



## NIGHTINGALE



“ Thanks to her expertise, we’ve strengthened our relationship and haven’t looked back since. I highly recommend Allison. ”

### Individual and couple therapy with Allison A Professional Profile

Allison is very confident in her ability to make real changes in people’s lives. She is dedicated, kind and compassionate about the therapy she offers. She is quiet and unassuming in her approach but very warm and nurturing, you will feel safe in her hands from the minute you meet her. She is also down to earth, self-contained and supportive in her approach to life and work. Her aim is to build a strong therapeutic relationship which she believes is vital to the therapeutic process and the success of the therapy.

We feel very pleased that Allison joined our team. As with all the counsellors and couple counsellors working with Nightingale, she has that special personality that sets her aside from other counsellors. She is a truly valued member of our team.

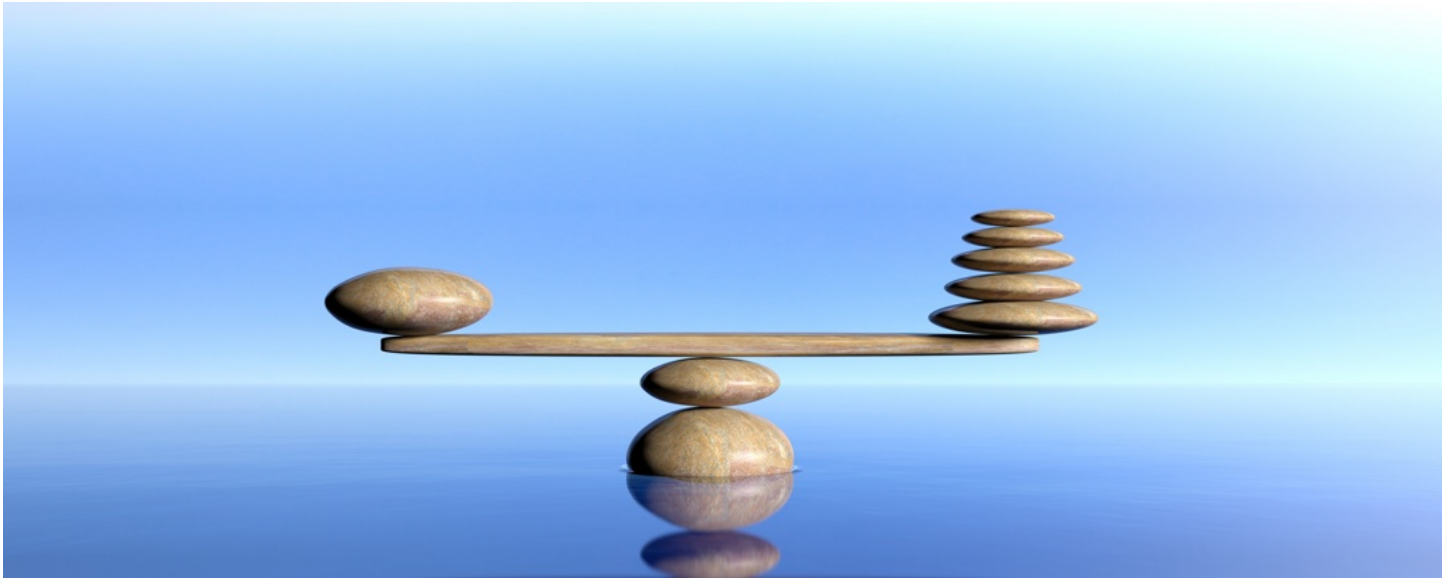
Allison is always keen to learn new skills and is committed to bring the best service she can to her clients using continuous professional development to add to her skill set on a very regular basis. She is as effective with couples as she is with individuals working with adults only.

As a couple counsellor Allison’s training with a large couple counselling organisation and, more recently, received mentoring and additional training on the Nightingale marriage counselling model. We pride ourselves on the positive effect of our couple counselling training delivered by Florence who brings her 25 years’ experience to the couple counsellors

Clients who have worked with Allison have provided invaluable positive feedback, which reflects the work Allison does.



