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# 2025 Festival of Psychology

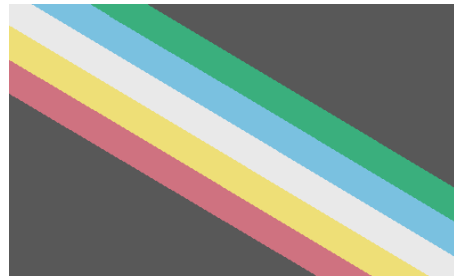
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Integrating Lived Experience of Disability  
with Modern Psychology Practice

Liel Bridgford - Proud disabled Psychologist  
(she/they)



# Acknowledgement



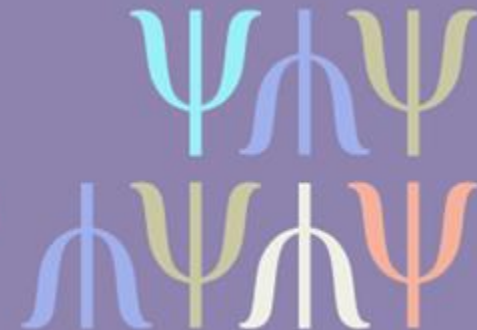
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# Content

1. Redefining disability
2. Social model of disability
3. A new way of practice



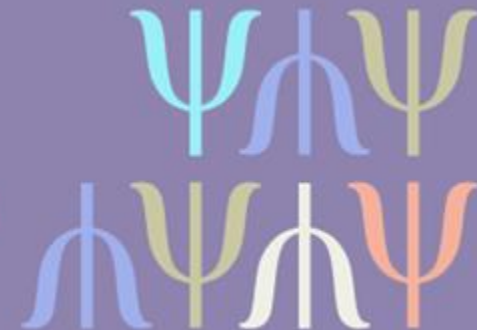
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Let's start with you



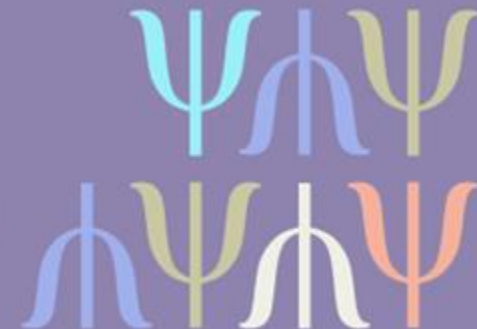
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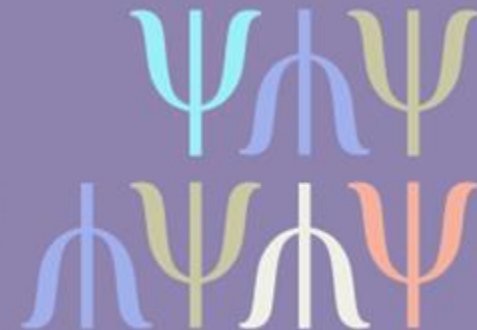
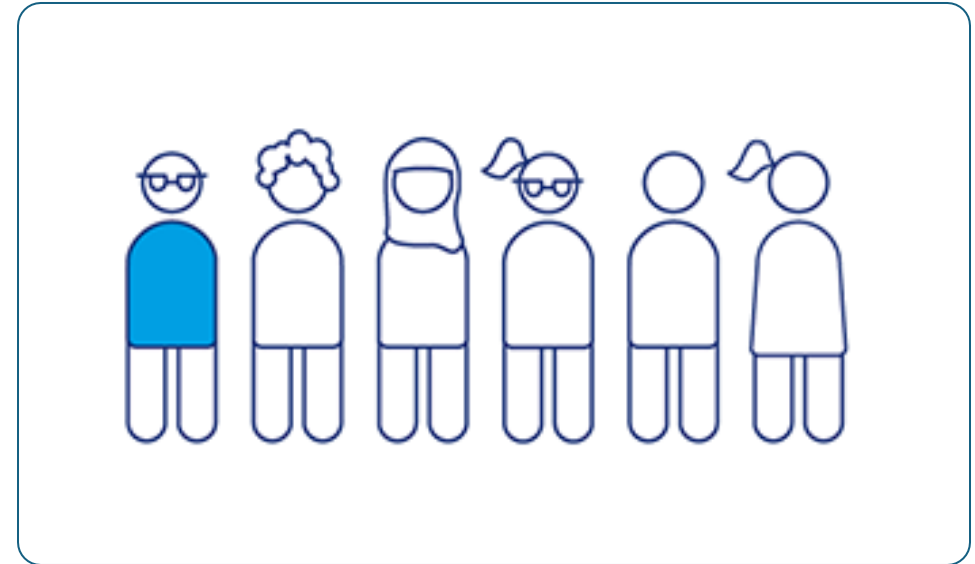
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## 1- Redefining disability

- Disability in medical world vs disability community
- 1 in 6
- Types and duration
- Disability as a human experience
- Disability as a cultural and historical phenomenon



