



NIGHTINGALE



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Therapy with Susan A Professional Profile

Susan possesses an unwavering confidence that has a profound impact on the exceptional service she provides to her clients. She possesses an innate ability to quickly make you feel at ease and normalise any issue you present to her. Her approach is highly organised and tailored to your specific needs and circumstances. A consummate professional, Susan always prioritises your best interests. We consider ourselves fortunate to have her as part of our team.

As a sex and relationship therapist with a wealth of experience, Susan is deeply passionate about helping individuals and couples overcome difficulties in their personal and sexual lives. She works tirelessly to enhance communication, understanding, and connection between partners, and provides non-judgmental, empathic, and practical support to those dealing with psychosexual issues. Through her thorough initial assessment, she gains insight into your specific concerns and guides you through your counselling journey.

Sessions with Susan take place in a comfortable, confidential consulting room near Charing Cross, where you can freely discuss the intimate aspects of your relationship. This safe space fosters a stronger connection and enhances your relationship dynamics.

Susan benefits from the guidance and supervision of a prominent authority in psychosexual counselling, who is dedicated to developing and supporting professionals in this field. Rest assured, with Susan, you are in capable hands. This will become clear whether you meet in person or work with her online.



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TRAINING & QUALIFICATIONS

Postgraduate Diploma in Person Centred Counselling from Strathclyde University

Postgraduate Diploma in Sex and Relationship Therapy from Relationship Scotland

6 stage Continuous professional development on polyamory, polygamy and arranged marriage, sexual fluidity, Bisexuality trans, kink and neurodiversity in relationships.

GOVERNING BODY

RegCORST (registered member of the College of Sexual and Relationship Therapists)

AREAS OF EXPERTISE

- Psychosexual Counselling for individuals
- Psychosexual couple counselling
- Premature ejaculation
- Sexual abuse recovery
- Vaginismus
- LGBT- spectrum of issues
- Kink aware therapy: BDSM, Bondage etc
- Coming out
- Sexual trauma in childhood
- Sexuality
- Loss of intimacy with your partner
- Fetishes
- Lack of libido
- Compulsive sexual behaviours: porn, sex etc
- Couple sexual relationship issues
- Delayed ejaculation
- Loss of interest in sex
- Genital pelvic pain/Penetration disorder
- Erectile issues



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TESTIMONIALS

“My experience with Nightingale Counselling was very positive. The Counsellor I worked with was called Susan and she really helped me. I came to her with a rough idea of what I was doing and not really sure how to stop it. She listened to me and helped me understand what I was doing and why. Then she simply gave me reassurance that this was a normal response and gave me a few simple tips to help me manage these. This really helped as I feel it stopped my mind from going off the rails and kept me on the correct path. We then had another session in which I told her my improvements, along with some other mistakes I had made. She again helped me understand why I did this and reassured me that this was normal human behaviour. We decided that it was best to leave the sessions for now but I am welcome to call her should any other problems arise. I am very pleased to leave it where it is and look forward to the direction Susan has helped me aim towards.”

“I decided to make an appointment with Susan after struggling for years with the fallout from sexual trauma I experienced as a teenager. Susan was so welcoming and put me at ease straight away. She is really easy to talk to and I felt like I could be completely honest about what I was going through without fear of judgement. After 11 sessions I was left feeling so much more confident and comfortable, and I am now looking forward to enjoying a healthier and more fulfilling sex life. I would definitely recommend Susan to anyone who was feeling nervous about seeking psychosexual counselling.”



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"My sessions with Susan were invaluable. I had been through a very challenging time with my mental health, following the breakdown of my marriage of 15 years. Sadly, the public domain only seems to understand, gay or straight. And neither of these felt natural to me. I had fought internally for most of my adult life, to understand decisions I made, attractions I felt, behaviours I displayed. Susan, with her deep knowledge and understanding, helped me to understand things, by exploring other options. Ultimately, I felt at peace and Susan helped me to a good destination, that gives me a platform to go forward in a happier place. She made me feel at ease and confident. I found it easy to be open and honest, which is imperative."

"Understandably we were nervous going along to see Susan for the first time, but she quickly made us feel at ease, and although some discussions we had were difficult, after a few weeks, we felt much calmer going along to each session. We always thought we were quite good at communicating, but Susan really helped us talk about things we hadn't really talked about before. She created a safe and encouraging environment for both of us. This type of counselling was quite different to what I had experienced before - it was much more specific and practical, but it has really helped us to address our difficulties with having children and has brought us closer as a couple. There was no immediate magical solution, but undertaking the counselling with Susan has definitely given us hope during this long journey."

"Susan really helped me come to terms with the things going on in my life at the time. She helped me ask the right questions to get to grips with my issues and I can't thank her enough for her help. She was, open, professional, friendly and a fantastic listener. Highly recommended"

"Susan is a very kind and nonjudgmental person, and she made me feel very comfortable. I felt awkward and embarrassed before seeing her and she helped me greatly with this. I would definitely recommend her to others."



NIGHTINGALE

"I saw Susan after years of putting off trying to get help for my issue. Having never gone through any sort of counselling before, I was nervous to start but she was very easy to speak to and helped put me at ease early on. The sessions I had with her were very helpful and the 'homework' she assigned was manageable but effective. I would definitely recommend her to anyone in a similar situation to me."

"We started seeing Susan after a few issues arose in our relationship that we felt we needed help with. Susan was so welcoming and friendly from the start. She was easy to talk to and encouraged us throughout the process. She made us feel comfortable to talk about what we were struggling with. We both felt heard and valued throughout our time with Susan and made progress in every session. We feel our relationship is stronger and we communicate better with each other. We can't thank Susan enough!"



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