

# Jose Diaz

Occupational  
Therapist



## Profile

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

With over 15 years of international experience and a Master's degree in Occupational Therapy from Flinders University, I'm passionate about helping individuals of all ages engage in meaningful activities and achieve their goals. My professional journey spans Australia and South America, and I've complemented my training with further qualifications in Sensory Integration, a Master's in Higher Education, and a diploma in Neuroscience Applied to Special Educational Needs.

I specialise in providing support for emotional, behavioural, and functional mental health needs. My approach combines empathy, dedication, and a commitment to understanding each person's unique situation. I strive to create a connection with my clients, ensuring that the support I provide is tailored to their true needs. For me, occupational therapy is about more than completing tasks—it's about empowering individuals to thrive in all aspects of their lives.

In our sessions, you can expect a creative and holistic approach that draws on a broad range of tools and strategies. I believe in working collaboratively with clients to develop practical, meaningful interventions that align with their goals and values. My professional experience has primarily focused on children, adolescents, and young adults, but I enjoy working with individuals of all ages.

Originally from Peru, where I lived for 41 years before moving to Australia, I've always felt a strong vocation to help others. Becoming an occupational therapist has allowed me to channel this passion into making a positive impact on the lives of my clients. As a father of two, I'm committed to teaching my children the importance of contributing to the well-being of others and creating a better world.

I look forward to partnering with you on your journey to independence and well-being.

