

OUR TEAM

JASON

Counsellor/Lead Therapist

Jason is a masters qualified counsellor and psychotherapist and the owner of Moore Mindful Services. He has a passion for helping others live a more rich and meaningful life with less stress and anxiety and works from a neuro-affirming approach combining study and research with lived experience, care and compassion.

He focuses on a strength-based, person-centred approach to his therapy and often incorporates ACT, CBT and mindfulness into his work. He has worked within the NDIS for many years and has experience working with clients with a diverse range of needs and enjoys working with clients with ADHD and Autism. He also offers ADHD coaching.

NDIS SUPPORT LINE

NUMBER:

15_043_0128_1_3

SESSION RATE: \$150



LUCY

Social Worker/Therapist

Lucy is a registered Social Worker with a passion for helping people of all ages. She offers a safe space for women and children; helping those who are suffering with anxiety, stress, depression, school challenges, family issues, feelings of low self worth, behavioural difficulties and emotional difficulties.

Lucy works to help those suffering with mental health challenges in order to reconnect and build strong healthy relationships within themselves and those around them by using a person centred strengths based approach.

NDIS SUPPORT LINE

NUMBER:

15_621_0128_1_3

SESSION RATE: \$193.55



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mooremindfultservices@gmail.com

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KIRSTY

Social Worker/Therapist

Kirsty is a therapist and social worker who recognises the need for a holistic approach to mental health support. With experience in mental health and nutrition for wellness, Kirsty brings a unique set of skills to assist clients in reaching their goals.

Kirsty partners with clients to assess their individual needs, set goals, and work collaboratively to achieve them. Kirsty is based down South of Adelaide but also offers telehealth options.

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15_621_0128_1_3

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SOPHIA

Counsellor/Therapist

Sophia is a masters qualified counsellor and therapist. She has years of experience working with children and adults who experience a variety of psychosocial and developmental challenges and enjoys working with individuals and supporting them to create a holistic balance in life.

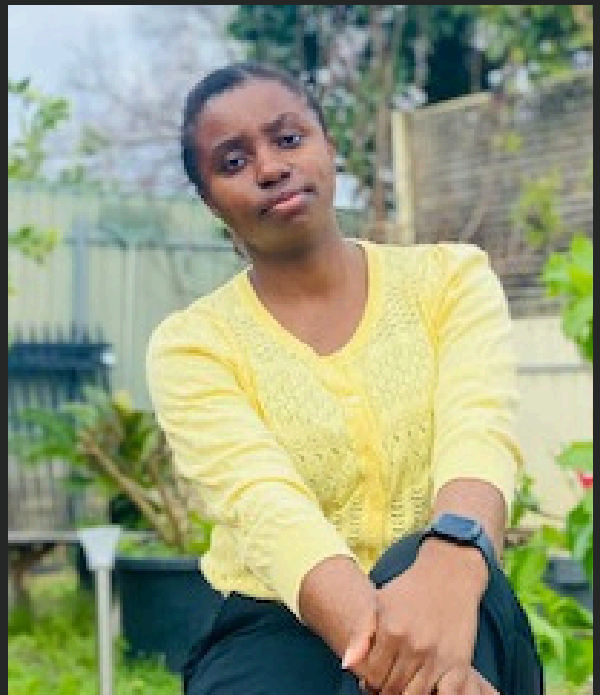
Sophia works from a person-centred approach, assisting individuals who may be experiencing anxiety, depression, PTSD as well as a range of other struggles.

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