

Xin Yu Koh

Positive Behaviour
Support (PBS)
Practitioner



Profile

Hi, I'm Xin Yu (you can also call me XY or Xin), a Behaviour Support Practitioner at Conscious Healthcare SA.

With 14 years of experience working as an Autism Therapist in Singapore, I'm passionate about supporting individuals with a range of disabilities to live meaningful and fulfilling lives. I hold a Bachelor of Arts and Social Sciences (Psychology) from the National University of Singapore, a Postgraduate Diploma in Psychology from James Cook University, and a Positive Behaviour Support module certificate from Monash University. During my career, I've specialised in working with individuals with Autism Spectrum Disorder (ASD), ADHD, OCD, and other learning and mental health challenges, helping individuals aged 7 to 21 develop their strengths and overcome challenges.

Since moving to Adelaide in late 2023, I've been supporting NDIS participants, both children and adults, with multiple disabilities and mental health concerns. I take a 'seek first to understand' approach, ensuring I get to know each person's unique strengths, preferences, and differences. By building trusting and open therapeutic relationships, I aim to create support plans that are meaningful and practical, helping you achieve your goals in a way that feels right for you.

I believe that even small wins are worth celebrating and that making a difference, no matter how small, is what keeps me motivated in my work. Whether we're working on improving everyday life skills or addressing more complex behavioural concerns, I'm committed to supporting you on your journey in a way that feels safe, supportive, and empowering.

