

# Catherine Santos

Paediatric  
Occupational  
Therapist



## Profile

Hi, I'm Catherine, a paediatric Occupational Therapist at Conscious Healthcare SA. With over six years of experience supporting children and their families, I'm passionate about helping young people overcome challenges, discover their strengths, and build the confidence to live happy and meaningful lives.

My journey began at Davao Doctors College in the Philippines, where I completed a Bachelor's degree in Occupational Therapy. Since then, I've dedicated my career to working with children experiencing a range of developmental conditions, including Autism Spectrum Disorder (ASD), Cerebral Palsy, Global Developmental Delay, Intellectual Disability, Attention Deficit Hyperactivity Disorder (ADHD), Social Communication Disorder, and sensory processing difficulties.

My approach to therapy is grounded in creativity, compassion, and collaboration. I believe that every child has a unique spark, and I strive to bring that out through playful, engaging sessions tailored to their interests. Whether it's painting, music, movement, or hands-on activities, I aim to make therapy fun while targeting meaningful goals that support participation at home, in school, and in the community.

I'm also certified in PIASTM (Paediatric Instrument-Assisted Soft Tissue Mobilisation) - a gentle, effective tool that helps improve movement and comfort for kids who may experience muscle tightness or reduced mobility. This technique can make a real difference in helping children feel more at ease in their bodies and more able to engage in daily life.

What matters most to me is building strong partnerships with families. I listen carefully, include parents in every step, and work together as a team to create practical strategies that fit your child's pace and personality. I believe in making the most of the now - helping children thrive in their everyday lives, not just prepare for the future.

Occupational therapy is more than my profession - it's my way of making the world a little better. Every step forward, no matter how small, is a celebration.

