NIGHTINGALE



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Available for sessions with individuals and couples on Mondays, Tuesdays and Fridays face to face La Belle Place, Glasgow and Thursday and Saturday online. Fees £75-£95 per session

Therapy with Jenna

A Professional Profile

Jenna has been a valued member of the Nightingale Counselling team for many years and is hugely popular with our clients. She is friendly, warm, kind, and sensitive, genuinely caring about her clients and the outcomes of their work together. At the same time, Jenna knows that real progress sometimes means challenging unhelpful behaviours and thought patterns—helping clients get the most out of their counselling experience.

With a wealth of experience and training across multiple counselling specialisms, Jenna has a unique ability to put clients at ease within minutes. She has a wicked sense of humour and, as they say, brings a bit of the luck of the Irish to every session.

Jenna is a leading authority in couple counselling and psychosexual therapy**,** working with both individuals and couples. She graduated with a BSc (Hons) in Psychology from Queen’s University, Belfast in 2001 and trained with RELATE in Cheshire and Merseyside, completing her qualification as a RELATE Couple Counsellor in 2009. After moving to Glasgow in 2012, she joined Relationship Scotland, offering private counselling sessions, and in 2015 became part of the Nightingale Marriage Counselling team.

Jenna has continued to expand her expertise through ongoing professional development. In 2016, she completed a Postgraduate Diploma in Sex and Relationship Therapy with Relationship Scotland, qualifying as a psychosexual counsellor. She also holds a diploma in compulsive sexual behaviour, a specialised area sometimes referred to as sex and porn addiction. She has also trained in working with Polyamorous, Throuples and Swinging relationships.

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EDUCATION

Contemporary open & polyamorous relationships

Miscarriage Matters Specialist

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Supporting Intimacy for all

Working with neurodiversity in relationships

Working with Trauma

CSB Contemporary Institute of Clinical Sexology diploma in Compulsive Sexual Behaviour

Post Graduate Diploma, Sex and Relationship Therapy with Relationship Scotland

Post Graduate Diploma, Relational Therapy -Relate Institute, University of Hull

University Advanced Diploma, Introduction to couple counselling – Relate Institute, University of Hull

ABC Certificate, Counselling Concepts, Liverpool Community College

BSc (Hons) Psychology – Queens University, Belfast

Qualified member of COSRT

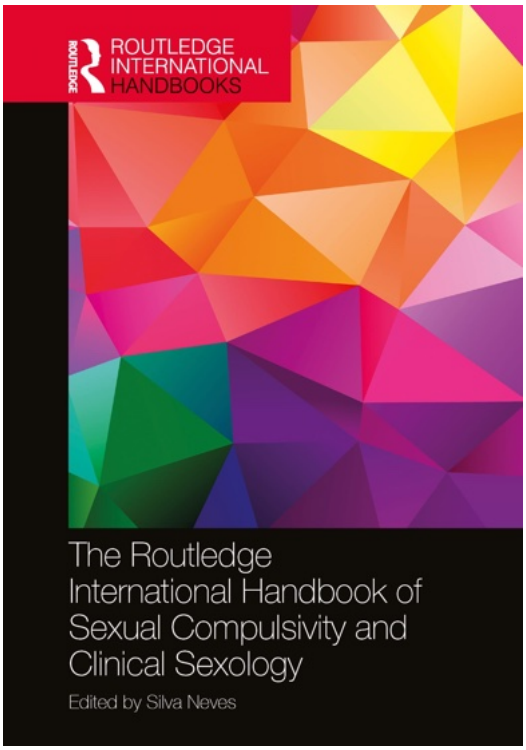
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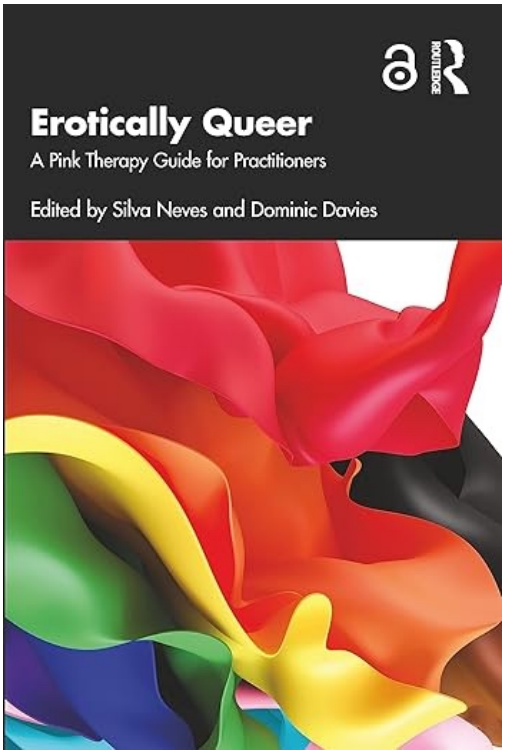


AREAS OF EXPERTISE

- Couple Counselling
- Psychosexual Couple Counselling
- Sexual abuse recovery
- Domestic abuse recovery
- The impact of the armed forces in relationships
- Parenting
- Parenting a special needs child
- IVF
- LGBT and Trans spectrum of issues
- Young adults
- Addiction
- Depression
- Compulsive sexual behaviours: porn and sex addiction
- Loss of interest
- Swinging
- Polyamorous relationships
- Throuples
- Infertility
- Family therapy inc. parent-child relationships
- Erectile dysfunction
- Premature ejaculation
- Vaginismus (female issue)
- Sexuality
- Kink aware therapy: bdsm, cross dressing etc
- Trauma in childhood
- Loss of intimacy with your partner
- Lack of libido
- Couple sexual relationship issues
- Therapy with GSRD
- Delayed ejaculation
- Pelvic penetrative pain disorder
- Vaginismus (female issue)
- Trauma in childhood

In addition to her counselling work, Jenna has contributed to published work in The Routledge Handbook of Sexual Compulsivity and Clinical Sexology and Erotically Queer, a pink therapy guide for practitioners, focusing on attachment narrative therapy as a tool for sex therapy with lesbian couples.





