



Finding the **Right Support:** A **Quick Guide** for Practitioners

How to use this guide:

- 1 Chose the Feature and notice which one sounds most like your day-to-day work.
- 2 Pay attention to what you're carrying right now (emotionally, ethically, and practically).
- 3 Choose the support space that matches that load—and feels like it would give you the most breathing room.

If you're still unsure, it's completely normal to feel drawn to more than one—book an exploratory call with NeuroTribe UK and we'll help you work out what fits what you need most.



Clinical Restorative Supervision

(Therapists, Coaches, Youth Workers, Social Workers)

FEATURE

CORE PHILOSOPHY

Centred on the **whole person of the practitioner**, honouring the emotional and systemic impact of client work—not just the case file.

PRIMARY GOAL

Supports practitioners to process the **systemic, emotional, and ethical weight** of clinical work and build sustainable somatic resilience.

ETHICAL DRIVE

Essential for **ethical, safe, and attuned clinical practice**, ensuring practitioners remain resourced enough to serve vulnerable clients.

PRIMARY FOCUS OF THE WORK

Engaging with trauma, neurodivergence, intersectionality, organisational dynamics, and therapeutic relationships.

ROLE OF LIVED EXPERIENCE

Present and important—many clinicians are drawn to the work through personal or intergenerational experiences of marginalisation or trauma.

KEY OUTPUT/ OUTCOME

Strengthened capacity for **culturally responsive, ethically reflective, and sustainable clinical practice**.

THE “CASE” EQUIVALENT

The impact of the **client story**, clinical material, and relational dynamics on the practitioner’s mind, body, and emotional world.

FEATURE	<h2 style="text-align: center;">Restorative Reflective Practice for Mission-Driven Leaders</h2> <p style="text-align: center;">(Social Enterprise Founders, Managers, Organisational Leads)</p>
CORE PHILOSOPHY	<p>Centred on the whole person of the leader, recognising the strain of holding a mission, steering a team, and absorbing systemic pressure.</p>
PRIMARY GOAL	<p>Offers a protected space to metabolise leadership stress, systemic barriers, and burnout, allowing leaders to stay grounded and effective.</p>
ETHICAL DRIVE	<p>A foundation for long-term mission sustainability, protecting the integrity and wellbeing of those driving social change.</p>
PRIMARY FOCUS OF THE WORK	<p>Navigating structural inequity through leadership, supporting teams, shaping culture, and holding a mission through adversity.</p>
ROLE OF LIVED EXPERIENCE	<p>Central—most mission-driven leaders operate from personal lived experience, which shapes the vision and the emotional load.</p>
KEY OUTPUT/ OUTCOME	<p>Renewed clarity, stability, and resilience, enabling leaders to innovate, strategise, and sustain the mission without burning out.</p>
THE “CASE” EQUIVALENT	<p>The impact of the mission, beneficiaries, team relationships, and systemic pressures on the leader’s wellbeing and decision-making.</p>

Restorative Reflective Practice for Social-Justice Practitioners

(Facilitators, Civil Rights Lawyers, Human-Rights Advocates, Teachers, Community Workers)

FEATURE

CORE PHILOSOPHY

Centred on the whole person engaged in justice work, acknowledging the emotional, political, and relational load of confronting inequity directly.

PRIMARY GOAL

Provides a restorative container for those navigating moral injury, vicarious trauma, community conflict, and the personal toll of rights-based advocacy.

ETHICAL DRIVE

An ethical necessity for sustaining those who challenge oppression, protect rights, teach, advocate, and facilitate—often with little institutional safeguarding and sometimes with high personal risk.

PRIMARY FOCUS OF THE WORK

Working at the frontline of inequality, conflict, crisis, marginalisation, or legal/educational injustice—often within adversarial or under-resourced systems.

ROLE OF LIVED EXPERIENCE

Often profound—practitioners frequently advocate for communities they belong to, bringing depth and authenticity, while increasing emotional vulnerability.

KEY OUTPUT/ OUTCOME

Sustained ability to advocate, educate, organise, challenge injustice, and hold boundaries, while staying connected, grounded, and supported.

THE “CASE” EQUIVALENT

The impact of community experiences, systemic injustice, classroom or courtroom dynamics, and rights-based struggle on the practitioner’s emotional and nervous system.