

ALEXANDRA VILLEGAS

Psychologist



PROFILE

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

I'm a registered psychologist who is passionate about supporting people to improve their mental health, build resilience, and create meaningful change in their lives.

I've worked across Australia, Spain, and Latin America, supporting people from diverse cultural and social backgrounds. This experience has shaped my culturally sensitive and compassionate approach to therapy, where each person's unique experiences, identity, and story are respected.

I am trained in Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Motivational Interviewing. I work collaboratively with clients to support emotional well-being, strengthen coping strategies, and help them move towards the life they want to live.

My areas of interest and experience include:

Anxiety and depression

Trauma and emotional regulation

Grief and loss

Life transitions and adjustment

Relationship difficulties

Anger and irritability

Self-esteem and confidence

Migrant mental health

Behavioural challenges

Social skills and personal growth

I aim to create a warm, supportive, and client-centred space where people feel safe, heard, and empowered throughout their therapy journey.