

A.K.C. MUMS & AUTISM KIDS CO.

Neuroaffirming Therapist Directory

Please note: This directory has been built from recommendations by parents in the AKC Mums community. All submissions are reviewed before being added. Inclusion does not constitute a personal endorsement from AKC Mums or Autism Kids Co. — we encourage you to do your own research and trust your instincts when choosing support for your tamariki. If you have a concern about anyone listed, please get in touch with us directly.

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Occupational Therapists

Therapist / Service	Region	Website	Why recommended
Melissa Walker-Tate -Simply Speaking SLT	Franklin	Simply Speaking SLT	Very knowledgeable and organises tailor based treatment plans.
Shenee Taylor- Realising Children's Potential	Hamilton	Realising Children's Potential created by ArzeenCooperBoydOT	Shenee is really lovely and works in a child lead approach. She has a willingness to learn and work with the child she is working with in a way that suits the child needs. She is caring and compassionate
Ursula Gee - The Paediatric Collective	Auckland	The Paediatric Collective	They are so caring and connected to my child so quickly. She is respectful of the children and family's needs and is so helpful and responsive. So lucky to have her to help with emotions and potty training.

Speech Language Therapists

Therapist / Service	Region	Website	Why recommended
Megan King — Finding Voices	North Shore, Auckland	www.findingvoices.co.nz	Amazing at her job, very patient and compassionate. Really goes the extra mile to provide an environment that feels safe and comfortable for children and parents.
Alice Loughlin- Little Leaps	Auckland - mobile service	Little Leaps	Alice is amazing with neurodiverse tamariki. I'm an ECE teacher so have watched her in my class with a range of tamariki including my own son
Ami- Lee Wildman - Wild about words	Auckland, North Shore	Wild About Words	I can't recommend Ami-Lee at Wild About Words enough. She's been amazing with my son over the last 18 months — always working at his pace, knowing when to step back, and really taking the time to build a trusting relationship with him. Her sessions are fun, different, and so neuroaffirming, which makes such a huge difference. It's clear she really gets kids, not just as clients but as little people with their own needs and personalities. So lovely to see her now out on her own with her own practice too.
Ami- Lee Wildman - Wild about words	Auckland, North Shore	Wild About Words	Ami-Lee has been instrumental in our son's progress since starting speech therapy at the end of 2024. She is incredibly patient and understanding and was able to create a strong bond with our son in a short period of time. She has such a genuine interest in doing whatever she can to help not only the child but offering us parents ongoing coaching and support with whatever issues we've been experiencing while parenting a non verbal autistic/AuDHD child. She is an amazing human being constantly advocating for her clients and trying her best to educate everyone on neurodiversity so that one day the world will be more accepting of our children.
Caroline - the speech room and the move room.	Auckland, North Shore	www.thespeechroom.co.nz	All the staff are super involved and friendly very hands on
Rebecca Cooper / Acorn Neurodiversity Greenlane	Auckland	Acorn Neurodiversity	Asked us a lot of questions about Kanoa and our goals prior to our first session, always patient, polite, calm, and receptive to our comments/concerns.

Counselling Services

Therapist / Service	Region	Website	Why recommended
Arletta van den Bosch — Child & Family Counselling	Auckland	Arletta van den Bosch	Gentle pace that suits the child. Very knowledgeable about autism. Great games, animals to feed, relaxed sensory-supportive environment. Great with school advice and happy to meet with school SENCO.
Hannah Saulbrey Ross - Rainbow House	Auckland	Rainbow House	Amazing support – Hannah has been an absolute lifesaver for us. We do parent therapy sessions over Zoom, which usually consist of talking about

Therapist / Service	Region	Website	Why recommended
			challenges that have cropped up (then making sense of them and figuring out strategies) plus counselling for us and our own mental health. Hannah also has older neurodivergent kids, so she really gets it and has very practical advice

Behavioural Support

Therapist / Service	Region	Website	Why recommended
Dr Janine Kantor — Tiny Giants	Auckland	www.tinygiants.co.nz	Amazing with kids — kind, gentle, knows her stuff!

Psychology

Therapist / Service	Region	Website	Why recommended
Rainbow House	Auckland	Rainbow House	I have used two seperate people from rainbow house for diagnosis for autism, pda, adhd. Both people we saw through Rainbow House were amazing through the diagnosis process for both adults and children. We saw one last year and one more recently this year both positive experience
Fehm Hussain, Building Minds	Mt Eden, Auckland	Building Minds	Kind, flexible, joyful, strengths-based. Made Ed Psych assessment relaxed and enjoyable. Easy to talk with. Wealth of knowledge.

Play Therapy

Therapist / Service	Region	Website	Why recommended
Zoë Dunster - ARO	Franklin	ATO - Art Therapy Oasis	Warm, caring, inviting, and a very calming presence. She is both a play therapist and art therapist. She does free sessions through gumboot Friday
Gisela Theunissen, Building Minds	Mt Eden, Auckland	Building Minds	Super friendly and relaxed, strengths based, follows child's lead, good at playing

Music Therapy

Therapist / Service	Region	Website	Why recommended
Raukatauri music therapy	Auckland, Bay of Plenty and Whangarei	www.rmtc.org.nz	My daughter has used them for years now and never had a problem. It has advanced so many skills for her and development and they are all super empathetic and supportive holding space for a range of things.

Physiotherapy

Therapist / Service	Region	Website	Why recommended
— Coming soon —			

Paediatrician

Therapist / Service	Region	Website	Why recommended
Dr Alison Leversha ADHB	Auckland	Public through Starship Hospital	Nothing short of amazing. She diagnosed our boy and she was full of information and help for the first 6 months of our journey. She ensured we had all the first contacts and referrals.

Other

Therapist / Service	Region	Website	Why recommended
Anna Sloan — Nutrition Connection	Auckland (remote consultations available)	www.nutritionconnection.nz	Understood how autism affects food intake.
Kylie Phillips - Phillips Family chiropractic	Hamilton	PhillipsFamilyChiropractic.HamiltonFamilyChiropractor	I recommend them because Kylie is a kind and patient person she is flexible in her approach to her service and has worked really well with my daughter and is very understanding
Dr Tasmyn Capper/ Balanced Spine Chiropractor	Auckland, North Shore	BalancedSpineChiropractic	My two autistic children love her. She is kind and gentle and very knowledgeable and understanding of autism and neurodiversity.
Natalie Williams - Starfish naturopathy	Kerikeri and online	StarfishNaturopathy	Natalie Williams is a really lovely person who we found was neuroaffirming. She has been really helpful and has been amazing to work with, have used her recently and in the past year

Had a difficult experience with a provider?

If you've experienced poor treatment from a health or disability provider, you don't have to navigate it alone. The **Nationwide Health and Disability Advocacy Service** is a free, independent service that can help you resolve concerns or make a complaint.

 Freephone: 0800 555 050

 advocacy@advocacy.org.nz

 www.advocacy.org.nz

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