

# JESSICA VALERIO

Behaviour Support  
Practitioner



## PROFILE

Hi, I'm Jess, a Positive Behaviour Support (PBS) Practitioner at Conscious Healthcare SA.

I hold a Bachelor of Psychological Science (Counselling and Psychology) from the University of South Australia, and I'm currently pursuing a Master's in Social Work at Flinders University. In addition to my formal qualifications, I've completed extensive training in areas such as trauma-informed practice, anxiety and autism, and evidence-based behaviour support strategies. I'm also a full member of the Australian Society of Rehabilitation Counsellors and Behaviour Support Practitioners Australia.

I have over 10 years of experience supporting individuals across a range of disabilities, including Autism Spectrum Disorder (ASD), ADHD, and Intellectual Disabilities. I specialise in helping participants and their support teams develop skills to improve their environment, reduce triggers, and implement effective behaviour strategies. Together, we'll create a plan that enhances your quality of life and supports your goals.

I'm passionate about using Positive Behaviour Support (PBS) to help people with disabilities live their best lives. My approach is truly person-centred, ensuring that you have choice and control every step of the way as we work together to create positive, lasting change.

My aim is to create a supportive, non-judgmental environment where you feel respected, understood, and heard. I'm particularly passionate about supporting neurodivergent individuals to thrive in a way that honours their identity, and I believe in the power of Positive Behaviour Support to help you sparkle in your own unique way. As someone who is, and loves, neurodivergent people, I'm committed to helping you live your best life while being your true, authentic self.