Rikki Belder

Occupational Therapist

Master of Occupational Therapy

Rikki is a dedicated Occupational Therapist who enjoys supporting teenagers and adults to build confidence, develop practical skills, and achieve goals that are meaningful to them. She takes a strengths-based, neuro-affirming, and person-centred approach, working collaboratively with individuals to create therapy that reflects their unique strengths, interests, and aspirations.

Known for her warm and creative nature, Rikki strives to create a safe and supportive space where people feel heard, understood, and empowered. She is passionate about helping individuals navigate challenges, embrace their strengths, and increase their independence and participation in everyday life.

Outside of work, Rikki loves expressing her creativity through writing songs, playing the piano, and creating art. She also enjoys spending time in nature, finding inspiration and balance in the outdoors. Her creativity, curiosity, and appreciation for self-expression shine through in both her personal life and her approach to therapy, helping her create engaging and meaningful experiences for the people she supports.

www.fullerlifetherapyservices.com.au

