



Australian Government

Department of Health  
and Aged Care

## CASE STUDY

# EXPLORING CAREER PATHS IN MENTAL HEALTH



**CLAUDIA GRENFELL-UIJLAND**

**ROLE:** Behaviour support practitioner  
Provisional psychologist

### What does your role as a Behaviour Support Practitioner involve?

My role involves working with clients ranging from children to older adults who have psychosocial disabilities including schizophrenia, autism and ADHD who exhibit behaviours of concern such as verbal and physical aggression.

This can involve training family, carers and staff on how to implement strategies to promote positive behaviours, providing psychoeducation on their diagnoses and monitoring their behaviour over time. It also includes talking to other allied health professionals, gathering reports and documents, doing research and working collaboratively to support my clients. My main role is to provide strategies to reduce clients' behaviours of concern and to improve their quality of life.

### What do you like most about working in mental health?

Helping people to overcome severe mental health challenges and transition back into normal life, back to work and to the things they love is extremely rewarding. When a client relies on you less and less, you know you are doing a good job.

### What would you say to someone considering a career in mental health?

It's important to know that you don't need several years of study to start a career in mental health, and don't discount a career in mental health even if you didn't get the ideal grade. There are many different training and study pathways you can take to get started.

Are you ready to make a difference? Take the next step and visit [health.gov.au/mental-health-careers](https://health.gov.au/mental-health-careers) or scan the QR code to learn more about pursuing a career in mental health today!



Careers in  
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