

CAITLIN MUIR

Behaviour Support
Practitioner



PROFILE

Hi, I'm Caitlin, a Positive Behaviour Support Practitioner here at Conscious Healthcare SA.

I recently completed a Bachelor of Psychology (Honours) at Flinders University. Alongside my studies, I gained experience working in a psychology clinic, supporting with client triage, assessment processes, and bookings within the NDIS space. I've also worked as a group therapy assistant, supporting autistic young people with social skills, emotional regulation, and peer engagement alongside a clinical psychologist.

My approach is warm, empathetic, and neuro-affirming. I'm passionate about creating a space where you feel comfortable, understood, and genuinely supported from the very beginning.

In our work together, I focus on building strong relationships based on trust and connection. I take the time to understand your individual needs, strengths, and goals, so we can develop practical strategies that support confidence, emotional wellbeing, and everyday life. I believe in a flexible, person-centred approach - because no two people are the same, and support should never feel one-size-fits-all.

As someone who is neurodivergent myself, I bring both personal understanding and professional insight into my work. I'm passionate about helping people feel empowered to navigate challenges in a way that feels right for them, and to build the skills they need to thrive.

As part of the PBS team at Conscious Healthcare SA, I work closely with experienced practitioners and receive ongoing supervision and support. This means you're not just supported by me - you're supported by a collaborative team focused on achieving the best possible outcomes for you.