



Courtney

Occupational Therapist
QLD

Courtney is a community-based Occupational Therapist who uses creative, play-based approaches to help children build skills, regulate emotions, and achieve meaningful goals.

Courtney is a dedicated Occupational Therapist with a passion for supporting children and their families to achieve meaningful goals. Inspired by attending an Allied Health Careers Day in high school, she was motivated to pursue a career in OT where she could make a tangible difference in people's lives.

Courtney enjoys using creative, play-based approaches such as art and craft to engage her paediatric clients while targeting fine motor skills, executive function, and emotional regulation. She takes the time to understand each client individually, integrating their interests into therapy to maximise engagement and outcomes. With experience delivering community-based therapy across a wide range of clients and ages, Courtney values the variety and adaptability this setting provides. She is also keen to further develop her expertise in trauma-informed practice.

Professional Special Interests

- Paediatric therapy
- Fine motor skill development
- Executive function support
- Emotional regulation
- Play-based and creative approaches (art, craft)
- Community-based therapy
- Trauma-informed practice (in development)

Personal Interests:

- Travelling
- Playing board games