

Neurodiversity-Affirming Practice Roadmap

This roadmap will help you in adopting a neurodiversity-affirming (NDA) lens in your practice. Follow the map to begin or further your knowledge on NDA practices while engaging in moments of needed self-reflection. These will help in your journey towards becoming an NDA therapist!

1

Start Your Journey To Becoming An NDA Therapist!

Learn about what becoming an NDA therapist means

2

Learn About Preferred Terminology & Language

Learn about key NDA terminology and language

3

Use a Trauma-Sensitive Lens

Learn the distinction between trauma-informed and trauma-sensitive care and what to do

4

Stop Doing, Start Doing & Keep Doing

Reflect on what actions to stop doing, start doing, and keep doing to support your journey

5

Check-In With Yourself

Reflect on personal biases and professional beliefs that get in the way

6

Structuring Your Initial Meeting

Prepare and plan your first meeting with clients using an NDA stance

7

Self-Reflection Prompts

Consider your learning journey by reflecting on your own assumptions and expectations in your practice

8

NDA Practice Checkpoint

Now that you know more about NDA practices, learn how to enact actual change in your own practice

9

Resources

Go through these resources as you continue your journey to practicing in a NDA way

10

End - Celebrate Your Learning Journey & Keep Going!

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