



Rebecca Secombe

Hi, I'm Bec.

I moved from Adelaide mid 2019 to join IKOT. I graduated with a Bachelor of Occupational Therapy in 2003 from UniSA, and a Master of Occupational Therapy (paediatrics) in 2013 from Sydney University. I also obtained a Graduate Diploma in Arts Psychotherapy in 2017. I am passionate about the relationship between the arts and health, creativity and wellbeing and the capacity of the subconscious for new insight. I like to incorporate arts and creativity into my sessions and believe the best way to learn is through playful exploration!

I have worked in the education system for 6 years in both urban and rural regions and in private practices, NGO's and disability arts organisations in Australia and Cambodia. I've also worked as a clinical educator/academic for 5 years at UniSA training OT students. I have undertaken training in aquatic therapy, kid's yoga, kid's mindfulness meditation and circus skills for people with integration difficulties. I enjoy running group therapy sessions and draw upon the DIR Floortime model, Intensive Interaction and the Social Thinking Curriculum. Before moving here, I worked as an access coordinator for the second largest Fringe festival in the world! I love living in Tasmania with my two affectionate cats, Frankie and Theo, and enjoy water colour painting, making websites, crosswords and getting out in the natural environment when I can!