

Jessica Roche.

Registered Psychologist

PSY0002712817

Jessica is passionate about supporting neurodivergent individuals across the lifespan to better understand themselves, reduce shame and self-criticism, and build lives that feel more sustainable, authentic, and aligned with their strengths. She has a particular interest in Autism, ADHD, anxiety, body image & eating challenges in teen girls. Jessica also accepts Medicare referrals under Eating Disorder Treatment and Management Plans.

With both professional training and lived experience, Jessica brings a warm, compassionate, and neurodiversity-affirming approach to her work. She values creating safe, collaborative spaces where clients feel genuinely understood, accepted, and supported. Many clients resonate with her balance of authenticity, practical strategies, and strengths-based care.

Jessica's integrative approach draws from a range of evidence-based therapies including CBT, DBT-informed strategies, Flash Technique, Trauma-Informed Stabilisation Treatment (Level 1 trained), mindfulness-based practices, and EFT tapping for anxiety and emotional regulation. Outside of work, she enjoys learning about psychology and neuroscience, travelling, being active outdoors, and spending time with her dog and loved ones.



"I chose psychology because I've always been drawn to understanding people"

Jessica is available for telehealth and in-person appointments at The Neurodiverse Network.