



# NIGHTINGALE



“ Selena has taught me strategies which have made me feel stronger and more resilient, which I couldn't have done without her. ”

## Individual and couple therapy with Selena A Professional Profile

Selena is a joy to work with, and we were thrilled to welcome her to the Nightingale team. With a background in nursing, she has seamlessly transitioned into counselling, bringing her natural care, empathy, and support to her clients. They often describe her as warm, friendly, sensitive, and highly attuned to their needs. Selena is open and dedicated to helping clients make meaningful changes, offering a variety of therapeutic tools. From the moment you meet her, you'll feel safe and comfortable in her presence. Her commitment to her profession is evident in her continual efforts to expand her skills and knowledge to better serve her clients.

It is a pleasure working with Selena, not only because of her lovely personality but also due to her dedication to her craft. Clients who have worked with her consistently recommend her services. She is a strong advocate for using tools like a whiteboard to challenge unhelpful behaviours and thinking patterns. I often refer clients to her, knowing they will benefit greatly from her expertise.

Selena excels in various areas of counselling and tailors her approach to each client's unique needs. She uses an integrative approach, combining CBT, Transactional Analysis, and psychodynamic principles. Her extensive expertise in these areas, coupled with her drive to continuously expand her knowledge, allows her to offer highly effective support. One of Selena's key passions is helping clients overcome anxiety, where she knows she can make a real difference.

Her recent work in bereavement counselling, particularly through specialised training with Sands, has been especially rewarding. This training equips her to support individuals and couples who have experienced the loss of a newborn, a delicate and deeply emotional area that requires special compassion and care—qualities that Selena embodies fully. We are incredibly proud of the impact she has with her clients.



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## TRAINING & QUALIFICATIONS

- 1994: RGN
- 2020: COSCA Certificate in Counselling Skills
- 2021: Postgraduate in Cognitive Behavioural Therapy and Group Work
- 2023: Counselling parents and families following pregnancy loss and death of a baby
- 2023: Managing Post Traumatic Stress Disorder
- 2023: Compassion based therapy
- 2023: Couple counselling training – trained over 6 months with Nightingale marriage counselling

Tutor on the COSCA Certificate in Counselling Skills

Supporting Adolescents in Secondary School education with anxiety and stress management.

BABCP and COSCA



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## AREAS OF EXPERTISE

- Depression
- Addiction
- Generalised Anxiety Disorder
- Worry - breaking the cycle of worry
- Health Anxiety
- Social Anxiety
- LG BTQ +
- Individual Relationship Issues
- OCD
- Trauma
- Childhood Sexual Abuse
- Phobia
- Grief
- Counselling for parents and families following pregnancy loss and the death of a baby
- Sexuality - coming out and acceptance
- Self-harm
- Eating Disorders - unhealthy relationship with food Stress
- Issues With Anger
- Individual relationship issues
- Couple counselling



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## TESTIMONIALS

“I am in a really good place right now and feel positive thanks to Selena. I don’t think she will ever know how much she has helped me with our sessions. I don’t even know if I would still be here if it wasn’t for her. She has been such a rock for me and helped me back up on to my own two feet. Our chats and her advice have been priceless and inspiring. I’m so glad she was there for me and I had the opportunity to have her support. Selena will be forever in my heart, and her advice will be with me forever. I will always have her number if I ever need her help and counselling again, but for now, I’m feeling good. I’m excited for the future, and it’s a massive part thanks to her. I want to thank Selena for being there for me and for saving my life. She’s amazing at what she does, and she’s an amazing person. Thanks again.”

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“I was in a bad way for a while with anxiety and longer COVID and I really didn’t know what way was up, and then I got put on to Selena from Nightingale and things have been great ever since. I was scared and nervous to begin with and worried people would think I was nuts. Selena was very kind, patient, and understanding, and really completely changed the way I was viewing every situation I faced in life. Selena is a very knowledgeable woman who really turned things around for me. I cannot praise her enough for all her help and will never forget all of the coping techniques and tips she taught me. I truly am forever grateful.”

