

ALEXANDRA VILLEGAS

Psychologist



PROFILE

Hi, I'm Alexandra, a Psychologist here at Conscious Healthcare SA.

I am passionate about helping children, adolescents, and adults navigate life's challenges, strengthen their emotional wellbeing, and create meaningful and lasting change. My goal is to provide a warm, supportive, and collaborative space where clients feel genuinely heard, understood, and empowered throughout their therapy journey.

I have worked across Australia, Spain, and Latin America, supporting people from diverse cultural, social, and linguistic backgrounds. These experiences have shaped my culturally responsive approach to therapy and given me a deep appreciation for the ways that culture, identity, family, and life experiences can influence mental health. I am committed to creating a safe and inclusive environment where each person's unique experiences and story are respected.

I am passionate about supporting people through life's challenges, whether that involves managing anxiety and depression, processing trauma, navigating major life changes, building self-confidence, emotional regulation difficulties, or developing healthier relationships with themselves and others. I have a particular interest in working alongside individuals with Autism and their families, including those experiencing Pathological Demand Avoidance (PDA), and helping people better understand their strengths, needs, and unique ways of engaging with the world.

I believe therapy should be adapted to the person, not the other way around. Every individual brings their own strengths, challenges, values, and experiences, and I take an individualised approach that recognises there is no single path to growth or wellbeing. I recognise that traditional approaches are not always effective for neurodivergent individuals and work collaboratively with clients and families to reduce anxiety, build trust, support autonomy, and develop strategies that feel practical, meaningful, and sustainable.

I deeply value supporting individuals from culturally diverse backgrounds and those navigating questions of identity, belonging, and adjustment across different cultures and life experiences.

I believe that meaningful change happens when people feel safe, respected, and understood. It is a privilege to support clients through their journey, and I strive to create a therapeutic relationship built on trust, compassion, and genuine collaboration.