



About us



PROFESSIONAL PROFILE



We Specialise in

BEHAVIOUR
THERAPY

CHILD &
ADOLESCENT
ASSESSMENTS

COUNSELLING

OCCUPATIONAL
THERAPY

SPEECH THERAPY

GROUP PROGRAMS



Sarah Barker

Mental Health Social Worker & Behaviour Therapist

Sarah is an experienced Social Worker and Behaviour Therapist whose passion is working with children and adolescents with disabilities. She holds a master's degree in social work and a bachelor's in psychology and Brain-Behaviour.

She has expertise in supporting individuals and families with mood, trauma, anxiety, and neurodevelopmental disorders for all stages of the life cycle.

Sarah takes a very practical and tailored approach when working with individuals and their families. Her strategies are based on the "positive behaviour support model" which focuses on positive and proactive behaviour change. Her therapeutic interventions increase and strengthen helpful behaviours through positive reinforcement and minimise challenging behaviours, as families often focus on negative consequences which can further trigger and reinforce negative behaviours.

Sarah helps families to be more proactive in anticipating where things may go wrong and help parents and carers identify and manage triggers instead of negatively reacting to difficult situations and/or behaviours.

As children's behaviours are often learned through their interactions with their environment, Sarah helps parents develop strategies which positively reinforce acceptable behaviours and minimise the re-occurrence of less desirable behaviours. Over time, children learn that difficult behaviours become ineffective and unnecessary and therefore are less likely to be repeated.

Sarah has additional training and draws on evidence-based programs such as:

- The Triple P Program
- 1-2-3 Magic
- Circle of influence and transitioning to school

Sarah works with a range of behaviours such as:

- Temper-Tantrums
- Toilet Training
- Defiance/compliance and back-chatting
- School refusal
- Anxiety and Trauma
- Poor or disrupted sleep
- Fussy eating
- Transition to school and everyday independence skills

Sarah also has a great understanding of the NDIS framework and can assist families with:

- Case management/advocacy
- NDIS preplanning and/or appealing decisions
- NDIS support co-ordination

TERTIARY QUALIFICATIONS

- Bachelor of Arts with a Bachelor of Science
– Macquarie University
- Majors: Psychology and Brain, Behaviour and Evolution

POST GRADUATE DEGREE

- Master of Social Work



CONTACT US TODAY

thinkahead.com.au

TELEPHONE

02 9981 3003

ReachUp
THINK AHEAD

