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Cara completed her undergraduate degree at the University of the Witwatersrand and then completed her honours degree at Rhodes University. She then went on to complete her PGCE (Post Graduate Certificate in Education) at the University of the Witwatersrand. After obtaining her PGCE Care taught for one year at Fairways Primary School. She then went on to complete her Masters degree in Educational Psychology at the University of the Witwatersrand. Cara is also a member of the Golden Key International Honour Society which awards membership to academic achievers who graduate in the top 15% of their year.

Cara has also worked at Headway Brain Injury Association as well as Ubelele (Therapy, Assessment Training Centre in Kew). She is currently in full time in private practice at the Baby and Child Wellness Centre in Bryanston. She also consults at Yenzani Children's Home in Midrand. She has been working at Yenzani Children's home for four years seeing the children for therapy as well as assessments when needed. In 2016 she joined the Board of Yenzani Children's Home.

Having worked as a teacher, Cara is very respectful of teachers and the role that they play in children's lives. Through her teaching experience, she developed an awareness of how often

emotional and learning difficulties effect children's school work and behaviour. Cara sees the importance for early intervention and support, as well as, the benefit of play therapy for children. At an adolescent stage, working through issues and expressing emotions can be done effectively through psychotherapy. She also combines art therapy into her practice to give children and adolescents another medium to express themselves.

Cara sees the use of assessments as a valuable tool to gauge a better understanding of a child's global functioning in order to better assist the child. She understands the importance of involvement from the family (and potentially the school), in order to best assist the child and she is able to help facilitate this involvement. She does full Psychoeducational Assessments. School Readiness Assessments, IEB and GDE Concession Assessments and Career Assessments.