

**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 can 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 enquiry form or get in touch with us on the details below to learn more.



# Laura Barr

## Therapeutic Supports Clinician

Laura is an experienced counsellor, holding an Applied Social Sciences degree specialising in counselling, and registration with PACFA and ACA. She is also currently completing her Masters degree in Counselling and Psychotherapy.

Having worked in the mental health industry for over 10 years, Laura has held a variety of roles including early intervention mental health for children and young people who have experienced trauma or family breakdown. She also has experience working with families to resolve complex issues around separation and co-parenting.

Laura uses an integrative approach to therapy. She aims to empower people through psychoeducation and skills training to assist with your self-knowledge and to support you to reach your NDIS goals. While she has a particular interest in working with anxiety and Autism, Laura is open to learning and enjoys meeting people of all ages.

In her spare time, Laura likes to hang out with her adult son and their pet rats. She also enjoys photography and artistic pursuits.

Laura is available for face-to-face sessions in Kingswood and Lithgow. We also offer Telehealth if you live outside of this area, or if you have any difficulties accessing support.

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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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