

Jessica Crampton

Positive Behaviour
Support (PBS)
Practitioner



Profile

Hi, I'm Jessica, a Positive Behaviour Support Practitioner at Conscious Healthcare SA.

I'm passionate about working with individuals to create positive, lasting change that helps build confidence, independence, and well-being. My approach is warm, collaborative, and respectful—focusing on each person's unique strengths, goals, and the belief that behaviour is a form of communication. By understanding the reasons behind behaviours, I support clients in developing practical, everyday strategies that lead to meaningful improvements in their lives.

I hold a Master of Applied Behaviour Analysis from Monash University, a Graduate Diploma in Psychology from Deakin University, and a Bachelor of Science (Psychology) from Macquarie University. Over the past three years, I've supported both children and adults in a variety of settings, helping to assess behaviours, create personalised plans, and guide families and support teams in implementing effective, evidence-based strategies.

My experience includes working with individuals with autism, intellectual disabilities, and complex behaviours. I focus on reducing distress, strengthening communication and functional skills, and empowering participants to live more fulfilling and independent lives.

In every session, I aim to create a safe and supportive space where people feel heard, respected, and free to be themselves. I believe in building on what already works, and using interests and aspirations to create achievable, strengths-based goals. I look forward to supporting you on your journey and working together to create positive, meaningful change.

