

Bahareh Eskandari

Provisional
Psychologist



Profile

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

With over 12 years of experience in both clinical and research settings, I've had the privilege of supporting children, adolescents, and adults - 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. My academic background and ongoing involvement in autism research allow me to bring the latest insights into everyday practice. I'm particularly focused on bridging the gap between research and real-world outcomes - so clients benefit not only from established methods but also from evolving knowledge and best practice.

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

