

About us

PROFESSIONAL PROFILE

Jane Steele

Registered Psychologist

Jane is a registered psychologist working with adult clients across a variety of concerns, including anxiety, depression, self-esteem, workplace stress, anger, relationship difficulties, and some illicit substance use concerns. She is equally experienced in supporting children and adolescents, offering a compassionate, person-centred, and neuro-affirming approach to clients of all ages presenting with emotional, behavioural, and interpersonal challenges.

Jane is passionate about creating a safe and nurturing space with a focus on client-centred care. She works from a trauma-informed and strengths-based perspective whilst utilising evidence-based therapies including Cognitive Behaviour Therapy, Motivational Interviewing, and Dialectical Behaviour Therapy. Her practice is further enriched by a diverse professional background, having provided psychological services in forensic, disability, workplace, and clinical settings. She draws upon previous experience working within WorkCover, EAP, disability, and forensic areas, ensuring a holistic and adaptable approach to everyone's needs.

With a commitment to evidence-based and goal-oriented support, Jane conducts comprehensive psychological and functional assessments to create individual interventions. Her expertise includes developing positive behaviour support plans for individuals with disabilities, facilitating group therapy programs, and providing crisis support and safety planning. Jane is skilled in delivering therapeutic services under various schemes, including Medicare, NDIS, EAP, and Workers Compensation/CTP, making her support accessible to a wide range of clients.

Jane's professional journey reflects her dedication to applying psychological principles across the lifespan and in diverse contexts. Her roles have ranged from providing therapeutic interventions for violent and sexual offenders, where she addressed risk factors and fostered rehabilitation, to supporting individuals with psychological injuries in the workplace through assessment and case management.

Earlier, as a Behaviour Support Practitioner, she conducted functional behaviour assessments and designed practical, positive interventions for individuals and their support networks. This breadth of experience ensures she is adept at building rapport, managing complex presentations, and collaborating effectively with families, service providers, and other key stakeholders to achieve meaningful and sustainable outcomes.

THINKAHEAD®

We Specialise in

PSYCHOLOGICAL
SERVICES

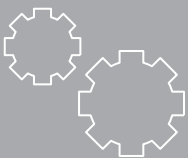
CORPORATE
TRAINING

LEADERSHIP
DEVELOPMENT &
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PERFORMANCE
& WELLBEING
PROGRAMS

CULTURE
ENHANCEMENT

CONSULTING
SERVICES



THINKAHEAD®

TERTIARY QUALIFICATIONS

- Bachelor of Psychological Science (Honours) (University of Newcastle)
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ADDITIONAL TRAINING & CERTIFICATIONS

- Foundations of Dialectical Behaviour Therapy (DBT)
The Australian DBT Institute
- Advanced Motivational Interviewing
Motivational Interviewing Network of Trainers (MINT)
- Risk Assessment and Management for Violent Offenders
Corrective Services NSW – Centre for Professional Development
- Trauma-Focused Cognitive Behavioural Therapy (TF-CBT)
Australian Association for Cognitive and Behaviour Therapy
- Positive Behaviour Support (PBS) Practitioner (Core)
NDIS Quality and Safeguards Commission
- Workers Compensation & CTP Psychological Claims Management
Altius Group / SIRA-accredited training
- Applied Suicide Intervention Skills Training (ASIST)

MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS & BODIES

- Registered Psychologist
Australian Health Practitioner Regulation Agency (AHPRA)
(PSY 0002497498)
- Australian Association of Psychologists Inc (AAPi 8168)
- WorkCover Approved Provider (SIRA 149211)
- Medicare Registration (1991791A)

