

Introducing Provisional Psychologist Kate Buchanan



B. Music. B. Arts (Psychology), M.P.P Psych

Kate is a warm and compassionate Provisional Psychologist with extensive experience supporting **children, adolescents, families, and educators** across school, community, and family settings. She is dedicated to creating safe, inclusive, and supportive environments where young people feel understood, valued, and empowered to thrive. Kate brings a collaborative, **strengths-based** approach to her work, helping individuals develop **emotional awareness, self-regulation skills, resilience, and confidence.**

Drawing on her background in psychological services, family mediation, family law, behaviour support, and early childhood development, Kate has worked with children and families experiencing a range of challenges, including **mental health concerns, neurodiversity-related needs, grief, trauma, family conflict, and stress-related conditions.** She has facilitated social and emotional learning programs in primary and secondary schools, delivered respectful relationships and parenting programs, and partnered closely with teachers, families, and external professionals to support student wellbeing and positive outcomes.

Kate is passionate about promoting wellbeing within educational communities and believes in the importance of **strong relationships, early intervention, and collaborative support.** She values working alongside students, families, and school staff to build practical skills, strengthen emotional insight, and foster positive growth, wellbeing, and engagement in learning.

Outside of her clinical work, Kate enjoys listening to music, reading and keeping active.

Kate offers Tuesday consultation