

STRIDE For better
mental health

NDIS Therapeutic Supports

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Stride.com.au | 1300 00 1907

What are Therapeutic Supports?

Therapeutic Supports Clinicians are able to help you improve your mental and emotional wellbeing and to reach your NDIS goals. Working within a trauma-informed framework, our experienced clinicians use a range of different techniques to help you have a better day, today and tomorrow. We can support you to:

- Learn techniques to assist with emotional regulation
- Develop your social and interpersonal skills
- Learn healthy coping strategies to manage anxiety

Our clinicians are able to deliver therapy from our offices, out in the community in a safe and confidential location, or in your own home if suitable. We can also support you over the phone or via video conferencing if you need.

How do I access Therapeutic Supports?

Accessing Therapeutic Supports from Stride is easy! You can scan the QR code on the right to complete our referral form or get in touch with us on the details below to learn more.



1300 00 1907 | ndis@stride.com.au | Stride.com.au/NDIS

Duke Albada

Therapeutic Supports Clinician

Duke is an Art Therapist (AThR) who holds registration with ANZACATA. She is passionate about tailored, individual, client-led care and values therapeutic collaboration. Duke will create a safe and non-judgmental space to work with you to improve your sense of wellbeing, in ways that work for you.

Art Therapy is a process-based approach to recovery, combining the 'making' process and visual expression with talk-therapy. No art experience is necessary as art therapy centres on creating meaning, achieving insights, recognising strengths and abilities. Further merits include stress and anxiety reduction.



Duke has experience working with young people and adults at residential and outreach services, acute clinical services, and NDIS services. She is skilled in supporting people with complex needs, anxiety, depression, and other psychological diagnoses. Duke is an empathic listener and resourceful collaborator, promoting social and mental wellbeing.

Duke is available for face-to-face sessions on the Gold Coast from our office in Southport. We also offer Telehealth if you live outside of these areas, or if you have any difficulties accessing support.

Our clinicians all have different backgrounds and skillsets, including social work, counselling, psychology, art therapy and more. All of our clinicians hold the appropriate qualifications and registration with their relevant peak body. They also complete regular, ongoing professional development and clinical supervision so they can continue to provide the best support possible.

To learn more about our Therapeutic Supports or the other NDIS supports we provide, get in touch with us on the details below.

When the steps seem too big

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