



NIGHTINGALE



Leading authority in Integrative
Psychotherapy & EMDR for
phobias, trauma, stress, anxiety
and obsessive-compulsive related
disorders

Individual and couple therapy with Sheila [A Professional Profile](#)

We are delighted to welcome Sheila to the Nightingale team.

Sheila has recently, in June 2026, relocated permanently to Glasgow after spending many years working in London. With over 25 years of experience, she brings a wealth of knowledge, expertise, and an outstanding range of qualifications. Throughout her career, she has supported both individuals and couples facing a wide variety of emotional, psychological, and relationship challenges, including complex presentations.

Sheila has worked extensively within both the NHS and private practice, developing a compassionate, evidence-based approach that enables clients to feel understood, supported, and empowered.

Clients often describe Sheila as calm, gentle, warm, and approachable. From the moment you meet her, she creates a sense of comfort, safety, and trust, allowing you to feel at ease while benefiting from her extensive clinical experience and professional insight.

We feel incredibly fortunate to have Sheila as part of the Nightingale team and are confident that her warmth, skill, and dedication will make a meaningful difference to the lives of those she works with.

Outside of counselling Sheila enjoys strength training, yoga, running and cooking.



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TRAINING & QUALIFICATIONS

- 2024 – Certificate in clinical supervision
- 2022 - Eye Movement Desensitisation & Reprocessing Therapy
- 2021 - Clinical Diploma in Integrative Psychotherapy
- 2020 - Critical Incident Stress Management
- 2019 – Clinical Diploma in Integrative Psychodynamic Counselling
- 2018 - ILM Psychological Coaching Programme
- 2014 - BPS Registered Test User - Personality
- 2012 - 2014 -MSc Career Management and Counselling: Organisational Psychology
- 1988 - 1989 PGCE – Primary 3 – 12 Years
- 1983 – 1987 – BSc Psychology Honours

Sheila is a registered member of the following professional bodies –
UKCP, BACP, BPS and EMDR Association UK



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AREAS OF EXPERTISE

- Anxiety conditions
- Stress
- PTSD
- Anger
- Trauma
- Bereavement
- Depression and low mood
- Historical abuse
- Distorted thinking patterns
- Individual relationship issues
- Couple counselling
- Organisational psychology

LEADING AUTHORITY IN – [Integrative Psychotherapy & EMDR](#) for

- Trauma
- Stress
- Anxiety
- Obsessive Compulsive related behaviours

Sheila also offers clinical supervision for counsellors and psychotherapists (group and individual); career coaching and psychological personality profiling.



Nightingale Counselling Consultancy, 5 La Belle Place, Glasgow, G3 7LH
0141 353 9373 www.nightingalecounsellingconsultancy.co.uk



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