

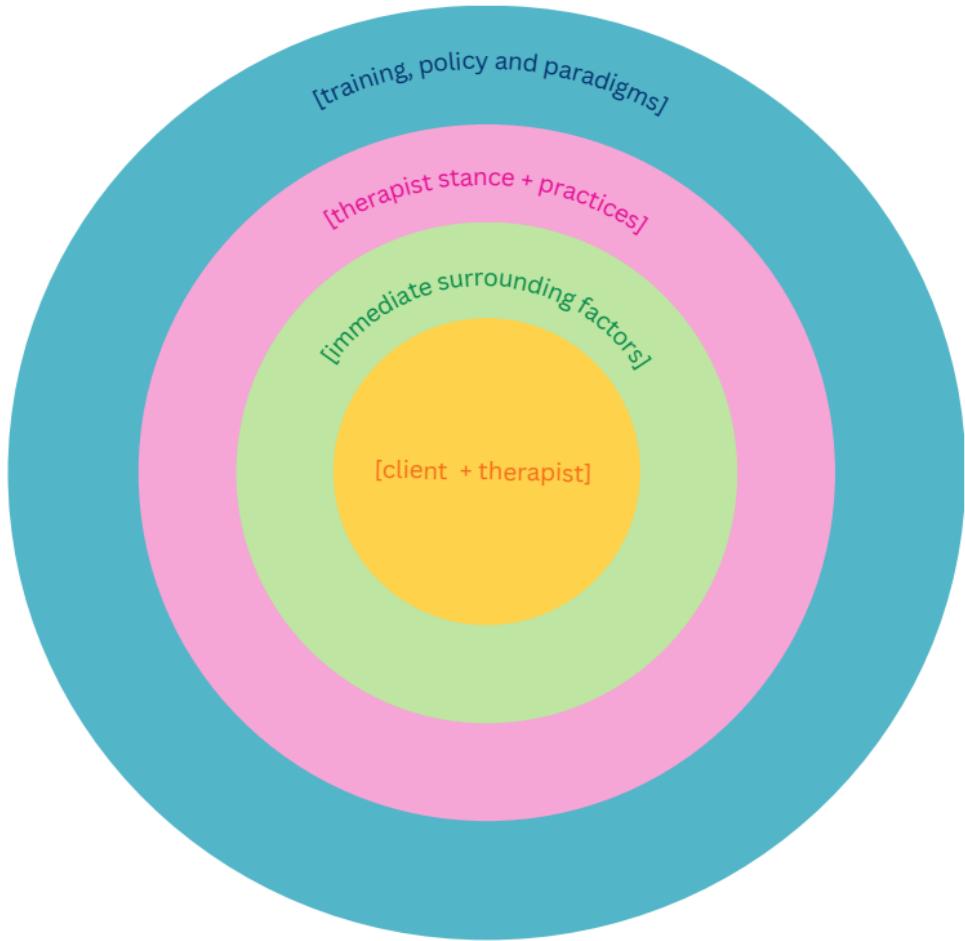
The Neuroaffirming Ecological Framework



Banerjee, Ghosh & Mahesh (2025)

as presented at the **National Conference of Psychology: Bridging Theory and Practice**
organized by *FLAME University, Pune*

My Neuroaffirming Ecological Framework



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Becoming A Neuroaffirming Practitioner

prompts to strengthen a therapist's journey towards becoming neuroaffirming

Foundational Principles

- ❖ How am I shifting from a deficit based, pathologized understanding of my client's experiences?
- ❖ How am I acknowledging the multiple stories within my client's identity and experiences?
- ❖ How am I privileging my client's expertise in the therapeutic journey?
- ❖ How is "progress" defined or questioned in the therapy process?

Assessment & Understanding

- ❖ What informs my intake process? How am I preparing my client for and/or using standardized diagnostic procedures in sessions?
- ❖ How am I exploring the strengths and vulnerabilities of my client and their context?
- ❖ Am I asking about accommodations that my client might need in sessions?

Intervention & Support

- ❖ Is goal setting a collaborative process in my practice?
- ❖ How is communication and processing scaffolded in therapy (eg. pace, language, modalities of expression, etc.)?
- ❖ Is the therapy space (physical and virtual) modifiable as per my client's needs (eg. lighting, temperature, seating arrangements, etc.)?
- ❖ Is my client free to stim/regulate in preferred ways during sessions?

- ♦ How am I sharing power with my client?
- ♦ How am I choosing and introducing intervention strategies and techniques?
- ♦ How am I interpreting and working through “resistance”?
- ♦ How am I balancing “evidence based” knowledge with community backed expertise in our journey?
- ♦ How am I holding space for stories of marginalization and trauma?
- ♦ How am I creating space for unmasking in sessions?

Systemic Advocacy & Support

- ♦ How am I working with my client to advocate for their needs in the spaces they inhabit?
- ♦ How can I invite and integrate influential voices from my client’s context into therapy?
- ♦ How am I working with my client to identify and challenge ableist ideas (within themselves and their context)?

Reflexivity & Growth

- ♦ What are my motivations as a neuroaffirming therapist?
- ♦ How does this influence what I make available to all my clients in my practice?
- ♦ How am I working to identify and challenge biases within my framework of practice?
- ♦ How do I choose to introspect on my work, efforts and needs as a therapist?
- ♦ How am I creating opportunities for my client to give me feedback?
- ♦ How do I work on/assimilate client feedback in my work? How do I seek support?