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TESTIMONIALS

“From the off myself and partner felt at ease with Jenna. When you engage in couples counselling it’s challenging for you both as individuals and as a couple, however Jenna built a space for us both to talk to each other and herself. The difference in how we communicate now is unbelievable and the guidance and homework we received from Jenna really helped us on various levels as a couple as she understood our needs as individuals and as a couple.”

“I would definitely recommend Jenna as a couples counsellor and sex therapist. We went to see her when we needed to unravel some problems that had occurred in our relationship that had made our sex life difficult and that we were struggling to sort out ourselves. Her warm and friendly approach made us feel at ease. She tailored her sessions to meet our needs and get us communicating again. Nothing was off limits and she made it easy to talk about our issues and quickly pinpoint where we needed help and move things forward.”

“Jenna was very friendly and knew exactly how to put us at ease. She is very knowledgeable and always understood what we were trying to say. If you are looking for a non-judgemental environment in which to discuss your relationship, we cannot recommend her services enough.”

“I felt very comfortable and secure every time I saw Jenna. When talking through my issues, she grasped the reasons why I was feeling the way I was feeling very quickly and would give me some homework. Jenna pointed me in the right direction and was very encouraging and supportive at all times. With no doubt, I will be booking more sessions with her again should I feel I need to.”

“Jenna has a friendly, professional, assured manner and quickly put me at ease. I found her very easy to talk to and recognised how skilled she was at knowing just which questions to ask. I had not found therapy helpful previously as I felt it was just left to talk away, almost to myself, however, Jenna listened to what I was saying and steered me in helpful directions. She also gave me homework activities which helped me work towards my goals at my own pace. I wouldn’t hesitate to recommend her!”

“Talking about your feelings can be hard. You need to be open and honest and often how you feel is hard to explain. Who you are speaking to, makes a big difference? I found

Jenna thoughtful and supportive. Jenna gave me time to talk through my thoughts and gave kind and helpful feedback. Her structured approach combined with a natural easy manor gave me comfort when I needed it the most and helped me stay connected with what was right for me. I feel she gave me tools to address the challenges in my life and entrust in my own sense of self. This has given me confidence to face the tests that life throws at me and assurance that I can be myself, and that's OK. If you do feel you need support, I would highly recommend speaking with Jenna."

"The joint decision to undergo couple's counselling due to reaching a crossroads in our marriage proved to be our best decision. The counselling sessions undertaken by Jenna provided us with the confidence to share our feelings in a supportive, confidential and safe environment. Jenna provided structured feedback and the tools to help us connect with each other once again. We would highly recommend Jenna due to her compassionate and supportive counselling manner and skills."

"Having reached out to Nightingale Counselling during a difficult time in our marriage we were partnered with Jenna, one of their counsellors. Jenna very quickly put us at ease with her warm and friendly, yet no nonsense approach. She has listened, empathised and asked questions which has allowed both of us to be heard throughout. What has made Jenna stand out from other counsellors I've worked with in the past is her relatable yet professional approach and ability to allow each session to take the shape it needs to depending on what is going on that week. Having a counsellor who asks the right questions is imperative and something Jenna does very well. It's been a pleasure working with her so far and we both feel reassured knowing we have someone in both of our corners."

"Nightingale Counselling psychosexual counsellor(s) have provided me with invaluable professional assistance and guidance in getting my life back on track after a very serious sex addiction problem. I needed to re-establish confidence and focus on the positives while dealing with various issues (emotional and sexual) which I had allowed to get in the way of being happy."

"The benefit of having expert help and advice combined with a sympathetic listening ear cannot be overstated and I would recommend Nightingale Counselling to anyone finding issues with sex addiction. The psychosexual counsellor worked with me to overcome my sexual issues and identify where they were coming from. Breaking negative patterns and re-establishing better ones allowed me to reconnect to a healthy, loving relationship."

"I sought individual relationship counselling with Jenna after a meaningful relationship came to an end.

Jenna was clearly very familiar with working with people in same sex relationships, which instantly increased her ability to empathise and understand, making the process easier.

It was really important to me that - unlike other forms of counselling I had tried, where I felt like I was talking to myself - the therapist was able to laugh and to engage in discussion, ask questions and make suggestions/ share tools for approaching certain scenarios, whilst respecting my boundaries. Jenna did all of this.

For me, personally, we had worked through the things I wanted to discuss in around six sessions, although this could be longer or shorter for different people.

I'm glad I swapped therapists (from a different company, to Jenna at Nightingale) and would encourage anyone else who isn't feeling comfortable with their therapist to consider the same - there are lots of styles of therapy out there and lots of therapists within those styles as well, and it's important to find someone who works for you.

I ended up really enjoying our sessions and would be delighted to touch base again, should the need arise. I felt it was well worth the cost and would definitely recommend."