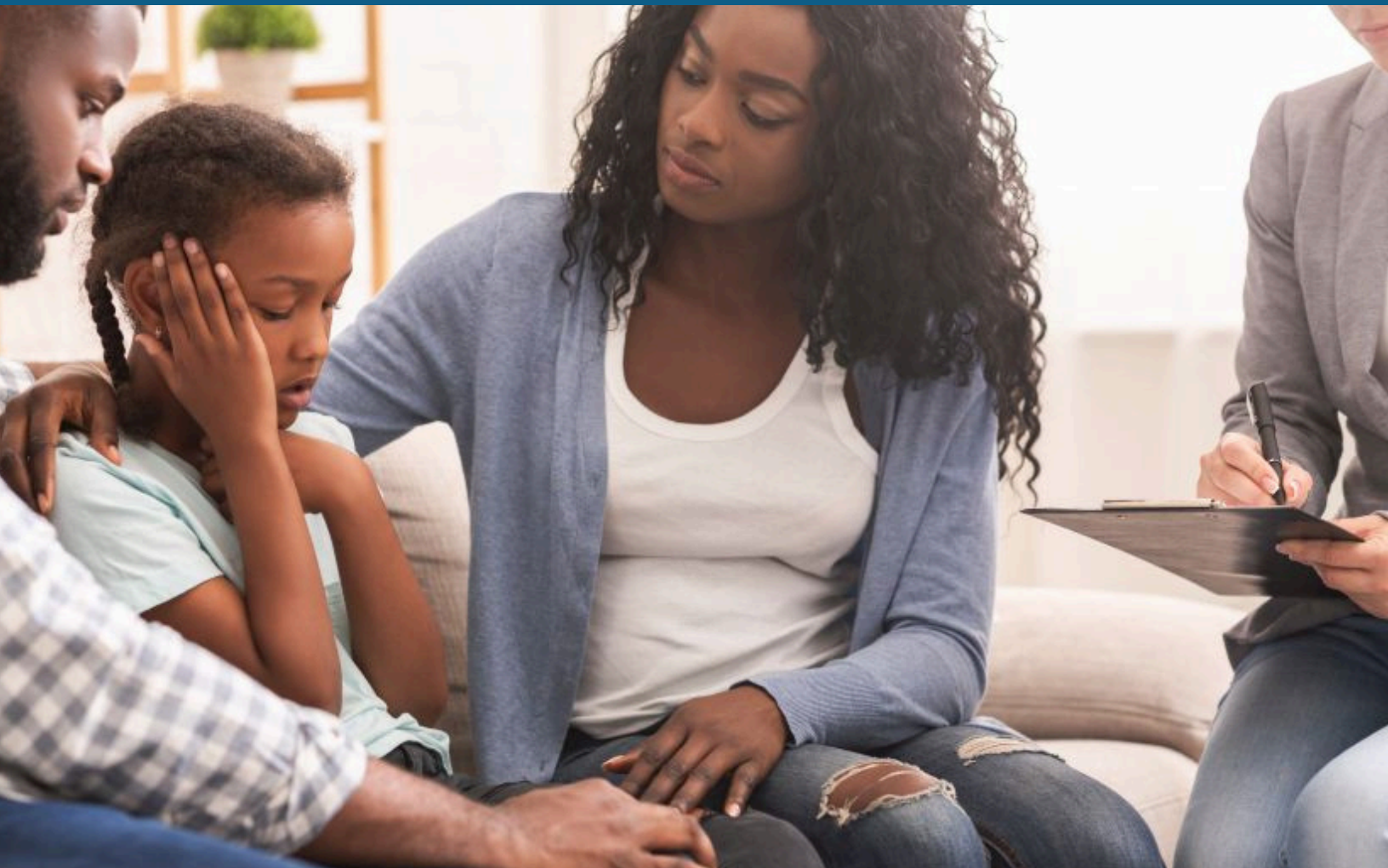


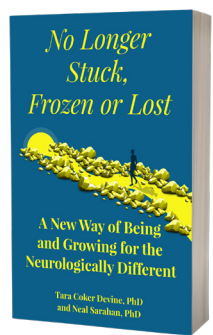
NO LONGER STUCK, FROZEN OR LOST

*A new way of Being and Growing
for the Neurologically Different*

DR. TARA DEVINE & DR. NEAL SARAHAAN



For Immediate Release



9 February 2026

Developmental Psychologists Publish Seminal Roadmap Leading Neurologically Different Individuals to Find Purpose and Connection

