

Jessica Valerio

Positive Behaviour
Support (PBS)
Practitioner



Profile

Hi, I'm Jess, a Positive Behaviour Support (PBS) Practitioner at Conscious Healthcare SA.

I'm passionate about using Positive Behaviour Support (PBS) to help people with disabilities live their best lives. PBS is an evidence-based, person-centred intervention that focuses on improving quality of life for individuals and their support teams, while reducing and eliminating challenging behaviours. My approach is truly person-centred, ensuring that you have choice and control every step of the way as we work together to create positive, lasting change.

I have over 10 years of experience supporting individuals across a range of disabilities, including Autism Spectrum Disorder (ASD), ADHD, and Intellectual Disabilities. I specialise in helping participants and their support teams develop skills to improve their environment, reduce triggers, and implement effective behaviour strategies. Together, we'll create a plan that enhances your quality of life and supports your goals.

I hold a Bachelor of Psychological Science (Counselling and Psychology) from the University of South Australia, and I'm currently pursuing a Master's in Social Work at Flinders University. In addition to my formal qualifications, I've completed extensive training in areas such as trauma-informed practice, anxiety and autism, and evidence-based behaviour support strategies. I'm also a full member of the Australian Society of Rehabilitation Counsellors and Behaviour Support Practitioners Australia.

My aim is to create a supportive, non-judgmental environment where you feel respected, understood, and heard. I'm passionate about empowering individuals to develop the skills and confidence they need to thrive, and I believe in the power of Positive Behaviour Support to help you sparkle in your own unique way. As someone who is, and loves, neurodivergent people, I'm committed to helping you live your best life while being your true, authentic self.