# Lived Experience

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- First-hand experience of disability
- Silenced perspective
- UN convention on the rights of persons with disability
- Benefits
- New Code of Conduct



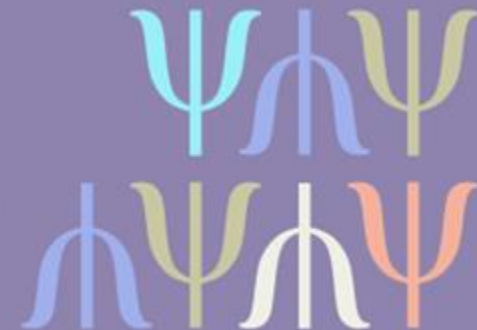
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## 2- Social Model of Disability

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- Impairment vs Disability
- Disabled people as oppressed in society
- Disability is structural and public
- Professionals like us as contributors or cause of oppression



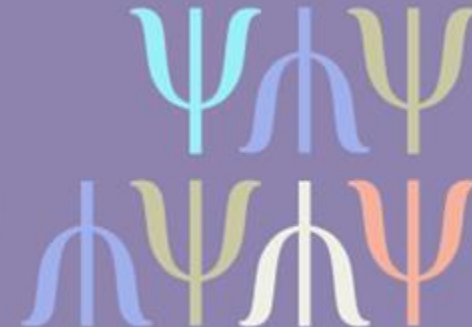
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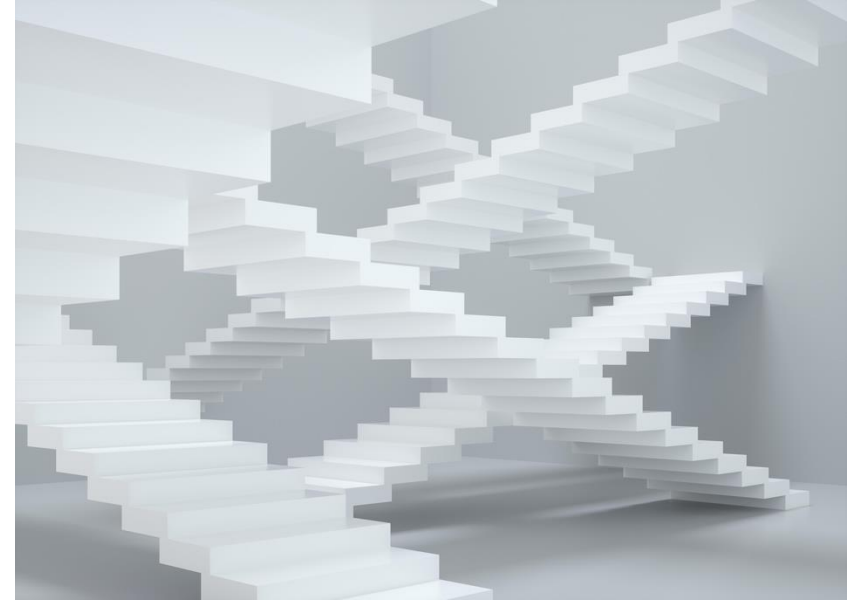
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# Ableism & Internalised Ableism

- Ableism: social issue
- Internalised ableism: individual experience that stems from the social issue



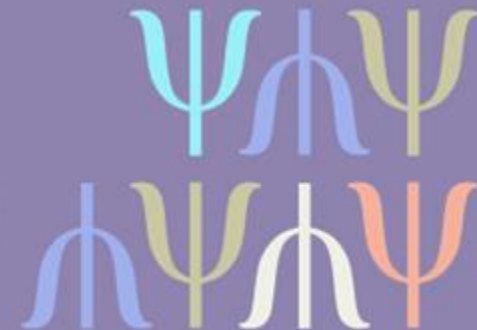
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## Activity - 'Stacy': your client or colleague



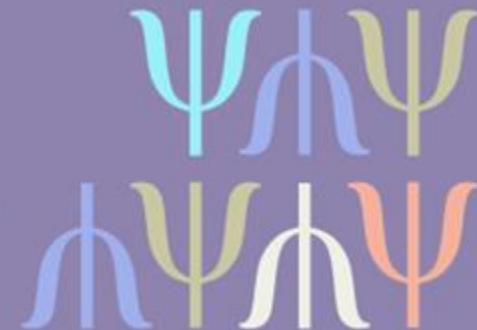
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## 3 – A New Way of Practice

- Our role as allies and advocates
- Your internalised ableism
- Co-design



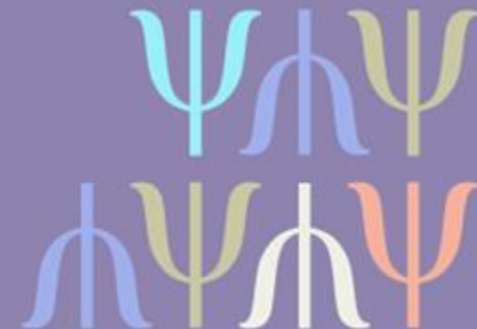
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## ‘Pathology’ vs Neurodiversity

