



NIGHTINGALE



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”

Individual and couple therapy with Angie A Professional Profile

Angie is in high demand, and we are delighted that she agreed to join Nightingale as an associate counsellor. She has a unique gift for quickly building rapport, making clients feel at ease within minutes of meeting her. Angie is lively, warm, friendly, funny and kind - truly a gem and a valuable asset to both our Nightingale team and the clients that she supports.

Angie is also highly professional, organised and worldly wise. Before training as a counsellor, she spent 20 years living and working abroad in various countries, including America and Spain, where she was introduced to diverse cultures and traditions. These experiences inspired her to pursue a career in counselling, leading her to join Nightingale.

Angie works with a person-centred, humanistic approach, drawing on multiple counselling models to tailor her support to each client's unique needs. Her passion is in helping individuals make positive changes and fulfilment in their lives. Beyond her role at Nightingale, Angie is actively involved in supporting vulnerable young people in schools, helping them resolve issues, build self-esteem, and foster confidence. Her expertise also extends to working with young adults, students and adults referred to her.

Angie is also a couple counsellor at Nightingale Marriage Counselling and works very well with couples where one is neurodivergent, and one is neuro typical. She really helps to bring a better understanding of how the differences impact the communication around the relationship and help to improve it by relating in a different way.

Individual clients working with Angie will receive counselling to fit their individual needs, drawing on a range of counselling modalities. She also has specialised knowledge in neurodiversity, understanding the unique needs of individuals in this area and can work with the client to improve knowledge.



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TRAINING & QUALIFICATIONS

- Certificate in Couple Counselling
- Certificate for Understanding Autism Level 2
- HND Diploma in Counselling - New College Lanarkshire, Coatbridge
- Personal Development Award in Addiction
- Qualified Online and Telephone Counsellor (80 hours)
- CISI 1 - Introduction to Securities and International Investments, Palma, Mallorca
- DeAnza College, Cupertino, California USA

AREAS OF EXPERTISE

- Depression and low mood
- Anxiety and stress
- Young people - school age
- Young adults and students
- Low self-esteem and building confidence
- Addiction
- Bereavement
- Historical sexual abuse
- Psychological abuse
- Individual relationship issues
- General counselling
- Just talking
- Couple counselling
- Coaching



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TESTIMONIALS

“Angie was able to help me unravel and understand complex issues and begin a great journey of self-improvement.”

“I’ve been having counselling sessions with Angie for some time now, I was initially a little reserved as I’d never had counselling before, however, speaking with Angie has helped me enormously with my self-awareness journey, she listens, she advises and has an overall calming manner and always makes me feel comfortable with anything I throw at her. I always come away feeling content and motivated after our session. I would highly recommend Angie to anyone who was seeking counselling.”

“I came to Angie some time ago for help to leave my now ex-partner. Since she helped me gain the courage and self-respect I needed to do so, we have worked retroactively to look at how I can be there for myself, rediscover what I enjoy and turn my life around. If it weren’t for our sessions I would still be lost and stuck in an awful situation, and I am so thankful for her input, support and encouragement.”

“Angie is an incredible counsellor. As someone who was very apprehensive about therapy, Angie really put me at ease and made sure I was comfortable with how she works. She is like a friend who listens to anything I have to say or will sit with me when I don’t feel like saying much, and who gives incredible advice and support. Her wealth of knowledge is invaluable. I wouldn’t be where I am today if it wasn’t for Angie.”

“On my first visit to meet Angie I was very anxious and nervous absolutely not in a good place. Angie listened to me, and I relaxed. I now look forward to my sessions with Angie as I have improved a lot, and it is definitely due to her. She has given me the tools I need to move forward. I am now in a much better place, and I know I couldn’t have got here without Angie’s help.”



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“I decided to meet with Angie online at a point in my life when I felt I would burst emotionally. Meeting with Angie online meant it was physically manageable to fit into my schedule without adding extra pressure of trying to be somewhere else. Through Angie’s reflective conversation with me, I was supported to verbalise for the first- time concerns and disappointments. She suggested exercises to do to help me understand my thinking and patterns of behaviour. The sessions were tailored off appropriately at a point I felt I had gained understanding around certain issues and had a plan to make adjustments to help me take more control over these issues.”

“Angie inspired trust and confidence by quickly establishing a rapport and identifying key issues and provided us with relevant and practical steps towards progress.”

“Angie provides a mix of listening, advice and recommended reading/resources which has been very helpful to me in navigating this period of my life. This has given me a safe space to work through some tricky times and has helped me to put things into perspective.”

“We went to couples counselling with Angie as a last resort of our marriage breaking down. The tools she gave us helped us to communicate better and to re-engage in each other’s lives. The tips and advice have become fun activities which can break up the mundane of real life and we now look forward to spending time together, laughing.”

