



Kate

She/Her

Clinical Lead & Counsellor

Lifeline WA Counselling Services

As a supervisor and counsellor, Kate is passionate about culturally safe and trauma-informed mental health care. Kate works from a person-centred and strengths-based framework to facilitate a collaborative and empowering space for people to achieve meaningful growth.

Kate deeply values the inner wisdom and resilience of people she supports. She brings extensive experience and knowledge in supporting First Nations people, individuals of the LGBTIQ+ community, and those living with disabilities.

Kate has a Bachelor of Psychology from Murdoch University and holds a Master of Counselling from Murdoch University. She is a registered counsellor and supervisor with the Australia Counselling Association.

Kate has further training and experience in Cognitive Behavioural Therapy, Dialectical Behaviour Therapy and Narrative Therapy. Her therapeutic expertise extends to expressive and play-based modalities, which she skilfully integrates to support children, young people, and adults in processing emotions and overcoming challenges.

Contact us:

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