



NIGHTINGALE



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Available for sessions with individuals and couples on Monday evening face to face La Belle Place, Glasgow and Tuesday, Wednesday and Thursday face to face Baillieston and online. Fees £75-£95 per session

Therapy with Mhairi A Professional Profile

When you come to Mhairi for couple counselling, you can feel confident that you're in caring and experienced hands. With 25 years of dedicated work as a relationship and marriage counsellor, she combines professionalism with warmth and empathy, helping you feel understood and at ease from the very first session. Mhairi has a knack for getting to the heart of the issues quickly, offering insights and guidance that can help couples navigate their challenges more effectively.

In addition to her work with couples, Mhairi supports individuals dealing with relationship or personal struggles. Her approach blends professionalism with kindness—and often a touch of humour—helping clients feel comfortable even during difficult conversations. As a mother of three grown children and grandmother of two, she also brings personal experience that adds depth to her understanding and connection with clients.

Beyond her counselling work, Mhairi is passionate about supporting other professionals in the field. As a supervisor and trainer, she shares her extensive experience to guide and mentor new and experienced counsellors alike, ensuring they have the skills and confidence to help couples and individuals successfully navigate their relationships.



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TRAINING & QUALIFICATIONS

- o Diploma in Relationship Counselling with Relationships Scotland - 1999
- o Diploma in Supervision with Relationships Scotland - 2004
- o Participant in various Continuous professional development courses

AREAS OF EXPERTISE

Couple Counselling

- o Issues around infidelity
- o Communication
- o Conflict resolution
- o Changes in the relationship
- o Family dynamics
- o Issues with other family relationships
- o Assessment to refer to psychosexual counselling

Relationship counselling for individuals

- o Falling out of love
- o Emotional and psychological abuse
- o Childhood sexual abuse
- o Childhood Trauma
- o Low self esteem
- o General counselling for clarity
- o Assessment to refer to other models of counselling



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TESTIMONIALS

“We would definitely recommend Mhairi if you are looking for couple counselling. This was our second experience of couple counselling and can honestly say Mhairi was fantastic, she made us feel at ease from the word go, we were both able to open up even when things were difficult. Non-judgemental throughout. We looked forward to our weekly face to face session and found it a little strange when our sessions came to an end. Can honestly say our relationship is so much better & more how we used to be in our early days. It is expensive however worth every penny. Thank you so much Mhairi for your help & support.”

“I was referred to Mhairi at a very low point in my life. I was overwhelmed, anxious, worried, and stressed. My problems seemed insurmountable. Following my sessions with Mhairi I have completely changed how I deal with the same situations that brought me to counselling. How I react and understanding why I react was enlightening, enriching and by far the best thing I have done for myself and my family.”



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“Mhairi was friendly and understanding, but also clear and straightforward. She struck the perfect balance between listening and inputting – she had a knack of recognising what I was trying to work out in my mind, or trying to say, and to put her finger on it. This really helped me identify some of the recurring patterns of thought and behaviour that have characterised my past relationships, and to move forward with a much more positive outlook.”

“Mhairi was a great support and help through a really challenging time for me personally and professionally... she helped me see things from a different perspective and ultimately direct me onto a positive track.”

“Mhairi was down to earth, funny, easy to talk to and a true professional. We have completely changed how we deal with the same situations that brought us to couple counselling.”

“We found couple counselling extremely useful - it showed me and my partner where our bad traits come from and how we needed to communicate feelings a lot more. We can't put everything into a text about how much it has helped us to grow as a couple. We now look forward to our future together. Thank you, guys x.”

“I have had counselling with Mhairi for the past three months and I am completely satisfied with how our work has progressed. Having received counselling from other professionals in the past, I can safely say that she is among the best. Mhairi's level of experience and expertise has exceeded all my expectations. She is incredibly perceptive, and she always brings valuable insight into what I bring to the table. I also appreciate how she keeps a clear focus on what needs to be dealt with, which makes our sessions productive and worthwhile. I have left every session with a clear sense of having gained something valuable. For all these reasons, I strongly recommend her.”



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“We found the support delivered very professional and understanding. It has allowed us to move on with a greater understanding and confidence in facing our issues.”

“We were really pleased with Mhairi, we felt immediately at ease with her, which is so important, and found that she spoke to us in really easy to understand yet well considered terms. She never tells you what to do, but helps guide you to finding your own solutions. We went to her as we were really struggling to communicate without getting into the same patterns of fighting and we have been able to really improve this through meeting with Mhairi, as we understand both ourselves and each other more clearly and we have a toolkit of things we can try when we see we’re headed down that same path again. We would absolutely recommend her.”

“I’m so sorry this is so late. Work was mental this week and I lost track of this. Hope it’s not too late. We came to counselling needing help with communication, trust, and learning how to move forward together. Mhari created a space where we could speak honestly and really hear each other. It wasn’t always easy, but it was worth it. Mhari is warm, clear, and fair. She didn’t let us avoid the hard stuff, but she made it feel safe to go there. We saw things in each other we hadn’t seen before. Counselling helped us reach a turning point. We still have work to do, but we now have tools we didn’t before and hope we didn’t know we needed. We’re really grateful to Mhari for helping us find our way back to each other”

“Mhairi helped us cast a lens on our relationship with careful consideration. She is compassionate yet non-partisan, warm and professional. She listened carefully and guided us through a process of looking at patterns of communication and behaviour with a view to thinking about how to embark on making essential changes.

“Hi Florence, it is my pleasure to give Mhairi full credit for the terrific work she does. We immediately found her welcoming, professional and friendly. She was supportive, compassionate and understanding of both parties while remaining objective. She also created a lovely atmosphere with the appropriate measure of humour too. What a terrific lady all round x Thank you to you both xx 🥰🙏”