Houston, TX

Dr. Tara Devine and Dr. Neal Sarahan release a new book, *No Longer Stuck, Frozen or Lost*, a relationship-based approach to support clients and their families affected by neurological differences. **Most parents have difficulty guiding their Neurologically Different child from panic to purpose; this unique approach affects real growth and sustainable change.** Drawing on over sixty-five combined years of clinical experience, Devine and Sarahan have made it their purpose to work alongside individuals and their families in the ND set and understand the patterns that routinely present as roadblocks to developmental success. The troubling reality for ND individuals is that they have learned to live with these roadblocks and feel lost—failing to connect, failing to secure independence, failing to make meaningful contributions. Panic freezes them and their families into survival mode.

Devine and Sarahan created the Integral Flow Map—the book’s anchoring methodology—to help ND individuals move from panic mode to purposeful living. The map divides the features of human development into four quadrants, with each quadrant streaming into paths toward fulfillment. Each path features sequenced steps that, once visited and practiced, help travelers achieve growth. As with any map, multiple paths exist; what’s important is where you begin and where you want to go. With family and careguides co-creating the path, client partners embark on these journeys toward meaning—together.

Unique Features of the Integral Flow Growth Map©

- Multiple paths toward purpose
- Sustainable growth in areas of competence, independence, belonging, & social purpose
- Articulation of a growth care plan
- Emphasis on pairing individual’s strengths with stretches
- Practice opportunities that support movement & progress
- Alliance of relationships, called “Withness,” to join and support the journey

With the help of this roadmap, ND individuals aren’t just surviving, they’re thriving. From law enforcement officers to poets, from thespians to accountants, ND individuals can carve out independent lives of meaning and purpose.

You can read about many ND individuals’ journeys from surviving to thriving in *No Longer Stuck, Frozen or Lost: A New Way of Being and Growing for the Neurologically Different*.

Book Launch, Panel Talkback, and Q&A

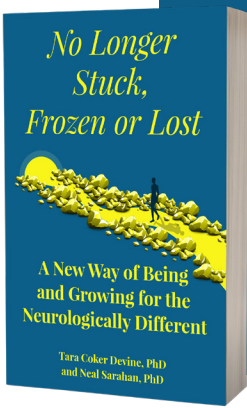
featuring Tara Devine, Ph.D.; Neal Sarahan Ph.D.; Marty Webb, Ed.D., Colleen Russo, Exec. Dir. of The Hub Houston

The United Way of Houston

Gathering and Light Bites

March 5, 2026

6–7:30 PM



About the Authors

Dr. Tara Devine is a developmental psychologist and licensed therapist specializing in resilience, lifespan neurodevelopment, and positive growth through life's challenges. She holds a Ph.D. in Human Development and has worked with children, adolescents, and adults in hospitals and schools in mental health settings across the country. Dr. Devine is the co-founder of Integral Flow, LLC and co-creator of the Integral Flow Growth Map. She currently leads the Neurodevelopment Center of Greater Houston.

Dr. Neal Sarahan is one of ten children, three with developmental differences, and is married into a family shaped by similar experiences—roots that inform a 45-year career in leadership, education, and mental health advocacy across the US, Guatemala, and Mexico. Dr. Sarahan holds a Ph.D. in Applied Developmental Psychology and has served many non-profits supporting the ND community, including NAMI, the Monarch School and Institute, and the Brookwood Community. Currently, his leadership shapes programming at Houston Galveston Institute and 811 Housing Corporation.

