



Rebecca Lowe - Bio 2026

I am an Accredited Mental Health Social Worker and owner of a social work group private practice on Larrakia country in Garramilla/Darwin. Though originating from Nairm/Port Philip Bay, I have a passionate love of the NT, particularly the Top End, having grown up and lived and worked in Arnhemland and Darwin now for over 40 years. I'm well aware of the immense privilege my family experienced by being welcomed into Yolngu culture in Nhulunbuy. This experience enabled me early on to identify and to later pursue addressing inequality and injustice.

With 17 years of post-graduating experience, I have sought to improve the lives of newly arrived refugee families, women and their children escaping family & domestic violence, children navigating the separation of parents, those with life-long mental ill-health, couple relationships, police members, defence personnel and more. Co-facilitating men's behaviour change programs and extensive involvement with the Royal Commission into Institutional Responses to Child Sexual Abuse both significantly shaped my intrinsic social work practice.

My therapeutic passions lie in de-colonising practices, relationship & narrative therapy, trauma-informed practice, emotional self-awareness and a world-view of interconnectedness. I believe in the inherent 'goodness' of humankind, that despite increasing serious challenges there is immense joy, beauty and wonder throughout our world and that people-power movements are what create significant change.

Having undertaken national roles as convenor for Culturally and Linguistically Diverse (CALD) and Relationship Education networks and served as Secretary of the national Marriage and Relationship Educators Association of Australia, I enjoy collaborating across states & territories. As the current NT Branch Committee President, I feel I bring a rich Northern Territory perspective to national discussions, strongly advocating for the inclusion of regional, remote and First Nations practice realities in shaping the future of the profession.