

Nicola

Youth Mental Health Clinician

What is your role at headspace?

Working with young people who are having difficulties in their lives, or who just want to talk with someone outside their families.

Where are you from?

I was born in South Africa.

I move around a lot - I've lived in cities and in areas that we called 'deep rural' with many villages, different languages and cultures.

Where have you been?

I moved to Australia five years ago. I've been in Broome 3 years now. I love the Broome beaches, warm weather and the Kimberley bush. I've travelled quite a bit. In the United States I did a great hypnotherapy and psychology training. I lived in London 4 years and worked in pubs and clubs. I have also travelled some countries in Africa. I would love to travel more – to the East and South America. I also want to work in Africa again sometime with people traumatised from war.

What have you studied / for how long?

It felt like I studied forever - about 8 year's altogether! In South Africa I studied a *Bachelor of Social Sciences*; then *Honours in Psychology* and then *Masters in Clinical Psychology*. While I studied I worked in hospitals, a men's prison and many non-governmental organisations such as the Trauma Centre, Triangle Project (LGBTI organization) and Rape Crisis.

What do you love about what you do and what is the biggest challenge?

I love working creatively, sometimes using art activities, doing whatever helps people to talk about their lives, their strengths as well as their problems. I love listening and learning from others. The biggest challenge for me now is learning exciting ways of being the most helpful to young people in Broome.

