

Robyn Farley.

Clinical Psychologist

PSY0000965938

Robyn is deeply committed to supporting adults—particularly in midlife—to make sense of Autism and ADHD identification in a way that enhances self-understanding & builds self-compassion.

She works with people who have often spent years feeling different or out of step, helping them "join the dots" and better understand how they think, feel, and function.

She has a strong focus on supporting clients through life transitions, stress, and hormonal changes, as well as navigating relationships, identity, and capacity.

As a parent of two neurodivergent teenage daughters, Robyn brings both professional expertise and lived experience to her work—offering practical, realistic support that honours the complexities of midlife, parenting, and nervous system regulation.



"The curious paradox is that when I accept myself just as I am, then I can change."
– Carl Rogers

Robyn is available for telehealth and In-Clinic appointments at The Neurodiverse Network.