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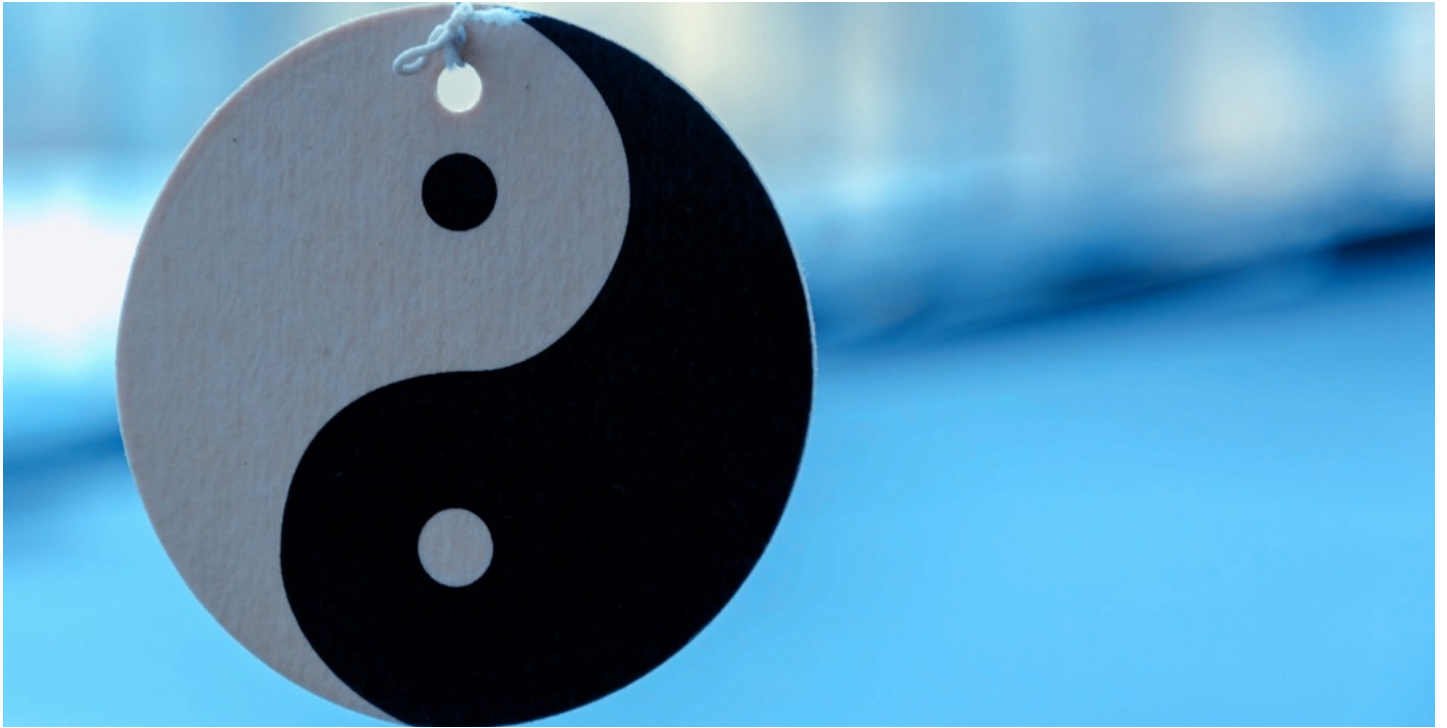
## TRAINING & QUALIFICATIONS

- 2014 - COSCA Certificate in Counselling Skills.
- 2019 - Diploma in Counselling and Groupwork - A Cognitive and integrative Approach
- 2018 - Transactional analysis foundation course
- 2023 - Certificate in Couple counselling training by a large couple counselling organisation
- 2024 - Couple counselling training and mentoring by Nightingale Marriage counselling
- 2024 - Working with shame-based memories using compassion focused therapy (CFT)
- 2024 - Overcoming imposter phenomenon
- 2021 - Schema therapy
- 2024 - Gender and sexual diversity working effectively with LGBTQ +
- 2024 - Coaching for ADHD
- 2024 - Neurodivergent challenges for couples
- 2025 – EMDR

Allison is an accredited member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP).



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## AREAS OF EXPERTISE

- Anxiety conditions
- Stress
- OCD
- PTSD
- Anger
- Trauma
- Bereavement
- Neurodivergent challenges for couples
- Depression and low mood
- Historical abuse
- Life transitions
- Distorted thinking patterns
- Coaching ADHD
- Individual relationship issues
- Couple counselling
- EMDR



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## TESTIMONIALS

“Allison has helped turn my life around after a serious of events that knocked my self-confidence at work. I was unhappy, stuck in a rut & in need of support. Allison was aware of my way of thinking from the outset. Her very supportive, but also challenging, approach was exactly what I needed. I have benefited greatly from how she held me to account & challenged my negative thought patterns that had set in. I can genuinely say working with Allison has reset how I think about things so much for the better, with less self-doubt which has resulted in real benefits not only in my career but also in my personal life. I would not hesitate to recommend Allison.”

