10 Neurodiversity
Affirming Principles for Therapists***

Julie Roberts, M.S. CCC-SLP, © 2018 - 2022

It's not about compliance, control, normalization, or fixing perceived “deficits”

1. Abandon ABA, IBI, NDBI & all other behavioral, compliance-based, restrictive & controlling approaches.

2. Advocate, validate, accept autistic & neurodivergent diversity in social intelligence.

3. Advocate for & train autistic acceptance (play, perspectives, behavior & social communication differences, sensory needs).

4. Seek to understand behaviors, & make sure these needs are met: communication, sensory environment, supports, barriers.

5. Replace SST with neurodiversity-affirming social communication assessment and therapy***

6. Abandon social skills training goals that shame & lead to autistic masking & poor mental health outcomes.


8. Reject normalization goals that induce trauma, autistic masking, loss of autonomy, personal agency, authenticity.

9. “So who are ‘we’?” A neurodiversity continuum.

10. Conduct respectful, informed assessments; write evidence-based, strength-based reports & empowering goals.