

Wakai Waian Healing

100% Indigenous owned

Understanding Autism

Ayla Valente Biral
Provisional Psychologist



My name is Ayla, and I'm a dedicated provisional psychologist originally from Brazil, now proudly part of the Wakai Waian Healing team. I bring with me a deep passion for mental health, a strong foundation in psychology, and a specialised interest in working with the Neurodiverse Community — particularly individuals with Autism.

Over the past several years, I've focused on understanding Autism through both academic training and practical experience. My clinical work with NDIS participants has allowed me to develop nuanced insight into the sensory, emotional, and social experiences of neurodivergent individuals. I've undertaken ongoing professional development in Autism, trauma-informed care, and inclusive communication, and I continue to expand my skills in supporting clients across the spectrum. My goal is always to offer affirming, person-centred support that empowers each individual to thrive in their own way.

My journey into psychology was shaped by my upbringing in Brazil, where my uncle and aunt worked closely with Indigenous communities along the Xingú River. Their dedication to cultural knowledge and community health deeply inspired me. I completed five years of university training in psychology in Brazil.

I've long held a deep respect for Indigenous cultures — from the Yudjá and Pataxó peoples in my home country to the Aboriginal and Torres Strait Islander communities I now serve here. Joining Wakai Waian Healing has brought a true sense of purpose to my work. I'm committed to walking alongside people in their healing journey, supporting them through past challenges, and helping build stronger emotional and cultural wellbeing.

Outside of work, I'm a nature enthusiast who grew up exploring the Atlantic Forest in Brazil. These days, I love discovering the beautiful forests and coastlines of Australia — and I rarely pass up the chance to go surfing or take on a new adventure.

**Trauma informed, culturally safe and
recovery oriented care**

