



# NIGHTINGALE



“Stewart was very adaptable, calm, kind and thoughtful”

Available for sessions with individuals face to face La Belle Place, Glasgow and online 10am – 2pm Monday, 6pm – 9pm on Wednesday. Other times at weekends may be available. Fees £75 per session.

## Therapy with Stewart

### A Professional Profile

Stewart is a valued new addition to our team, and we're delighted to welcome him to Nightingale. We are very selective when choosing the counsellors we work with, as our priority is to connect you with someone who truly understands the challenges you're facing and can help you feel comfortable from the very beginning. Stewart does exactly that. Within minutes of meeting him, you'll notice Stewart's warm, approachable nature. He is genuine, down-to-earth, and easy to talk to. His integrative style of counselling is grounded in CBT, allowing him to tailor his approach to each individual client's needs.

Stewart has a natural ability to be supportive, encouraging, and helping you feel completely at ease. Feeling comfortable with your counsellor is such an important part of the therapeutic journey. He feels privileged to be part of our profession and his passion and enthusiasm is easy to see.

Stewart works with adults of all ages male and female. He enjoys all aspects of his work understanding the unique challenges clients face and creates a strong, trusting therapeutic relationship that helps them grow and thrive.



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## TRAINING & QUALIFICATIONS

- Cosca Counselling skills certificate
- Diploma in Cognitive Behavioural Therapy & Group work
- The Psychology of Attachment styles
- The Psychology of Narcissism in Relationships
- ADHD & Psychedelics: Exploring the effects on the brain.

## AREAS OF EXPERTISE

- Anxiety
- Depression
- Social anxiety
- OCD
- Panic attacks
- Trauma
- Low Self esteem
- Anger Management
- Phobias
- Individual relationship issues
- Health anxiety
- ADHD therapy and coaching

Stewart also works with clients diagnosed with ADHD, offering a supportive approach that combines both therapy and coaching.



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## TESTIMONIALS

“Stewart is a fantastic therapist, and I was delighted with my journey and my progress by the end. Stewart was very adaptable, calm, kind and thoughtful, he gave me the control on what I wanted to discuss or practise, let me lead the sessions and took my emotions and what I'd been though that week into consideration.

His main goal was for me to become my own therapist which I so appreciated, and it's given me a totally different mindset on being 'mindful' and dealing with my emotions. Stewart taught me that anxiety is not an inherently negative emotion, and the ways to process and accept my anxiety so it can become a healthy part of my life rather than something I need to suppress or deny.

I couldn't recommend Stewart enough and feel really blessed that I was given Stewart to be my therapist. I can't really picture anyone more understanding and patient.”

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“I learned that what I thought were the initial issues were caused by other underlying problems, it was good to work through that and understand what was going on and why. The therapy was adaptable and we had a good open dialogue about what was working or not working which made me feel very at ease. I felt able to discuss issues that had been hard for me to approach or discuss with others previously. Stewart



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made me feel comfortable going to therapy again, after 17 years and I don't have a fear to access therapy again should I need to."

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"My therapy made me think more about why I was feeling the way I was and realising how a lot of it was me thinking that things were a lot worse than they were, catastrophizing!

I now know that instead of ruminating about things, there are things I can do to interrupt that process. The main thing has been a healthy use of mindfulness and breathing, it's been a big positive and helped me a lot.

I'm grateful that I've taken the steps to do this and grateful for you. CBT has been quite an insight to therapy."

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"I wasn't sure what I was getting into but knew I was needing to try something different. It was daunting but something needed to change. I always knew CBT would fit me best, I feel silly I never chose it first, it's logical and suits me as a logical person. Therapy helped me understand that I am in control, I always have control even when I feel down.

I still have fleeting moments of feeling low but most positively this now last seconds as I have learned to use skills, tools and techniques to pull myself out of that feeling.

Stewart was very approachable without being too casual. The working relationship has had perfect balance, not too casual or clinical."

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