For press and media inquiries contact: drtara05@gmail.com

Available for immediate purchase on Amazon and at www.neurodevelopmentcentergh.com

The Neurodevelopment Center of Greater Houston
4203 Montrose Blvd, Suite 290
Houston, TX 77006

No Longer Stuck, Frozen or Lost

**A New Way of Being
and Growing for the
Neurologically Different**

Tara Coker Devine, PhD
and Neal Sarahan, PhD

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Authors Tara Devine, PhD & Neal Sarahan, PhD

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BOOK LAUNCH & PANEL Q&A

Thursday, March 5
6–7:30 PM
UNITED WAY OF GREATER HOUSTON



"A must-read for parents, educators, clinicians,
and anyone touched by neurodiversity."



ABOUT US



Tara Devine, PhD

Dr. Devine is a developmental psychologist and licensed therapist specializing in resilience, neurodevelopment, and positive growth through life's challenges. She holds a Ph.D. in Human Development from Fielding Graduate University and advanced degrees in marriage and family therapy and psychology. Dr. Devine has worked with children, adolescents, and adults in hospitals, schools, and community settings across Maine and Texas. She founded Resilience, Inc. to expand access to mental health care for underserved families and later served as Director of Therapeutic Services at The Monarch Institute for Neurological Differences. Dr. Devine is the co-founder of Integral Flow, LLC and co-creator of the Integral Flow Growth Map. She currently leads the Neurodevelopment Center of Greater Houston.



Neal Sarahan, PhD

Dr. Sarahan is one of ten children, three with developmental differences, and is married into a family shaped by similar experiences—roots that inform a 45-year career in leadership, education, and mental health advocacy. He has held senior roles including Co-Director at Integral Flow, Executive Director of NAMI Greater Houston, Program Director at the Monarch School and Institute, and Founder of residential programs at the Brookwood Community and Monarch Institute. His work spans launching school-based enterprises and developing schools and residential communities across the US, Guatemala, and Mexico. Dr. Sarahan holds a PhD in Applied Developmental Psychology and serves on multiple nonprofit boards.

FROM PANIC TO PURPOSE

"When people are lost, panic freezes them and their families into survival mode. Most parents have difficulty guiding their Neurologically Different child from panic to purpose; our unique approach allows families to locate available growth paths for sustainable change."



the challenge

The troubling reality for neurologically different individuals is that many have learned to live with the looming presence of constant failure: failure to connect, failure to secure independence, failure to make their own contributions to service and care.

from panic to purpose

DR. TARA DEVINE
& DR. NEAL SARAHAN



no longer stuck, frozen or lost

the work

We know the patterns that present as roadblocks to developmental success, and we've developed a comprehensive roadmap that locates ND individuals on the map. Through practices, reflections, and new patterns of behavior, we clear obstacles and reveal myriad pathways to progress. It's not just a singular way, but many paths to this growth.

"When people are lost, panic freezes them and their families into survival mode. Most parents have difficulty guiding their Neurologically Different child from panic to purpose; our unique approach allows families to locate available growth paths for sustainable change."



THE INTEGRAL FLOW GROWTH MAP

The Integral Flow Growth Map is divided into four quadrants of human development, where our life journeys originate. From each quadrant, paths flow toward fulfillment. With our team as care guides, clients find their current location on the map, then we embark on a personal journey towards meaning—together. As with any map, there are multiple routes. What's important is where you begin and where you want to go.



Drive to Adapt

Paths in each quadrant are loaded with practice opportunities meant to support movement towards any of these outcomes: competence, independence, belonging, & social purpose.

**competence
independence**

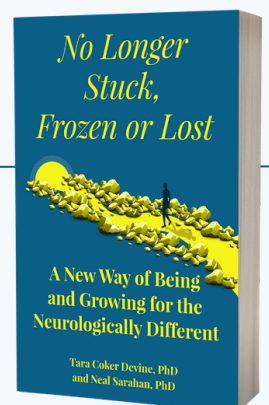
Drive to Attach

Together, we define alliances where client partners and their families join in "witness" alongside one another on the journey.

