

Rebecca Williams

Director & Lead Occupational Therapist

**Master of Occupational Therapy, Bachelor of
Health Sciences (OT), Bachelor of Business
(Specialising in Marketing)**

Rebecca is the founder, Director and Clinical Lead Occupational Therapist at Fuller Life Therapy Services. Growing the practice into a neuro-affirming allied health service that supports people across the lifespan, from early intervention through to adulthood through occupational therapy, play therapy, and allied health assistant support.

As an AuDHD mother of three neurodivergent children, Rebecca brings lived experience alongside her clinical expertise. She knows firsthand the joys, the challenges and the constant advocacy that come with neurodivergent family life. That understanding shapes how she works: she listens closely, values each person's way of being, and focuses on what matters to them in their everyday lives.

Rebecca's practice is strengths-based, occupation-centred and collaborative. She works alongside children, adults, families, educators and support networks to build practical, meaningful strategies that grow confidence, participation and independence. Her focus is never on changing who someone is. It is on helping them do the things they want and need to do, in ways that work for them.

As Clinical Lead, Rebecca guides the Fuller Life Therapy team through clinical supervision, mentoring and quality practice frameworks. She is also an experienced clinical placement supervisor and is passionate about developing the next generation of neuro-affirming therapists.

At the heart of her work is a simple goal: helping individuals and families feel understood, supported and empowered to live fuller lives.

www.fullerlifetherapyservices.com.au

