



NIGHTINGALE



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Available for sessions with individuals on a Wednesday all day into evening face to face in our city centre location at Baltic Chambers, Glasgow and online and offers a degree of flexibility on other mornings. Fees £75 per session

Therapy with Keeley

A Professional Profile

Keeley is a valued new addition to our team, introducing Somatic Trauma Healing, a therapy that expands our service offering by working with both the body and mind. She brings a bright, friendly energy alongside a grounded, can-do attitude that feels warm, genuine, and uplifting to those she supports.

Deeply passionate about her work, Keeley creates a safe, supportive environment where clients feel at ease and held throughout their healing journey.

Somatic Trauma Healing recognises that when trauma or prolonged stress overwhelms the nervous system, the body can remain stuck in survival mode. Rather than returning to a state of calm, the fight-or-flight response stays activated, and unprocessed stress becomes stored within the body—often showing up as anxiety, anger, numbness, chronic tension, exhaustion, or a sense of disconnection.

For many people, trauma can be difficult to put into words. You may feel overwhelmed, shut down, or unable to fully express what has happened. This is because trauma is not only held in memory, but within the body itself.

Keeley's approach works gently and safely with body sensations, rather than relying solely on talking. Through guided awareness, grounding, breathwork, and nervous system regulation techniques, she supports clients to:

- Notice and understand physical sensations linked to trauma
- Gradually release stored survival energy



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- Safely process emotions such as anger, grief, fear, and shock
- Reconnect with parts of themselves that may feel numb or disconnected
- Reduce dissociation and build a stronger sense of presence
- Develop the capacity to feel without becoming overwhelmed

This process allows the body to complete interrupted stress responses, helping the nervous system return to a state of safety, balance, and connection.

Somatic therapy can be especially supportive for those experiencing trauma or complex trauma, sexual abuse, bereavement and unresolved grief, chronic stress, anxiety, panic, emotional numbness, dissociation, or anger that feels difficult to manage.

Alongside her somatic work, Keeley also specialises in bereavement support, offering a fresh, body-based approach that clients have found both reassuring and effective. Many report a growing sense of relief, regulation, and reconnection as part of their healing process.

Through therapeutic attunement and co-regulation, clients experience a safe relational connection, greater nervous system stability, and a gradual easing of hypervigilance, helping to rebuild trust in themselves and others.

At the heart of Keeley's work is a simple but powerful outcome: helping the nervous system learn, "I am safe now."

You deserve to feel safe in your body again—calm, connected, and able to live, rather than simply cope.



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TRAINING & QUALIFICATIONS

- SCQF level 8 Addiction Counselling
- HNC Counselling, including psychodynamic counselling, humanistic, Loss and Grief, bereavement and relationship centred.
- Level 11 post-graduate diploma in cognitive behaviour therapy and groupwork.
- Somatic Trauma Therapist (Accredited)
- CPD Cruse Grief Awareness Training.

AREAS OF EXPERTISE

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



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TESTIMONIALS

“I have just completed my first block of eight sessions with Keeley, and I can honestly say the experience has been life-changing.

I’ve worked with a few therapists over the years, but Keeley really stands out for her ability to help you step back and gain clarity on the wide range of issues that come up in everyday life. She has a calm and thoughtful way of guiding conversations that helps you see patterns and understand your thoughts and behaviours more clearly.

Through our sessions, Keeley has taught me practical CBT techniques that allow me to better manage my emotional responses to challenging situations. Applying these tools has helped me cope more effectively with stress, while also improving my self-confidence and overall sense of wellbeing.

I would highly recommend Keeley to anyone looking for a therapist who is insightful, supportive, and genuinely committed to helping you make meaningful and lasting changes.”

“Keeley is an excellent therapist, and I was surprised at how easy it was to be vulnerable and open about my struggles. She has a very positive, engaging way about her, and she has equipped me with resources that I use daily. “



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“Keeley has been great, I've learned so much, and I really appreciate her approach. She presented as interested and understanding throughout, highly recommend.”

“Thank you, Keeley, for listening and helping me realise the changes I needed to implement. You helped me become the person I've been searching for, and for that, I will be forever grateful.”

“I had very little understanding of somatic work before starting these sessions, but I had a lifetime of bottling up emotions. My reactions really surprised me, and I found it pretty overwhelming at first, but being guided through it very gradually helped me to really lean into it and have the confidence to keep trying. I had no idea that I was going to feel such a release. I come away from sessions feeling lighter and more positive than I have in a very long time. Working on this helps me to feel like I have the ability and headspace to keep dealing with things in my life as they come up, rather than permanently feeling like I'm one bad day from a total collapse.”

“I'm deeply grateful for the ease I feel in myself now, compared to before therapy. Navigating life feels infinitely smoother. There was a sense of being held and a complete absence of judgment, which meant I was comfortable sharing whatever came up for me.”

I participated in a Somatic therapy session with Keeley Good. This session provided me with the support and techniques required to target the anger and fear I felt following a traumatic incident.

The physical techniques learned targeted specific areas in my body that reacted to reliving the incident. I was then able to release the trauma stored in my body.

I have been able to use these techniques again in response to triggering scenarios. Thanks again for your help.