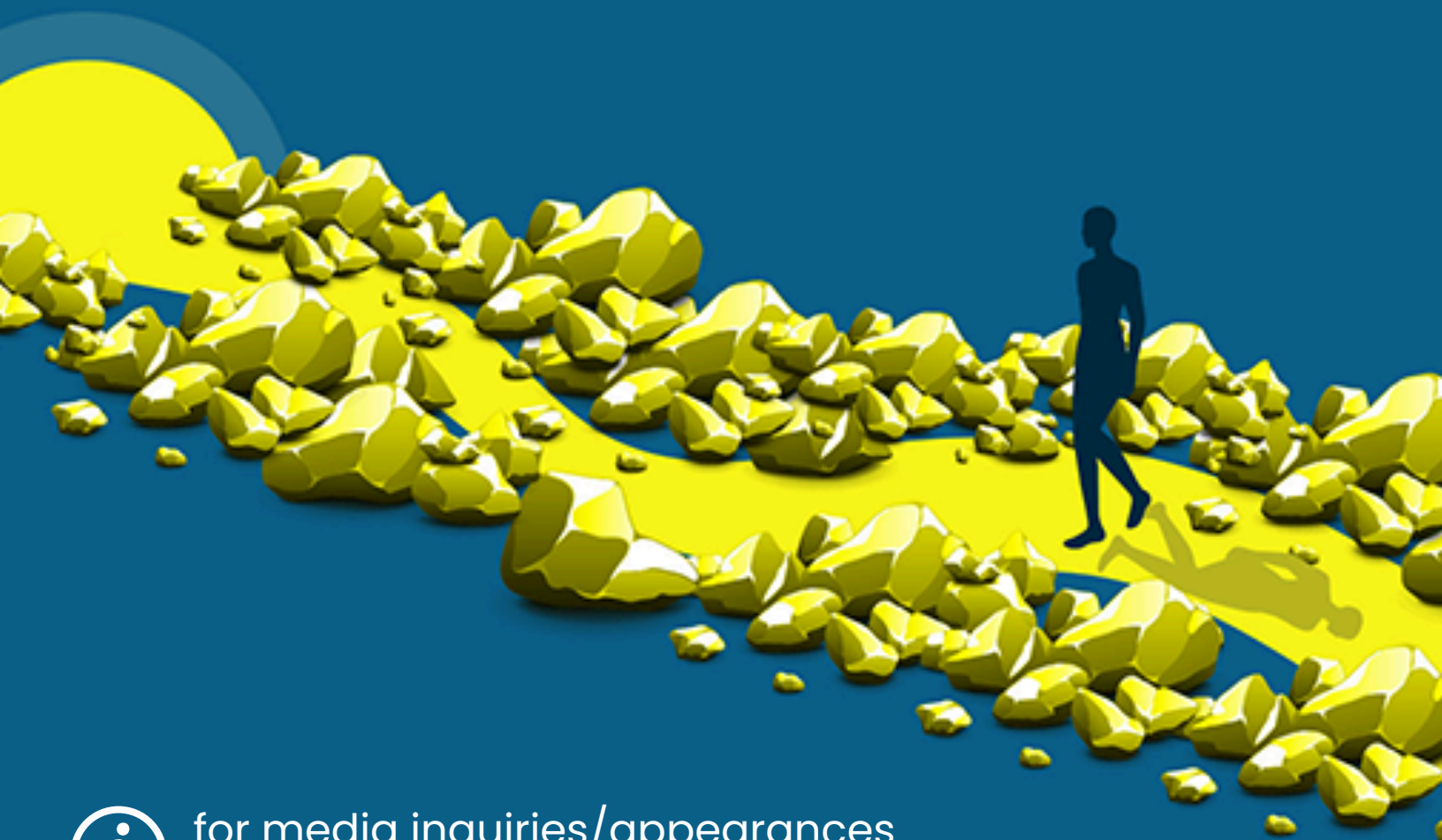
**social purpose
belonging**

what's possible

With these tools and this roadmap, ND individuals aren't just surviving, they're thriving. Sustainable change and real growth is possible. From law enforcement officers, to thespians and accountants, ND individuals can carve out independent lives of meaning and purpose.



You can read about many ND individuals' journey from surviving to thriving in *No Longer Stuck, Frozen or Lost: A New Way of Being and Growing for the Neurologically Different*.



for media inquiries/appearances
contact

Dr. Tara Devine/ Dr. Neal Sarahan
drtara05@gmail.com

www.neurodevelopmentcentergh.com
4203 Montrose Boulevard, Suite 290
Houston, TX 77006