



NIGHTINGALE



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Available for sessions with individuals on Wednesday 10am – 8pm face to face La Belle Place, Glasgow and online. Fees £75 per session

Therapy with Anne

A Professional Profile

When you meet Anne, you'll instantly feel her warmth and genuine friendliness. She's the newest member of our Nightingale team, and we feel truly lucky to have found her!

Anne embodies what counselling is all about — being supportive, encouraging, and helping you feel completely at ease. Feeling comfortable with your counsellor is such an important part of the therapeutic journey, and Anne has a wonderful way of helping people relax and feel understood from the very first meeting. Her passion and enthusiasm for our profession shine through in everything she does.

Anne works with adults and young adults (aged 16 and over). She has a natural ability to connect with younger clients, understanding the unique challenges they face and creating a strong, trusting therapeutic relationship that helps them grow and thrive. Anne is also a mum to two young adults.

Prior to counselling Anne worked in cafe and restaurant management. She is an exceptional cook and still spends some of her week cooking.



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TRAINING & QUALIFICATIONS

- Masters of Arts degree in Psychology and Art History - Glasgow University
- Post Graduate Certificate of Education (primary education) Strathclyde University.
- Diploma in Cognitive Behavioural Therapy and Groupwork.

AREAS OF EXPERTISE

- Low self esteem,
- Anxiety
- Depression,
- Social anxiety.
- OCD,
- Phobias,
- Health anxiety,
- Panic disorder,
- ADHD Coaching for young adults and adults
- Young adult issues
- Trauma



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TESTIMONIALS

“Everything I have changed and learned about myself would not have been possible with any other counsellor. Anne has honestly created such a warm, supportive and safe environment that has allowed me to truly dig deep. How I used to deal with stress no longer serves me – I have now changed this, which is massive” Gillian

“These therapy sessions have been transformative, particularly around moving on from grief. Anne was extremely professional and well organised for each session which made it easier for me to make real progress using the strategies and tool kit she provided” Helen



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"CBT changed my life. The tools that I was shown not only changed my mindset but actually helped me heal, love and care for myself. Anne was compassionate, honest and open. I was always so scared about therapy but now thanks to her I am so grateful" Nicole.

"There are very few people in life who can walk in and change someone else's. Anne walked into my life when I needed her. The safe space she provided to allow me to be truly honest with myself. Her warmth and empathy have all combined to make real changes; the extra mile she went to learn new techniques to help me" Allison

"I just want to thank you for everything you've done for me, helping me on my healing journey and being a trusting ear. You are amazing at what you do" Natalie

