

Emily Johns

Occupational
Therapist



Profile

Hi, I'm Emily, an Occupational Therapist at Conscious Healthcare SA.

With over 5 years of experience and a Bachelor's in Occupational Therapy from the University of South Australia, I'm passionate about helping individuals achieve their goals and live happy, meaningful lives. I offer my services exclusively via telehealth, allowing you to access care from the comfort of your own space. My experience extends beyond Australia—during a volunteer trip to Cambodia, I had the privilege of working with children with disabilities and their families, which deepened my understanding of cross-cultural care and holistic approaches.

As a certified yoga and mindfulness coach, I incorporate mind-body awareness into my practice to support both psychosocial well-being and functional improvements. My client-centered, neurodiverse-affirming approach empowers you to use your strengths and interests to guide our work together. In our relaxed and supportive virtual sessions, we'll collaborate to make progress toward your goals in a way that feels comfortable and fun.

I specialise in mental health, developmental disabilities, neurological disorders, physical disabilities, Autism Spectrum Disorder (ASD), Attention-Deficit Hyperactivity Disorder (ADHD), and more. My goal is to ensure you feel understood, comfortable, and empowered throughout our telehealth journey together.

