

# ALEKSANDRA MALANSKA

*Neurodevelopmental Practitioner and Neurodiversity Advocate*

## PROFILE

With 27 years of professional experience, I am deeply committed to fostering inclusion and dismantling the barriers autistic individuals face. My work has focused on creating tailored, supportive environments, particularly within the justice system, that respond to diverse needs with empathy and understanding. Alongside my specialist expertise in autism, I am training as a counsellor to further strengthen my ability to provide compassionate, person-centred support. This combination of practice and therapeutic insight fuels my passion for empowering autistic people and informs my advocacy for meaningful change. I firmly believe that embracing neurodiversity enriches every area of society and continue to contribute to policy and practice reforms that improve outcomes for autistic individuals and their communities.

### EDUCATION

#### PG Diploma Autism Studies

Strathclyde University

#### MA Education

Open University

#### MSc Psychology

University of Wolverhampton

Finishing 2026

Councillor in training

### PROFESSIONAL TRAINING

- ADI-R/ ADOS 2 Autism Assessment
- Low Arousal Approach
- Being Trauma Informed Trainer
- Mindfulness Level 5
- CBT for autistic adolescents with depression
- Relational Approach to Behaviour
- Supporting learners with ODD
- Supporting Children with PDA
- Mental Health First Aid
- SCERTS
- Attention Autism
- Intensive Interaction
- LEGO Based Therapy

### EXPERIENCE

#### AUTISM ASSESSOR/ SUPERVISOR

##### The Private Therapy Clinic - March 2024 - to date

- Conduct remote ADI-R and ADOS-2 assessments, adhering to standardised protocols to ensure diagnostic accuracy.
- Compile and deliver comprehensive, evidence-based assessment reports within strict deadlines, integrating clinical observations with assessment data to inform diagnostic outcomes.
- Actively participate in MDT meetings, collaborating with clinicians, psychologists, and other professionals to contribute informed perspectives on autism diagnoses and care planning.
- Provide supervision and mentorship focused on enhancing support strategies for neurodivergent young people, fostering development and well-being through evidence-based approaches.

#### NEURODIVERSITY LEAD

##### HMP Wandsworth - November 2023 - to date

- Conducted comprehensive psychological needs assessments for neurodivergent prisoners, focusing on cognitive, sensory, emotional, and behavioural needs within a custodial environment.
- Administered and scored gold-standard diagnostic tools for autism assessment, including the ADI-R and ADOS-2, contributing to formal diagnostic decisions.
- Delivered psychoeducational training sessions for prison staff to enhance understanding of neurodiversity
- Actively participate in MDT meetings, collaborating with clinicians, psychologists, and other professionals to contribute informed perspectives on autism diagnoses and care planning.
- Carried out environmental audits using neurodiversity-informed frameworks to identify sensory and structural barriers
- Developed and implemented individualised support plans tailored to the psychological profiles and functional needs of each prisoner
- Provided transition and reintegration support, including referrals to community-based psychological and support services, to facilitate post-release adjustment and reduce recidivism risk.

**SPECIALIST  
KNOWLEDGE**

- Safeguarding Vulnerable Adults & Children
- SEND Code of Practice
- Trauma-Informed Approaches
- Low Arousal Strategies
- Restorative Practices
- Cognitive Behavioural Therapy
- DSM-5 diagnostic criteria (Autism Spectrum Disorder, ADHD, other neurodevelopmental conditions)
- NICE Guidelines
- Autism Diagnostic Interview (ADI-R) & Autism Diagnostic Observation Schedule (ADOS-2)
- Sensory Processing frameworks
- Neurodiversity-affirming practice
- Mindfulness-based approaches

**BIGGEST ACHIEVEMENTS**

- Designed and implemented an innovative neurodiversity induction programme for prison officers
- Nominated and awarded for exceptional work in promoting progression for underrepresented groups
- Authored and published impactful work, contributing thought leadership on autism and neurodiversity to professional education and psychology publications.

**NEURODEVELOPMENTAL PRACTITIONER/FOUNDER**

**Caleidoscope CIC - 2019- to date**

- Conduct comprehensive autism assessments using ADI-R and ADOS-2, ensuring adherence to standardised diagnostic protocols.
- Actively participate in MDT meetings, collaborating with clinicians, psychologists, and other professionals to contribute informed perspectives on autism diagnoses and care planning.
- Provide individualised support and guidance to families of neurodivergent individuals
- Deliver specialised LEGO Therapy sessions within community settings to enhance social communication and interaction skills among neurodivergent children and young people.
- Design and facilitate impactful training sessions for parents, educational professionals, and charity sector staff, enhancing awareness and practical skills around neurodiversity and bereavement support.

**NEURODIVERSITY LEAD**

**HMP Bronzefield - April 2022 - January 2023**

- Managed comprehensive neurodiversity assessments for women within healthcare and custodial environments, utilising the ADI-R and Sensory Profiles to identify individual cognitive, sensory, and psychological needs.
- Actively participate in MDT meetings, collaborating with clinicians, psychologists, and other professionals to contribute informed perspectives on autism diagnoses and care planning.
- Conducted in-depth environmental audits in healthcare and residential settings to identify and mitigate barriers affecting the well-being, engagement, and safety of neurodivergent women.
- Developed and implemented a Neurodiversity Induction Program for prison officers, promoting understanding, inclusivity, and evidence-based support strategies to improve care for neurodivergent individuals.

**SEN TEACHER**

**Sunnydown School - September 2020 - May 2022**

- Utilised specialised teaching strategies tailored to diverse learning needs within a special school setting
- Designed and delivered interactive, multisensory lesson plans that actively engaged students and fostered a supportive and inclusive learning environment.
- Provided individualised academic guidance and emotional support, significantly boosting students' confidence and progress
- Collaborated with educators and support staff to develop and maintain a consistent, holistic approach to English instruction, enhancing overall educational outcomes for students with additional learning needs.

**ADULT LEARNING MANAGER**

**The Spires Centre - 2010- 2020**

- Delivered tailored learning programs for marginalised adults, improving engagement and outcomes.
- Fostered an inclusive, respectful learning environment that supported community building.
- Assessed learner progress regularly and adapted programs for optimal results.
- Encouraged ongoing learner feedback to continuously enhance curriculum and teaching methods.