

Amy Chen

Occupational Therapist



Profile

Hi, I'm Amy, an Occupational Therapist at Conscious Healthcare SA.

I hold a Master of Occupational Therapy from Flinders University. Prior to becoming an occupational therapist, I completed extensive medical training and practiced in China for several years, which has provided me with a strong foundation in understanding health, illness, and functional recovery across the lifespan.

My professional training and background have equipped me with experience working with individuals presenting with a wide range of functional, physical, emotional, and psychosocial needs. I take a holistic approach to occupational therapy, recognising the dynamic interaction between the person, their environment, and the activities that are important to them. This perspective allows me to develop interventions that are both practical and meaningful in everyday life.

I place a strong emphasis on understanding each client's unique goals, challenges, and priorities. My approach is grounded in empathy, collaboration, and clear communication, ensuring clients feel supported and actively involved in their therapy process. I strive to build strong therapeutic relationships and tailor interventions to suit each individual's circumstances, strengths, and values.

In our sessions, clients can expect a structured yet flexible approach that draws on a range of assessment tools and intervention strategies. I enjoy working collaboratively with clients and families to develop achievable goals and practical solutions that support participation, confidence, and long-term outcomes.

With an international background, I value cultural sensitivity and respectful communication in my practice. I believe occupational therapy is about more than completing tasks. It is about empowering individuals to participate fully and confidently in the activities that matter most to them. I look forward to partnering with clients on their journey toward greater independence and overall wellbeing.

