# Aleksandra Malanska

NEURODEVELOPMENTAL PRACTITIONER

ASSISTANT PSYCHOLOGIST | THERAPEUTIC PRACTITIONER

## PROFESSIONAL PROFILE

Aleksandra is an experienced Neurodevelopmental Practitioner with over 27 years of experience supporting children, young people and adults across clinical, educational and custodial settings.

She holds a Master's degree in Psychology and a Master's degree in Education, alongside postgraduate studies in Autism. She is trained in autism diagnostic assessments, including ADOS-2 and ADI-R.

Her work is grounded in a warm, person-centred, integrative and neurodiversity-affirming approach, with a particular interest in autism and ADHD, late diagnosis, identity, emotional wellbeing and supporting neurodivergent women through perimenopause and menopause.

## CORE SKILLS & AREAS OF EXPERTISE

- Autism and ADHD, including late diagnosis
- Neurodivergent identity, masking and self-acceptance
- Anxiety, depression and emotional regulation
- Mindfulness and self-compassion
- Person-centred and integrative therapeutic approaches
- Dialectical Behaviour Therapy (DBT) skills
- Sensory processing and executive functioning
- Play-based approaches and LEGO®-Based Therapy
- Sensory profiling
- Psychoeducation and specialist consultations
- Trauma-informed and neurodiversity-affirming practice

## PROFESSIONAL EXPERIENCE

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| Mar 2024 – Present | **Assistant Psychologist \| Private Therapy Clinic**<br>Autism and ADHD assessments for children, adolescents and adults, multidisciplinary diagnostic work and supervised therapeutic practice supporting emotional and psychological wellbeing. |
| Nov 2023 – Present | **Neurodiversity Lead \| HMP Wandsworth**<br>Specialist support for neurodivergent adults in custody, focusing on neurodevelopmental needs, emotional regulation, psychological wellbeing and individualised interventions. |
| 2019 – Present | **Neurodevelopmental Practitioner \| Caleidoscope CIC**<br>Providing psychoeducation, specialist consultations, LEGO®-Based Therapy and sensory profiling, supporting autistic and ADHD children and their families. |
| Apr 2022 – Jan 2023 | **Neurodiversity Lead \| HMP Bronzefield**<br>Supported neurodivergent women in custody, addressing sensory, emotional and psychological needs through individualised, trauma-informed approaches. |
| Sept 2020 – May 2022 | **SEND Specialist \| Sunnydown School**<br>Supported autistic and neurodivergent adolescents with emotional wellbeing, social communication, self-confidence, independence and individual learning needs. |

## EDUCATION & QUALIFICATIONS

- MSc Psychology – University of Wolverhampton
- MA Education – Open University
- Postgraduate Studies in Autism – University of Strathclyde
- Counselling Training – BACP-accredited course

## SPECIALIST TRAINING

- ADOS-2 – Autism Diagnostic Observation Schedule
- ADI-R – Autism Diagnostic Interview–Revised
- Young DIVA-5 – ADHD Diagnostic Interview
- Dialectical Behaviour Therapy (DBT) Skills
- LEGO®-Based Therapy
- Mindfulness Teaching
- Trauma-Informed Practice
- Low Arousal Approach

## PROFESSIONAL MEMBERSHIP & DEVELOPMENT

- Member of the British Psychological Society (BPS)
- Regular individual and group clinical supervision
- Continuing professional development in psychology, counselling and neurodevelopmental practice

**Languages:** English and Polish