

# PATHWAYS INTO OUR SECTOR

Growing the domestic and family violence, sexual assault, women's health and wellbeing workforce.



**Isabella Chellingworth**  
Sexual Assault Counsellor, The Women's Centre  
Bachelor of Social Work

## From University Placement to Sector Social Worker.

Isabella Chellingworth always knew she wanted to work in the human services sector. After a gap year post high school, Isabella studied a Bachelor of Social Work. Her two placements exposed her to work in schools and regional hospitals, the latter leading to part-time employment as a social worker in a small regional hospital.

She was fortunate to also work part-time as a mental health clinician for Headspace.

Isabella's passion was to work in the area of sexual assault.

In 2021, she secured her current role as Sexual Assault and Generalist Women's Health Counsellor at the Women's Health Centre.

Isabella loves being a social worker and is passionate about supporting people in surviving the trauma of sexual assault and family violence.

**"My advice to anyone wanting to work in this area is to go for it! There is a lot of diversity and learning opportunities."**

"It's such a privilege to walk with these women, witnessing firsthand their strength and resilience. But there are also challenges to be faced every day," Isabella said.

Isabella said it can be difficult working in regional or remote areas.

"It can be difficult working in regional or remote areas when the support available is not enough to meet the needs of the community," she said.

Isabella said the need to engage in critical reflection and develop strategies for self-care are extremely important.

"Vicarious trauma through hearing stories of assault and abuse can take their toll. I'm fortunate to be part of an extremely supportive team and I take advantage of the excellent professional supervision."

Isabella would eventually like to explore the research and academic space, aiming to build greater skills and knowledge in the sector.

For more information visit:  
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