



Emily Rutherford.

Registered Psychologist

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Emily Rutherford is a psychologist with an interest in parenting support, early childhood development, PDA and working with autistic and ADHD children. She understands how overwhelming parenting can feel — particularly with the constant advice, expectations, and judgement that many parents face.

Emily is passionate about supporting parents to reconnect with their strengths and build confidence in their own parenting approach. She also values the importance of early support for young children, helping to nurture emotional development, confidence, and coping skills from an early age.

As a parent to two young children herself, Emily brings both professional knowledge and lived experience to her work. She takes a warm, collaborative, and neurodiversity-affirming approach, working alongside families to support understanding, connection, and wellbeing.

"This too, shall pass"

Emily presents educational groups and is available for telehealth, in-home and in-person appointments at The Neurodiverse Network.