

Guillermo Garcia Castillo

Clinical Psychologist



Profile

Hi, I'm Guillermo - though most people call me William - a Clinical Psychologist at Conscious Healthcare SA.

Originally from Spain, I've spent the past seven years living and working in Australia. My experience of living across cultures has shaped a deep appreciation for diverse perspectives, backgrounds, and ways of being. I bring this openness into every session, aiming to create a space where clients feel respected, understood, and truly seen.

I'm a registered Clinical Psychologist with the Australian Health Practitioner Regulation Agency (AHPRA), and I completed my university degree, Honours, and Master's qualifications in Spain. My therapeutic approach is grounded in evidence-based practice, drawing on Schema Therapy, Eye Movement Desensitisation and Reprocessing (EMDR), Cognitive Behavioural Therapy (CBT), and Dialectical Behaviour Therapy (DBT).

With experience spanning private practice and aged care, I work with individuals from age 18 through to older adulthood. I particularly enjoy supporting adults, and families as they navigate challenges related to ADHD, Autism Spectrum Disorder (ASD), trauma, depression, and anxiety. I have a strong interest in working with people seeking to better understand their neurodivergent identities.

In therapy, I take a collaborative and compassionate approach. I believe that each person's story matters, and that healing begins with self-understanding. My goal is to support you on your journey of discovery and awareness - exploring how your experiences have shaped the person you are today, and working together to build the insight and strategies that will help you move forward with clarity and confidence.

It's a privilege to support people through meaningful change, and I look forward to walking alongside you on your journey - whether you call me Guillermo or William!

