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Available for sessions with individuals and couples in Dulwich, London and online.
Fees £75-£95 per session

Individual and couple therapy with Dafina A Professional Profile

Dafina is a warm, friendly, and genuinely uplifting presence, with an infectious enthusiasm that shines from the moment you meet her. She is fully dedicated to her clients' progress and loves helping people create meaningful, positive changes in their lives.

Dafina works with clients of all ages, including young adults, adults, and couples. She has a special ability to quickly build rapport, so you'll feel understood and supported from the very first session. Her insight often brings "aha" moments, helping clients see their challenges in new ways. While she is kind and gentle, Dafina also knows when to challenge unhelpful patterns to help you move forward and grow. She draws on a variety of counselling approaches, taking an integrative approach tailored to each client's needs.

For Dafina, the therapeutic relationship is at the heart of her work. She works with empathy, honesty, and a genuine commitment to her clients' wellbeing, ensuring that every session feels safe and supportive. Her passion for counselling and the difference it makes in people's lives is evident in everything she does. Both the Nightingale team and her clients feel incredibly fortunate to work with her.

If you're lucky enough to work with Dafina, you can expect a compassionate, insightful, and truly supportive experience.



TRAINING & QUALIFICATIONS

- Level 4 Diploma in Therapeutic Counselling
- Level 3 Certificate in Counselling Studies
- Level 2 Certificate in Counselling Skills
- Level 2 Award in Introduction to Counselling
- Child Development Diploma
- Certificate in using Art in therapy
- Bereavement Service Volunteer Induction Training
- Introduction to CBT
- Human Givens Approach training in how to make counselling more effective
- Couple counselling training – delivered by Nightingale marriage counselling



AREAS OF EXPERTISE

As an integrative therapist, Dafina can work with most issues by drawing on different modalities of counselling. In addition to this Dafina has specialisms around:

- Bereavement - special area of training in bereavement counselling
- Depression
- Children issues exploration with parents
- Individual adult counselling
- Counselling for young adults – Specialised training
- Parenting advice service from the cradle to young adult issues
- Post-natal depression
- Miscarriage
- Baby shock – offering invaluable insights to parents
- Issues around blended families
- Couple counselling for parents
- General Couple Counselling
- Effects of Historical Sexual abuse
- Individual relationship issues
- Anxiety and Stress
- Issues with anger
- Individual coaching for ADHD



TESTIMONIALS

“After years of struggling with my mental health, I eventually sought outside help and couldn’t have landed in better hands than with Daffy. Within eight months, Daffy had enabled me to not only be honest with myself about the feelings and emotions that I hadn’t been able to handle after childhood and teenage trauma but equipped me with coping mechanisms for moving forward in my life too. Daffy’s kind personality and honesty provided me with a truly safe space to be vulnerable and made me feel supported throughout my journey to healing decades-old wounds.”

“Whilst attending sessions with Dafina, I found her very easy to open up to straight away. She helped me to understand my behaviour and problems from my past. I also learned coping mechanisms as we explored who I am as a person. Since having sessions with Dafina, my life has changed dramatically for the better. I just wished that I had gone to counselling years ago instead of leaving it to later in life. All I can say is ‘thank you Dafina’ for helping me to learn how to turn my life around.”

“As a qualified counsellor with lots of experience in my profession, I knew I needed to address a personal issue around loss and bereavement. When I approached Dafina I knew I was speaking to the right person. She was confident in her approach which is exactly what I needed. After six sessions I had felt the movement towards resolving the issues I needed to talk about. She is professional, warm, kind and funny. You really feel supported and understood. Dafina is also very good at challenging unhelpful thinking to ensure you move from where you are in the present to a better place. She is a gem. Thank you for your support!”

“Dafina has a warmth that makes you feel comfortable in the sessions, encouraging you to lead them in whatever direction you want to. She also challenges you to tackle difficult things. She gives useful insight, and she has changed how I view my life. Age 17”



"I took it upon myself to seek therapy due to systemic psychological trauma at work and concomitant deep-seated anger issues. I found Dafina, literally just up the road from me. Initially, I was a little sceptical and fearful because I had no idea what to expect from therapy. And "men don't do therapy" I thought. However, I had nothing to lose and everything to gain and it wasn't long before Dafina took me under her wing and lent an empathetic ear. I was surprised at myself as to how easy it was to talk and disclose all my woes; I lost all my inhibitions and didn't hold back. After a few sessions, I felt a connection with Dafina. She was understanding, non-judgemental and empathetic and through her human givens approach and use of CBT, she gave me loads of encouragement and helped me find my own strategies and solutions. I started therapy with a very negative mindset and ended therapy feeling very positive, having found my own exit strategy from my problems along with psychological closure. Best decision I ever made!"

"I found the sessions very useful, and I feel more confident and secure in myself since starting. I found you really easy to talk to, friendly, and I felt really comfortable during the sessions. Thank you very much Dafina." Age 15

"Dafina has such a friendly and calming personality that I felt immediately at ease when initially talking to her."

"Her level of understanding and compassion made opening up so easy and every session was cathartic. Dafina let me explore my emotions whilst asking tough questions to help me make sense of everything."

"Throughout my sessions with Dafina, she helped me work through my grief and gave me tools in order to start climbing out of the hole I found myself trapped in by the loss I had experienced."

"Hey, yeah that's me finished up and I'm over the moon with the outcomes. Dafina was amazing - so easy to talk to and really helped me work through things. I wouldn't hesitate to speak to her again in the future if I needed to."

"My husband and I started meeting with Dafina as we were at odds over growing our family further. We were a little apprehensive if couples therapy could help us and what that meant for our relationship but Dafina just the calm, knowledgeable presence we



needed. She took the time to get to know each of us in the first couple of sessions which allowed her to make insightful comments about each of us. In the sessions Dafina allowed us to talk at length and work our way through the problem ourselves guided by her thought provoking comments and questions. In the end we learned a lot about ourselves and each other and were able to come to a compromise which made us both happy (something we were unsure was possible before). We've now completed our sessions but have left the door open incase we ever need Dafina's insights again since we know we'd be in good hands."

"My wife and I were going through a rough patch that we weren't really sure how to navigate. Dafina helped us to understand why we might react the way we do to certain things and how to react to and understand each other's feelings a bit better than we previously had. I'm grateful for the advice and insight she provided and would absolutely recommend her to anyone who feels that they may need similar guidance."

