

Hi, I'm Kirsty!

she/they



I'm a Neuroqueer therapist. I live in Leeds with my cat, Dumpling, many plants and my husband creature. I fully believe spooky is a lifestyle and not something reserved for Halloween.

Outside of work I'm often escaping reality one book or cosy game at a time. I've recently found an appreciation and love of loose leaf tea.

What People Appreciate & Admire About Me

People have said they appreciate my warmth, genuineness, and kindness.

As well as my ability to treat everyone I meet as an individual and look to help them find their strengths and support to overcome difficulties.

A Few of My Favourite Things

My favourite season is Autumn. My favourite tea is Green Japanese Cherry. Most importantly my favourite dinosaur is stegosaurus, closely followed by diplodocus (because it's fun to say).

About The Way I Work

I believe different clients need different things at different time. I work with my clients to help them identify what's troubling them and potential solutions; we go at their pace to suit their needs.

Random Things About Me

I frequently change my hair colour and I don't think there's a colour I haven't been. I will stim and use fidgets in sessions, as it helps me focus on clients and their needs. I commonly use magnets, Tangles, putty and Nice Cubes.