

HELEN DAVIDSON

CHILD & ADOLESCENT MENTAL HEALTH CLINICIAN



Two Private Practices in Children's Mental Health

'Growing Emotionally Strong Kids'

www.growingemotionallystrongkids.com

Psychological therapy for children aged 4 to 13 years and their parents

Sole Practitioner

'BEST Programs 4 Kids Pty Ltd'

www.bestprograms4kids.com

Creation and publication of early years and primary school teaching resources for children's social and emotional wellbeing. Training of educators, psychologists and allied health professionals.

Co-Director

A Brief Outline of Helen's Training & Clinical Experience 1990 - 2025

QUALIFICATIONS:

Occupational Therapist, Master's Degree Psychotherapy & Counselling, 2 year postgraduate Diploma of Family Therapy (William Street Family Therapy Centre) postgraduate certification in cognitive behavioural therapy, narrative therapy, solution focused therapy and play therapy.

AWARDS:

- Clinical excellence in paediatrics in children's mental health, Western Australian Association of Occupational therapists (2016)
- WA Rotary Allied Health Educators (co-awarded) (2018): BEST Programs 4 Kids Pty Ltd
- WA Rotary Overall Best Allied Health Team (co-awarded) (2018) BEST Programs 4 Kids Pty Ltd
- Australian Allied Health Educator of the Year (2019) BEST Programs 4 Kids Pty Ltd
- Moonbeam Children's Book Award: non-fiction series (USA) (2019): 'What to do About' series of Kids' & Parents' Guides

PROFESSIONAL MEMBERSHIPS/REGISTRATIONS:

- Australian Association of Occupational Therapists (WA)
- Australian Health Practitioner Regulation Authority (AHPRA)
- Medicare registered Mental Health Clinician
- Working with Children Check
- Mental Health Professionals Network (MHPN) Child & Adolescent Mental Health

PUBLICATIONS:

- *Kidzmix: Helping Kids Become Social Heroes* (2011)

CO-AUTHOR:

- *Highway Heroes* – primary school social and emotional wellbeing curriculum (2015) Primary School Years 1 - 3 and 4 - 6
- *Little Highway Heroes* – early years education social and emotional wellbeing curriculum (2016)
- *What to do About series: Kids' & Parents' Guides* (6) books: *Bullying, teasing & all that stuff; Friends, fitting in & all that stuff* (2015); *Feelings, moods & all that stuff* (2019)

Clinical Experience: 1990 - 2025

- **1990 - 1995 Princess Margaret Hospital (now known as 'Perth Children's Hospital')** Senior Occupational Therapist, Department of Psychiatry and Psychological Medicine.
- **1996 – 2007 Commenced private clinical practice** – child, adolescent and family mental health: individual/family treatment of anxiety conditions, behavioural problems, peer relationship difficulties; post trauma utilising a family systems approach, cognitive behavioural therapy, narrative therapy, play therapy, solution-focused therapy, positive psychology and skill building.
- **1996 - 2007:** founded and developed 'Kidzmix' – a social and emotional wellbeing group program for 5 -12 year olds from which 300 children per year graduated.
- **1999-2001 Perth Clinic (adult psychiatry)** group & individual therapy for depression, anxiety, substance abuse, adjustment disorders; co-establishment of the Interpersonal Therapy stream.
- **2003 -2004 Relationships Australia:** couple, individual and family therapist.
- **2008 -2009 (UK) National Health Service: Child & Adolescent Mental Health Service (CAMHS, Tier 3)** – child and family therapist.
- **2008 – 2009 (UK) Adult Mental Health Service** – outpatient mental health clinician.
- **2010 – Youth Focus:** (Western Australia) – family therapist providing in-house and outreach therapy for 13 to 25 year olds with self-harming behaviours.
- **2010 - 2011 Armadale Child & Adolescent Mental Health Services (CAMHS) clinician:** Suicide Intervention Officer: assessment of children and adolescents from 7 – 17 years with suicidal ideation or behaviours, subsequent therapy and case management.
- **2011 – recommenced clinical private practice 'Kidzmix':** child & adolescent mental health – individual and group therapy: anxiety disorders, depression, adjustment disorders, post trauma, peer relationship difficulties, ADHD and emotional dysregulation.
- **2011 – author:** *'Kidzmix Helping Kids Become Social Heroes'* – child and parent book focused on skills building for social and emotional wellbeing. 4000 copies sold and in 6th edition as at 2025.

- **2015 – current (2025): Co-founder of BEST Programs 4 Kids (www.bestprograms4kids.com)**
co-author of a pre-school and a primary school social and emotional wellbeing curriculae for early years and primary school education and allied health and psychological therapists – currently in 450 schools and allied health clinical practices nationally; trainer of health and educational professionals in the application of the curriculae, speaker on children’s emotional wellbeing – education and health professionals, parents, community agencies nationally and internationally.
- **2016 – 2019 – co-author:** the *What To Do About* series: Parents’ & Kids’ Guides - Bullying, teasing & *all that stuff*; Friends, fitting in & *all that stuff*; Feelings, moods & *all that stuff*. BEST Programs 4 Kids. The series received a Moonbeam Children’s Book Award (2018).
- **2016 – current (2025) – clinical private practice:** children from toddlers to teenagers and their adult caregivers. Therapy for anxiety disorders, post trauma, relationship difficulties, emotional dysregulation, behavioural difficulties, taking a family-systems approach, CBT, narrative therapy and individual skill building. Parenting consultation regarding all aspects of child and adolescent’s emotional development.

An outline of clinical duties in the above positions is available on request.

For enquiries concerning professional referrals:

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