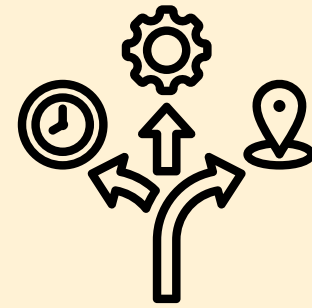


5 Principles for neuroaffirming therapy

Flexibility

- client choice & control
- theoretical approach & modalities
- adaptations & accommodations
- feedback informed interventions

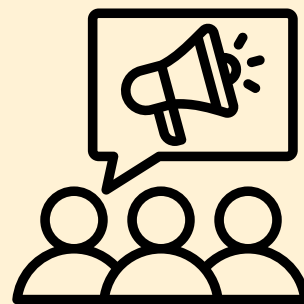


Lifelong Learning

- neurodiversity paradigm
- voices of lived experience
- mental health impacts
 - internalized ableism
 - masking & minority stress
 - complex trauma
 - depression, anxiety, shame

Acceptance

- culture, identities & worldview
- autonomy, strengths & needs
- assumption of competency
- expression of emotion, thought, behavior & communication



Advocacy

- rejection of the pathological paradigm, ableism & oppression
- promotion of inclusion, acceptance & accommodations
- empowerment of advocacy in and outside the therapy room

Genuineness

- critical self-reflection
- compassion for self and others
- safe use of self and disclosure
- humility & non-expert approach

