



Principles for Good Practice: Social Anxiety

- **Acknowledge & Stay Present:** Recognise anxiety and meet the client where they are.
- **Client-Led Language:** Let the client introduce terms; hold diagnoses lightly.
- **Cultural & Individual Sensitivity:** Anxiety presents differently across cultures, disabilities, and identities.
- **Curiosity & Exploration:** Understand motivations, fears, and be open to creative approaches to exploration.
- **Emotional Safety:** Offer unconditional positive regard; create a collaborative, validating space.
- **Normalise & Educate:** Challenge stigma and expand understanding of anxiety through psychoeducation when appropriate.
- **Work with Emotions:** Identify fear, motivation, and self-protective mechanisms; support expanding tolerance.