



# NIGHTINGALE



“ Stephen was kind, understanding and patient. ”

## Therapy with Stephen A Professional Profile

As soon as Stephen opens the door, you'll immediately feel at ease, as his warm and inviting personality shines through. His calm demeanour is especially reassuring, making him a natural fit for counselling work. Nightingale is delighted to have Stephen as part of our team. He works with both male and female clients and has become an invaluable member of our employee support program.

Stephen is highly organised, ensuring you gain the maximum benefit from the homework he offers. His direct approach to your personal growth is enhanced by the use of visual aids, which help you create meaningful connections and shift your thoughts towards a more positive and empowering experience. Stephen is also highly effective in supporting clients dealing with bereavement, drawing on his specialised training in bereavement counselling.

Like all Nightingale therapists, Stephen is chosen for his warm and engaging personality, possessing that unique quality that helps clients feel comfortable and secure in a safe, supportive space.

Outside of counselling Stephen enjoys keeping fit and watching sports including many American sports, Stephen is a fan of Italian cuisine and enjoys dining out with friends.



# NIGHTINGALE



## TRAINING & QUALIFICATIONS

- Diploma in CBT
- Working with Bereavement
- Training for Bereavement Counselling
- Impact of Trauma on Mental Health
- Facilitating Critical Incident Debriefing

## AREAS OF EXPERTISE

- Low Mood & Depression
- Anxiety, Stress & Worry
- Low Self-esteem & Negative View of Self
- Loss, Grief & Bereavement
- Coping Skills & Techniques
- Trauma
- PTSD
- Anger
- OCD



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## TESTIMONIALS

"Taking part in counselling was one of the best decisions I've ever made. I was struggling with anxiety, which often felt overwhelming and difficult to manage on my own. From the very first session, I felt supported, understood, and guided in a safe, non-judgmental space. Stephen's unwavering empathy and expertise created an environment where I could openly explore my thoughts and feelings, which I never thought I was capable of doing. Through our sessions, I not only learned how to cope with anxiety but also gained a deeper understanding of myself, allowing me to approach challenges with greater confidence and resilience. The process wasn't always easy, but it was always worth it. I felt safe, free from judgment and validated. I'm incredibly grateful for the positive changes counselling has brought to my life and highly recommend these services to anyone looking for support, quite frankly, Stephen was incredible, and I appreciate all the help he gave me. Forever grateful!"

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"Stephen was kind, understanding and patient. With just a few pieces of information he was able to put together a succinct summary of my situation that I had never thought about and explain it to me clear as day."

"I had some initial anxieties about discussing my difficulties and vulnerabilities, however found Stephen very engaging and attentive to my concerns. I felt Stephen



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had a flexible open approach and utilised the most appropriate type of counselling to benefit me. With Stephen's support I was able to put into practice some of my decisions which has resulted in me now feeling happier in more control of my life. Many thanks Stephen"

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"I can't recommend Stephen enough. He helped me above and beyond my hopes and expectations. I've learned so much from him and hope to keep his words and help to aid me from now on. Thank you so much".

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"Stephen - you were brilliant. What you do is like real-life magic. Thank you so much for enabling me to think differently about life situations."

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"Very beneficial tool for staff, I really crossed a barrier with this and that is in huge part to Stephen, I am very grateful."

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"Stephen was very helpful in figuring out my situation. Having someone to talk through my issues with, and didn't make me feel like I was stupid or dramatic or judged for life choices."

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"For the first time in my life I felt listened to. I felt I could 100% be myself and that I was heard. Stephen made me feel super comfortable and I have built up a good relationship with him. I am looking forward to continuing with these sessions following my NHS funded appointments. I would highly recommend this to anyone struggling."

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"I have been seeing Stephen for about 6 months now and have found him to be a huge help and support whilst I've been going through major life changing events. He has really engaged with the detail of everything that's been going on and he has responded to all I have shared with finely tuned advice and support, and given me very useful tools to help me cope and process things. I would recommend him without hesitation"

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"Stephen made such a difference to my life when I was feeling overwhelmed and low. He suggested we do CBT together and that was the right choice for me. Stephen was very intuitive and instinctive and seemed to understand what I was trying to convey



# NIGHTINGALE

even if I couldn't find the words. After only the first session with him I already felt more able to cope, and after our three sessions I felt a hundred times better. Now, a few months down the line, I am still using the tools and techniques Stephen taught me about. He is a star! “

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“I felt at ease with Stephen very quickly, he's friendly and easy to talk to. I've really appreciated his analysis and ability to focus on specific points in conversation then investigate them further, it's really helped me to understand myself better.”

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“When I first walked into my first session I was at rock bottom and spiralling further but Stephen put me at ease almost instantly and over the courses of our sessions he installed better ways of thinking, gave me the tools and helped me build my confidence back through a very difficult time in my life. He listened and he helped change my point of view about myself, let me feel that my feelings were valid and allowed me to be more positive than I have been in my life. I highly recommend him and his process if you are feeling you need help. I can't thank him enough for helping me.”



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