- Be mindful of pathologizing
- Remember co-design
- Be open to your clients’ perspective
- Hold diagnostic labels lightly



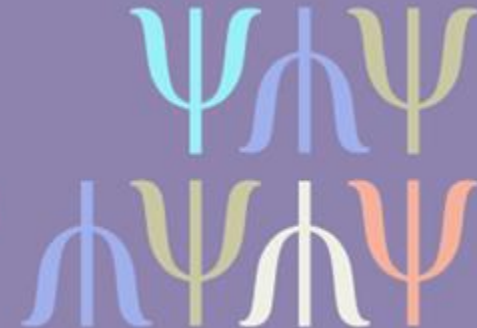
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# Inclusive practices

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- Disability and language
- Physical spaces
- Engagement methods
- Attitudes



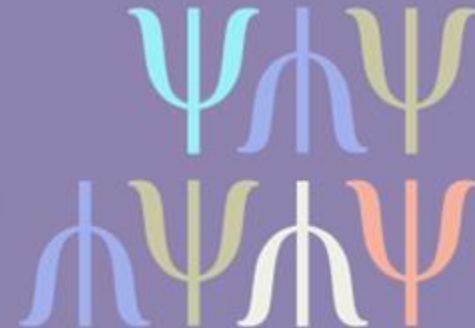
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# Integration – what could this look like in your practice?

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Involve	•disabled people to consult on the accessibility of your practice
Ask about	•Ask about accessibility needs
Avoid	•Avoid penalties for accessibility needs such as telehealth
Provide	•Provide alternative options for increased access
Offer	•Proactively offer accessible ideas and norms
Have	•Have fidget toys around
Ask about	•Ask about language
Learn	•Learn from disabled people
Learn about	•Learn about ableism
co-design	•policies, treatment plans & formulations
Rethink	•what is 'normal' 'acceptable' and 'helpful'
Prioritise	•Accessibility and inclusion



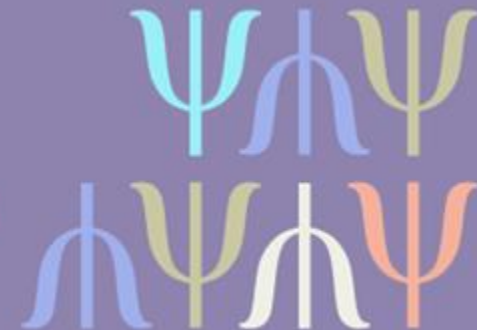
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## Resources

- Voice at the table: <https://voiceatthetable.com.au/>
- Walking the Talk: [https://www.arts.unsw.edu.au/sites/default/files/documents/DSARI\\_5.pdf](https://www.arts.unsw.edu.au/sites/default/files/documents/DSARI_5.pdf)
- First Peoples Disability Network: <https://fpdn.org.au/>
- Our Site: <https://oursite.wwda.org.au/lead-and-take-part>
- Women with Disabilities Victoria: <https://www.wdv.org.au/>
- <https://www.youtube.com/watch?v=vbmHHBuKvCg>
- <https://www.vic.gov.au/co-design>
- <https://www.ndwomanpod.com/>
- <https://www.autistichoya.com/p/ableist-words-and-terms-to-avoid.html>



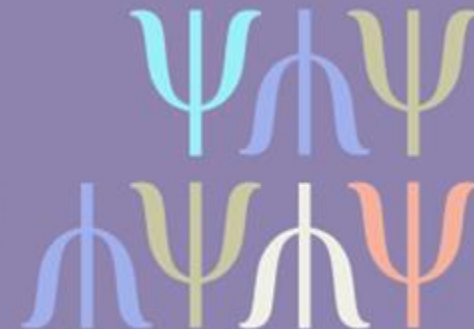
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# Q & A

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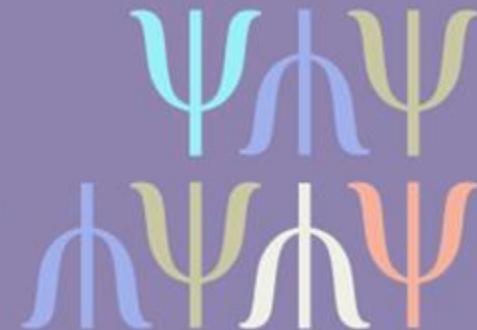
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# Thank you! Stay in touch

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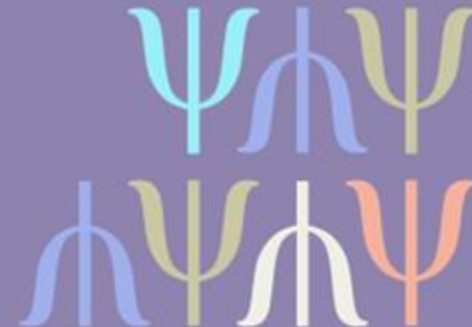
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