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“My partner and I cannot thank Allison enough for the incredible support she provided us. We were facing some challenging situations, and Allison’s compassionate, insightful guidance helped us work through them together. Her ability to create a safe and understanding environment allowed us to communicate more openly and honestly than ever before. Thanks to her expertise, we’ve strengthened our relationship and haven’t looked back since. I highly recommend Allison to anyone seeking a skilled and caring couple counsellor.”

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“The support my partner and I have received through going to see Allison has enabled us to rebuild security and communication in our relationship. My partner and I started session to work out difficult issues in our relationship after a pivotal point occurred. Our sessions with Allison have helped us understand each other and issues we need to work on as a couple and within ourselves. She has created a secure space where we feel comfortable to express how we feel and work on difficult subjects. Since starting with Allison our relationship has been a lot better as we have focused on the root cause of our problems and built new foundations that help us thrive together. We are so grateful we found Allison at nightingale and would highly recommend to anyone needing support.”

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“My partner and I came to Allison with quite an unusual problem we needed help working through. We immediately felt at ease with Allison and the discussion and guidance that Allison provided helped us move forward. We have kept her details and will certainly be in touch should we come up against a difficult time again.”

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“We have been seeing Allison for a few months for marriage counselling. She provided a safe sanctuary for us as a couple to explore our marriage breakdown. Over this time



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she gave us the tools we needed not only to face the challenges in our marriage but also in other areas of our lives. We have a much greater understanding of what happened to get us into the situation we were facing. We are now able to use these tools to recognise our feelings and deal with them together through productive communication. The sessions with Allison have left us in a much stronger place to move forward as a couple. We are so thankful. We recommend Allison highly."

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"My partner and I are incredibly grateful for the support and guidance Allison has provided. Through her compassionate, thoughtful, and non-judgmental approach, we've been able to work through challenges that once felt overwhelming. Allison created a safe space for honest communication, helping us better understand each other and rebuild a stronger, more connected relationship. We're truly thankful for the positive impact Allison has had on both our individual growth and our relationship. We feel so very grateful that we found Allison."

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"We came to therapy during one of the most painful periods in our relationship, following the discovery of an affair. Allison created a safe, supportive space where we could begin to unpack the hurt, rebuild trust, and understand the deeper issues that led us to that point. With compassion, insight, and gentle honesty, Allison helped guide us through incredibly difficult conversations and emotional moments. Thanks to her support, we've been able to reconnect, heal, and begin rebuilding a stronger, more honest relationship. We are truly grateful for the care and guidance we received from Allison during such a challenging time."

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"When I first started working with Allison, I felt trapped in my mind. Social anxiety had taken over so much of my life — I avoided conversations, isolated myself, and constantly second-guessed everything I said or did. But session by session, Allison helped me find my way back to myself. She created a space where I felt safe, seen, and understood. For the first time in a long time, I felt a sense of hope. Now, I'm not only able to face social situations — I can actually enjoy them. I'm deeply grateful for the compassion and wisdom that helped me begin to live again."

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"Before working with Allison, I felt stuck in the same painful patterns in my relationships. I struggled with trust, communication, and setting healthy boundaries, and it often left me feeling alone, misunderstood, or ashamed. In therapy, I found a space where I could be honest without fear of judgment. Allison helped me understand the roots of my behaviour, and slowly, I began to heal. I've learned how to



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show up more authentically, how to express my needs, and how to build deeper, healthier connections with the people I care about. I can't fully express how much this work has meant to me — it's changed not just how I relate to others, but how I see and care for myself."

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"When I started therapy with Allison, I was overwhelmed, burned out, and constantly on edge because of work. I felt like I was drowning in pressure and expectations, and I couldn't see a way out. Through our work together, Allison helped me untangle the stress, set boundaries, and reconnect with my sense of worth. She didn't just give me tools — she gave me perspective, and a space where I could breathe again. I now feel more balanced, more confident, and better equipped to face challenges without losing myself in the process. I'm truly grateful for Allison's support during one of the hardest chapters of my professional life."

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