

RICK

MENTOR | THERAPY ASSISTANT



CONTACT

South Australia
Servicing Adelaide Metro &
Surrounds

Hello@Harbourhelp.com.au
0468 250 175
www.harbourhelp.com.au

BACKGROUND

Bachelor of Psychology (Honours
– Clinical)
Flinders University (In Progress)

Certificate III in Allied Health
Assistance

Strong foundation in mental
health, behavioural
observation, and participant-
centred support.

APPROACH

Rick delivers calm, structured, and
thoughtful support, with a strong
focus on understanding
behaviour, communication, and
individual needs.

His approach emphasises
consistency, emotional regulation,
and creating safe, supportive
environments for participants.

INTERESTS

- Psychology and behavioural understanding
- Structured routines and problem-solving
- Social engagement and communication
- Strategy-based and interactive activities, and building confidence and independence

Uses a calm, analytical approach to support engagement and skill development.

EXPERIENCE

Mentor | Therapy Assistant

Supporting participants with:

- Community access and social engagement
- Routine-building and independence support
- Emotional regulation and confidence-building
- Behavioural and communication-based mentoring

Developed strong communication, organisation, and responsibility in fast-paced environments.

Simulation Clinic (Psychology)

Participated in simulated clinical settings, supporting development of behavioural understanding, communication, and psychological insight.

COMPLIANCE & CHECKS

- Working With Children Check
- Working With Vulnerable People Check
- National Police Clearance
- First Aid Certified
- Certificate III in Allied Health Assistance