

Bahareh Eskandari

Provisional
Psychologist



Profile

Hi, I'm Bahareh - a Provisional Psychologist at Conscious Healthcare SA.

With over 12 years of experience in both clinical and research settings, I've had the privilege of supporting children and adolescents - particularly in the areas of autism and early intervention. My passion lies in creating evidence-based, meaningful support that helps individuals and families feel seen, heard, and empowered.

I hold a PhD in Clinical Psychology and a Master's in Child and Adolescent Clinical Psychology. I have a strong interest and experience in:

- Early intervention for autism and developmental delays, with a focus on building foundational skills
- Parent training for reducing challenging behaviours through structured, evidence-based behavioural interventions
- Supporting parents in learning how to interact effectively with their child to strengthen connection and communication

In therapy, I take a collaborative, respectful, and family-focused approach. I design behavioural interventions in close partnership with clients and their caregivers, ensuring that each plan is tailored to their specific strengths, challenges, and goals. Open communication and shared decision-making are core to my work - I believe this is key to achieving meaningful and lasting change.

Outside of therapy, I'm continually learning and growing through research and professional development.

I'm proud to be part of a multidisciplinary team that shares my commitment to neurodiversity, evidence-based care, and inclusive practice.

