

Tim Bowran

Occupational
Therapist



Profile

Hi, I'm Tim, an Occupational Therapist and Service Manager at Conscious Healthcare SA.

With a Master's degree in Occupational Therapy and a Certificate IV in Leadership and Management, I've been working in the field since 2017. Over the past decade, I've gained valuable experience across various settings, including Return to Work SA, the Department of Veteran Affairs, lifetime support schemes, private practice, and the National Disability Insurance Scheme (NDIS). My career has evolved from being an occupational therapist to a team leader, and now a service manager, while I continue to provide hands-on therapy and supervision to support my clients and team.

I believe in a holistic, client-centred approach to care. My goal is to create a supportive and empowering environment where you feel comfortable expressing your needs and actively participating in your journey towards improved health and well-being. I specialise in working with neurodiverse individuals, including those with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD), as well as clients managing a range of mental health challenges such as anxiety, mood disorders, behavioural difficulties, psychosis, and sleep-related issues.

In addition to my mental health expertise, I have extensive experience providing cognitive and physical therapy for individuals with spinal injuries, brain injuries, and amputations. I focus on pain management, including phantom limb treatment, and work closely with clients to develop strategies that enhance their ability to navigate daily life, improve social and communication skills, and manage mental and physical challenges.

In our sessions, you can expect a collaborative and compassionate approach. From the first session, I aim to build trust and rapport, ensuring that your goals are always at the forefront of our work together. Whether we're developing coping strategies, enhancing your social skills, or addressing specific behaviours, my focus is on providing practical, evidence-based interventions that make a meaningful difference in your life.

Alongside my clinical work, I've had the privilege of training and supervising a range of allied health professionals, including psychologists, social workers, physiotherapists, and occupational therapists, helping them develop their skills and grow in their careers. I also support university students in their occupational therapy degrees, ensuring they gain the hands-on experience they need for future success.

