



social and systems work by Bessie

Trauma-informed | Neuroaffirming | Systems-informed | Inclusive | Lived Experience
Therapeutic, practical and systems-informed support for individuals

As an AASW Accredited Social Worker, I provide trauma-informed, neuroaffirming therapeutic and practical support to help individuals improve their emotional wellbeing, daily living skills, independence, and quality of life.

My work blends emotional support, practical strategies, and systems thinking, recognising that personal experiences are shaped by the environments and systems around us.

I support people to build confidence, safety, and capacity while navigating the complexities of real-world life.

Areas of support

- Psychosocial therapeutic support
- Emotional regulation and coping strategies
- Executive functioning and daily living skills
- Communication and interpersonal skills
- Identity and neuroaffirming support
- Trauma-informed counselling
- Systems navigation and advocacy
- Family and carer support
- Life transitions (housing, employment, relationships)
- Goal setting, planning and problem-solving
- Self-advocacy and confidence building

Who I work with

- Neurodivergent and autistic individuals
- Psychosocial disability
- People with trauma histories
- LGBTQIA+ community members
- Families and carers
- People navigating complex systems (housing, mental health, justice, disability)

Why choose Social and Systems Work by Bessie?

- Trauma-informed, neuroaffirming and systems-informed approach
- Holistic support combining therapy, practical strategies and systems navigation
- Real-world, strengths-based support grounded in lived experience
- Collaborative with health, mental health and community services
- Flexible delivery (in-person, telehealth, and text-based)
- Values grounded in dignity, autonomy, inclusivity and safety

Referrals/self referrals

E: socialworkbybessie@gmail.com

W: socialandsystemswork.com.au

I will respond within 1–2 business days



About Bessie

I am an AASW accredited social worker with a Master of Social Work and over a decade of experience across family violence,

community services and State and Commonwealth government systems. My work spans both therapeutic support and systems thinking, allowing me to support emotional wellbeing alongside the practical realities of navigating complex environments.

*ride the rise,
settle into safety*