

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.



Tivane Wong

Therapeutic Supports Clinician

Tivane has a Master of Social Work, Master of Anthropology, a Bachelor of Science and holds registration with the Australian Association of Social Workers (AASW) as a Social Worker. She is passionate about taking therapy outside a clinical setting and reducing barriers to services.

Tivane is a caring, empathetic and listens to her client's need and preferences. Her approach is gentle and creative, and often utilizes the healing properties of sand, symbols, art, music, and movement. She can offer practical techniques to help her clients cope and manage their day-to-day, improve social and emotional wellbeing, and support their journey of healing.

Tivane is trained in Cognitive Behavioural Therapy and Creative and Experiential therapies such as Sand play. She strives to provide care that is adaptive and provides opportunity to facilitate a safe, non-judgmental space. Creative therapies often utilised by Tivane allow opportunity for clients to explore feelings and experiences often inaccessible or difficult to express in words. Everyone is capable of healing and growth. We can gain new skills, improve our health and wellbeing at any age.

Tivane is available for face-to-face sessions in our Cairns office, in home or in a confidential community space utilising the beautiful environment around Cairns.

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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