



Crystal Khoo

Hi everyone, I am Crystal,

I am excited to officially joining IKOT as a counsellor after working alongside some of IKOT's wonderful OTs as a therapy assistant the last few years.

I have a degree in Psychology with Monash and a Master in Counselling with UTAS. Since graduating in 2013, I have worked within the private and public sector, including schools, and drug and alcohol rehabilitation centre. I have also trained in Applied Behavioural Analysis (ABA) therapy and Talking Mats program. Over the last few years, I have been working as a behavioural therapist, coaching young people with Autism-Spectrum Disorder and/or Down Syndrome, with communication skills, self-care, behavioural and emotional regulation as well as social and community engagement. Most recently, I also took on the role of a therapy assistant, implementing occupational and speech therapy programs, working with young people aged 6 to 25, with Autism and/or learning and behavioural difficulties, to support them with functional living skills, social-emotional learning, and communication support. I feel so privileged and loved watching the progress and achievements they all make!

My role at IKOT as a counsellor will be client-centred and evidence-based focused, working with young people, facilitating social-emotional acceptance and emotional regulation, life transitions, coaching and self-improvements (i.e., behavioural and social skills) to help them gain personal insights and develop personal resilience, as well as helping clients working towards personal goals.

Interesting fact about me: Other than English, I am also proficient in 4 other languages.