

Leah Camilleri

Psychologist



Profile

Hi, I'm Leah (she/her), a Psychologist here at Conscious Healthcare SA.

I hold a Bachelor of Psychological Science with Honours from Flinders University and am a member of the Australian Psychological Society (APS) and the Australian Association of Psychologists Inc. (AAPi). I have been working in private practice for the past 4 years, supporting clients across the lifespan with a particular focus on NDIS participants.

I have a special interest in supporting late-diagnosed autistic adults, the experience of high-masking autism in girls and women, and Pathological Demand Avoidance (PDA), sometimes referred to as Pervasive Drive for Autonomy or pressure sensitivity. I warmly welcome LGBTQIA+ clients and work affirmatively with people of all identities and backgrounds. I am guided by the belief that human variation is natural and valuable, and that there is no single 'right' way to be human. My practice is intersectional and informed by social justice frameworks, including the social model of disability and the neurodiversity paradigm.

My therapeutic approach is highly attuned and depth-oriented, with a strong commitment to nuance, precision, and understanding each client within their broader context. I take a relational, non-pathologising stance that honours the complex reasons people may struggle psychologically. My work is trauma-informed and neurodiversity-affirming, informed by clinical insight but always led by the client's voice. My practice is firmly rooted in humanistic principles, attachment theory, and neuroscience. While I am proficient in a range of psychological modalities, I favour an integrative psychotherapy approach. I prioritise emotional safety and a deep respect for each person's right to be understood on their own terms. I believe people of all ages do well if they can, and that lasting change is achieved through genuine collaboration. When working with children, I take a family-centred approach that actively involves caregivers as part of the therapeutic process. I sit with discomfort, trust the process, and notice both what is said and what is missing.

Before becoming a psychologist, I worked in HR and general management and spent time raising my four children. I have a lifelong fascination with how we experience, interpret, and make sense of our lives, why we might struggle, and the many ways we create to live well. I have been fortunate to learn from and be mentored by exceptional neurodiversity-affirming psychologists in Australia and overseas, and I am excited to be part of a profession that is making real strides towards better meeting the needs of marginalised communities. It is a privilege to do this work, and an exciting time to be a psychologist.