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“Right from the introductory session Selena has made a positive influence on my wellbeing. Her friendly manner and sensitive but insightful approach to understanding my challenges have been extremely helpful from the outset. The variety of techniques and simple analogies Selena has used to help me better understand myself and structure a positive change, has been a massive support to me.”

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“Selena was great, really professional but down to earth and approachable. We felt like we could really talk to her without judgement and the work and tasks she helped us with were very useful. Thank you.”

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“Selena’s warm, gentle and non-judgemental approach instantly put me at my ease. She quickly created a space where I felt comfortable to be vulnerable and share without holding back, meaning I’ve gotten the most out of our sessions. One of my favourite aspects of her counselling style is that she talks me through my emotional and thought processes, and it helps me better understand my feelings and habits. She’s taught me strategies which have made me feel stronger and more resilient, which I couldn’t have done without her.”

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“After my wife ended our marriage and I discovered she had been having an affair, I found myself in the most challenging and desperate time of my life. One of the best decisions I made in those first dark days was to seek help through counselling sessions with Selena at Nightingale Counselling. Selena listened and understood what was going on in my life and helped me to try to make sense of what was happening and what things I could control in this situation myself. Each session helped me to “reset” and to face the week ahead with strategies and tasks to use in-between my regular sessions. I will always be grateful for the help, advice, kindness and knowledge I gained from Selena and for giving me the tools and strength to deal with difficult times as they arise. I think without Selena’s counselling and advice I may not be here today and would certainly not have had a positive outlook in life. I can’t thank her enough.”

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“My cup is now filled and I feel like I can give so much to everything. I had my boys today and I feel like I’m giving them 110 percent. Like Selena said, I can only control what I do and can’t control what others do, and right now I feel like I am in control again. The fact I know I have Selena by my side when the ship needs steadied is a great comfort to me. She saved a life... mine, and I will never forget that. Thank you so much Selena!”

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“Selena has helped me with the understanding and acceptance of my life events. She has also given me a non-judgemental, compassionate and understanding environment which I feel comfortable to be talk about my anxiety.”

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“I just wanted to say that I appreciated all the tools and therapy that Selena has given me. It really has given me a better understanding of myself and how setting flexible boundaries will help how I relate to my partner in our relationship with each other. After discussing this with him he also was able to better understand how my insecure attachment style has affected me. Huge sigh of relief!! I’m so glad I met Selena. Thank you for helping me!”





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“I thought Selena was lovely to deal with and she made me feel really comfortable. Being able to get a lot off my mind has left me feeling much happier about myself and what the future has in store. I wouldn't hesitate in recommending Selena to anyone who may require therapy in the future.”

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“Selena has a very down to earth approach to her sessions. She has been great at making links between feelings/behaviour and actions which has enabled me to understand my own situations a bit better. She also provides practical activities and follow up tasks designed to keep the flow between sessions and provide opportunities to reflect between sessions.”

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“I cannot thank Selena for the change she has made to my life. When I first met Selena, my anxiety had taken a total grip of me, I had no belief in myself, could hardly string a sentence together without bursting into tears and I wouldn't leave the house. Selena listened to me during each session and challenged my way of thinking, she also gave me wee tasks each week to take me out of my comfort zone. 10 sessions later I have gained a belief in myself that I have never had, and I am moving on to a new job in a sector I had always dreamed of working in. None of this would have happened with the help of Selena.

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“Selena was great! From someone that didn't feel particularly comfortable with couple counselling, she made me feel very comfortable and has changed my point of view. A very positive and helpful experience all round. 10/10”

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“Selena was great, really professional but down to earth and approachable. We, as a couple, felt like we could really talk to her without judgement and the work and tasks she helped us with were very useful. Thank you”

