



PSYCHOLOGY. CULTURE. PRACTICAL APPLICATION

Evidence informed education and professional development for people working with young people, families and culturally diverse communities.



Toltu Tufa

Psychologist | Educator | Facilitator

Languages: English, Turkish, Oromo

Toltu is a registered psychologist with extensive experience working across clinical, forensic and community settings. For almost two decades, her work has centred on helping individuals, families, communities and workforces understand complex psychological issues in ways that are practical, culturally responsive and useful in real-world settings.

Culturally responsive practice that translates psychology into useable action.

Particularly experienced across African, CALD, migrant and Muslim community contexts.

AREAS OF PROFESSIONAL FOCUS

1

Mental Health & Wellbeing

Recognising concerns, help-seeking, early support and practical responses with young people and families.

2

Culturally Responsive Practice

Culture, identity, migration, belonging, racism, family expectations, and engagement across diverse communities.

3

Family & Community Engagement

Building trust, navigating stigma, having difficult conversations and strengthening pathways to support.

4

Training & Professional Development

Interactive workshops, workforce capability, applied psychology, realistic case examples and practical resources.