



NIGHTINGALE



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Therapy with Mhairi A Professional Profile

When you are referred to Mhairi for couple counselling, rest assured that you are in excellent hands. With 25 years of dedicated experience as a relationship and marriage counsellor, Mhairi exudes confidence and professionalism. From the moment you meet her, you will feel the warmth and empathy that she brings to her sessions, making you feel comfortable and understood. Mhairi has a unique ability to cut through the noise and get to the heart of the matter quickly, providing insightful feedback that can help you navigate your relationship challenges effectively.

In addition to her work with couples, Mhairi also assists individuals facing relationship and personal struggles. Her approach is not only professional but also infused with humour and kindness, making her clients feel at ease during what can be a challenging time. As a mother of three grown children and a grandmother of two, Mhairi brings a wealth of personal experience, further enhancing her ability to connect with and support her clients.

Beyond her client work, Mhairi plays a pivotal role in the professional development of other couple counsellors. As a supervisor, she shares her 25 years of experience and expertise to guide and mentor those in the field. Mhairi also dedicates her time to providing training to fellow counsellors and couple counsellors, ensuring that the next generation of professionals are equipped with the tools and knowledge needed to help individuals and couples navigate their relationships successfully.

Mhairi works face to face in our consulting room in Glasgow near Charing Cross and in her own consulting room in Baillieston. Mhairi is also available to work with clients online.



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TRAINING & QUALIFICATIONS

- Diploma in Relationship Counselling with Relationships Scotland - 1999
- Diploma in Supervision with Relationships Scotland - 2004
- Participant in various Continuous professional development courses

AREAS OF EXPERTISE

Couple Counselling

- Issues around infidelity
- Communication
- Conflict resolution
- Changes in the relationship
- Family dynamics
- Issues with other family relationships
- Assessment to refer to psychosexual counselling

Relationship counselling for individuals

- Falling out of love
- Emotional and psychological abuse
- Childhood sexual abuse
- Childhood Trauma
- Low self esteem
- General counselling for clarity
- Assessment to refer to other models of counselling



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TESTIMONIALS

“We would definitely recommend Mhairi if you are looking for couple counselling. This was our second experience of couple counselling and can honestly say Mhairi was fantastic, she made us feel at ease from the word go, we were both able to open up even when things were difficult. Non-judgemental throughout. We looked forward to our weekly face to face session and found it a little strange when our sessions came to an end. Can honestly say our relationship is so much better & more how we used to be in our early days. It is expensive however worth every penny. Thank you so much Mhairi for your help & support.”

“I was referred to Mhairi at a very low point in my life. I was overwhelmed, anxious, worried, and stressed. My problems seemed insurmountable. Following my sessions with Mhairi I have completely changed how I deal with the same situations that brought me to counselling. How I react and understanding why I react was enlightening, enriching and by far the best thing I have done for myself and my family.”



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“Mhairi was friendly and understanding, but also clear and straightforward. She struck the perfect balance between listening and inputting – she had a knack of recognising what I was trying to work out in my mind, or trying to say, and to put her finger on it. This really helped me identify some of the recurring patterns of thought and behaviour that have characterised my past relationships, and to move forward with a much more positive outlook.”

“Mhairi was a great support and help through a really challenging time for me personally and professionally... she helped me see things from a different perspective and ultimately direct me onto a positive track.”

“Mhairi was down to earth, funny, easy to talk to and a true professional. We have completely changed how we deal with the same situations that brought us to couple counselling.”

“We found couple counselling extremely useful - it showed me and my partner where our bad traits come from and how we needed to communicate feelings a lot more. We can't put everything into a text about how much it has helped us to grow as a couple. We now look forward to our future together. Thank you, guys x.”

“I have had counselling with Mhairi for the past three months and I am completely satisfied with how our work has progressed. Having received counselling from other professionals in the past, I can safely say that she is among the best. Mhairi's level of experience and expertise has exceeded all my expectations. She is incredibly perceptive, and she always brings valuable insight into what I bring to the table. I also appreciate how she keeps a clear focus on what needs to be dealt with, which makes our sessions productive and worthwhile. I have left every session with a clear sense of having gained something valuable. For all these reasons, I strongly recommend her.”



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“We found the support delivered very professional and understanding. It has allowed us to move on with a greater understanding and confidence in facing our issues.”

“We were really pleased with Mhairi, we felt immediately at ease with her, which is so important, and found that she spoke to us in really easy to understand yet well considered terms. She never tells you what to do, but helps guide you to finding your own solutions. We went to her as we were really struggling to communicate without getting into the same patterns of fighting and we have been able to really improve this through meeting with Mhairi, as we understand both ourselves and each other more clearly and we have a toolkit of things we can try when we see we're headed down that same path again. We would absolutely recommend her.”

