

Kate



Kate is a gifted Psychologist. She uses art therapy as a conduit for connecting with clients who would otherwise find it very difficult to communicate via telehealth or in person. Her clients report that they love working with Kate because she makes her sessions ‘fun’.

Kate is a Provisionally Registered Psychologist with a Master of Mental Health (Art Therapy), Bachelor of Psychological Science (Hons), Grad Dip in Education and Bachelor of Fine Arts.

Kate has worked in a variety of settings supporting young people, including TAFE NSW, Primary and Secondary schools and Headspace. She has worked as a research supervisor assisting master’s students with their thesis projects at the University of Queensland and taught at TAFE NSW in their counselling and community services departments.

Kate is from a neurodiverse family. She is a mum of two neurodiverse teenagers with ADHD and ASD and has a passion for working with neurodivergent people and their families. Her focus is to support neurodivergent individuals to work toward self-understanding, acceptance, compassion, and well-being.

Kate uses a range of evidence-based therapeutic interventions in working with young people and families. She uses strengths-based models, informed by a psycho-social and psychodynamic perspective, and includes attachment theory and family systems theory. Her work is person-centered, and she uses a range of modalities to deliver therapeutic interventions including:

Art Therapy; Psychoeducation; Narrative and play therapy; Mindfulness and Meditation techniques; Brief solution-focused therapy; Inter-personal/ psychotherapies; Cognitive Behaviour Therapy; Dialectical Behaviour Therapy; Acceptance and Commitment Therapy.

Kate loves the ocean and enjoys beach walks with her family and her two Border Collies. In her free time she loves spending time in nature, making art and dancing.