

How do we do this?

We do this in 3 stages. By creating safety - processing memories & grieving - reconnection & integration.

I am an integrative person-centred counsellor. I am focused on your needs & tailor therapy to meet these. I work with children from 11 years to adulthood. I blend modalities such as: CBT, DBT, TA, Gestalt & creative methods to bring the subconscious insights to light.

IFS/Parts work – We are made of many parts & each part has its own intentions & perspectives. The aim is to understand & harmonise the parts through love & compassion.

Somatic work – Is a mind and body approach that focuses on physical sensations and experiences, helping you to connect with the body, release the emotional charge and process the emotions held in the body, altering the relationship you have with your body. How you see yourself, others and the world around you.

You are not crazy; your responses are totally normal. What happened to you is abnormal. Your responses are normal for your circumstances.

You deserve to be heard and understood in a safe environment. Please feel free to contact me to have an initial chat and ask any questions.

"It is bad enough that people have lost their childhoods, it is unacceptable that they should lose their adulthoods too." (Herman).

For more information please use the QR code below to visit my website.



Are you:

- ☐ Struggling with traumatic memories, overwhelming feelings and reactions?
- ☐ In unexplained body pain?
- ☐ Feeling on edge, low and unmotivated, feel not good enough, or misunderstood?
- ☐ Struggling with relationships, friendships and parenting?
- ☐ Remembering events that are confusing?



Counselling is designed to help you process traumatic information, manage triggers, flashbacks & regain a sense of control.

Being able to journey with someone is a privilege. I will walk alongside you, enabling you to understand your thoughts & feelings. Working at your pace, we will draw on different therapeutic approaches to enable you to find safety, healing, joy & to feel heard and validated. I will work with kindness, curiosity, & compassion. I will encourage you to be curious & expand your insights about yourself, your life & your relationships.

Understanding Trauma

Trauma is an individual experience that overwhelms you! This can leave you feeling helpless, frightened, & unsafe. You might lose your sense of control, connection to people & meaning, affecting your whole well-being. Trauma can be a single event or ongoing, such as:

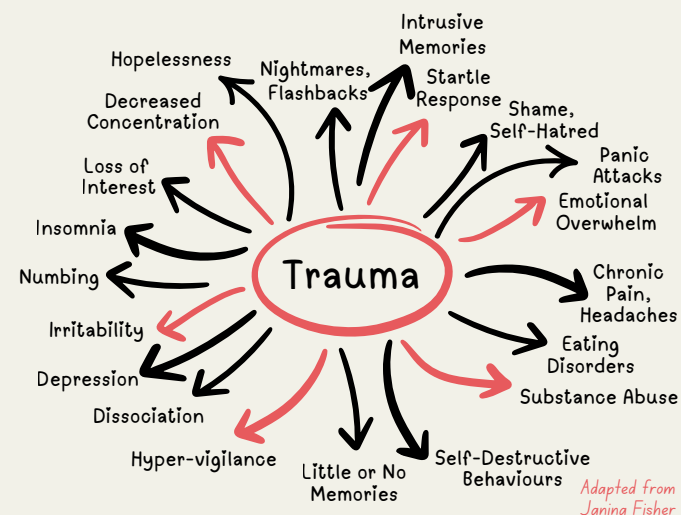
Single events - accident, natural disaster, sudden loss, surgeries.

Multiple/ongoing events - Domestic abuse, childhood trauma, prolonged stressful situations.



Trauma affects everyone differently. What is traumatic to one person is not to another. These memories are stored in the body, creating an autonomic physiological response, where the emotional charge from the experience cannot be integrated/processed. These unprocessed memories turn into the symptoms that come from unresolved trauma. There is no right way to feel after trauma.

Impacts of Trauma



Experiencing some of these does not mean that you have trauma. But if they impact your life then seek support. Click on the QR code to find out more about the impacts of trauma.

