

Dr Kirstin Robertson-Gillam

PhD MA(Hons) M.Couns BA(Psych) RN Rtd Clinical member PACFA Music Therapist



Kirstin specialises in neurological conditions including Dementia, Parkinson's, and Stroke. She also specializes in health conditions such as chronic pain, and acquired brain injuries.

She has a private practice in-person, by telephone or on-line. She is also associated with the Parkinson's Unit at the Concord Hospital, Sydney.

Her therapeutic style has been developed over some 30-years of study and clinical practice. She prepares a plan specifically for each client which features appropriate combinations of the following modalities:

● Talking

Talking to a therapist provides opportunities to release the fears, doubts and grief that you might not be able to express to family and friends.

● Writing

Writing your feelings in a journal lets you record your changing emotions and behaviours that impact your daily life.



● Drawing

Drawing a mandala is a simple way of expressing emotions that may be hard to put into words.



● Meditations

Kirstin has recorded some special meditations to help your healing.

● Drumming

Drumming sessions (individually or in a group, and even over ZOOM) promote concentration, manual dexterity, and dual tasking.



Creative Horizons Healthcare

ABN 37 082 300 176

Neurological Psychotherapist / Counsellor

Mobile 0409 533 466

Email kirstinrg@bigpond.com