

Directory of Sex Worker-Friendly Therapists



Welcome to the NUM directory of sex work-friendly therapists.

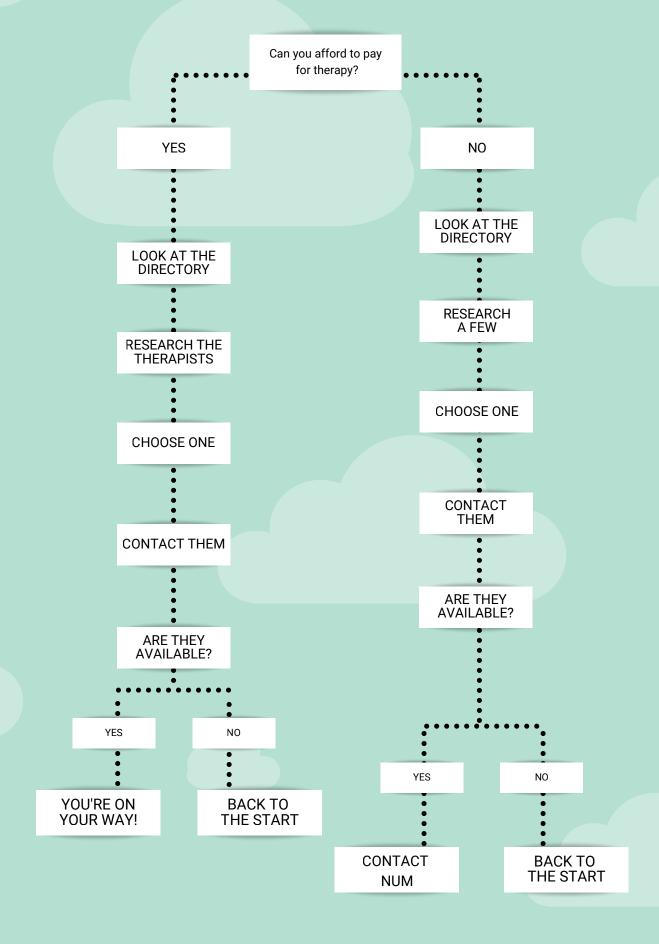
This list of therapists, drawn from all parts of the UK, is an exciting new development in our programme to support the mental health of sex workers.

Over time, we intend to expand and modify the directory, to allow sex workers access to the very best of appropriate support.

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# How to Use this Booklet





We wanted to make the task of finding a therapist less overwhelming and emotionally taxing on sex workers. Please explore the directory in your own way. We haven't vetted everybody on it thoroughly but all therapists on the directory have made the following declarations to us: -

### "I support the following statement:

NUM supports a decriminalisation model as a means to advance the health, safety and human rights of sex workers. I believe that sex workers are entitled to the following: the right to self-determination; the right to live free from violence; the right to live free from intimidation, coercion or exploitation; the right to work as safely as possible; and the right to police protection.

I support the Core Values that underpin NUM's service delivery, namely integrity, inclusion, compassion and contribution."

The lists are categorised by "Online Only" and "In Person Sessions Available." You can also use the following key to learn more about each therapist on the list:



Qualified to provide pre-trial therapy

- 3 sessions available via NUM Package
- 6 sessions available via NUM Package



Those marked with a number symbol (36) on the directory have agreed to provide "NUM Packages". These comprise a course of 3 sessions or 6 sessions, which are being funded by NUM, but which are free to you. If you would like to take advantage of one of these packages, please get in touch with NUM's Support Services at casework@nationaluglymugs.org. Let us know which therapist you would like to talk to.

Please note that these packages are subject to the availability of the therapist.

We will be updating and developing things regularly, so please do check back. We would also appreciate and encourage your feedback and suggestions. You can send your feedback to:

MentalHealthSupport@nationaluglymugs.org

### **Additional Resources**

Laura at Reconnect Counselling is offering a limited number of affordable, long-term therapy sessions specifically for people in the sex industry. Priced at just £25, these sessions provide a safe and confidential space to explore your challenges with a therapist who has specialised training and experience working with sex workers. <a href="http://www.reconnectedinburgh.co.uk/">http://www.reconnectedinburgh.co.uk/</a>



### Online & In Person

#### Leah O'Shaughnessy



loshaughnessy@protonmail.com Counsellor & Psychotherapist

Based in Bromley, Kent

https://www.leahoshaughnessycounselling.co.uk/

#### **Mandy Peat**



mandypeat12@gmail.com

Shamanic Practitioner

Based in Perthshire/ Edinburgh

https://www.facebook.com/sacredheartwisdom

#### **Rea Pearson**

ReaCounselling@gmail.com Sex & Relationship Therapist Based in Exeter https://www.reapearson.com/

### George Lewis 3 6





georgelewishypnotherapy@gmail.com Solution-Focused Hypnotherapist & Psychotherapist Based in Edinburgh

https://georgelewishypnotherapy.co.uk/

#### **Karen Pollock**



northumberlandcounselling@gmail.com Counsellor & Psychotherapist

Based in Northumberland

https://counsellinginnorthumberland.com/author/ruralrover/

### Carlo Ricciardi 🍒 3 6







Carlo@eastlondonandcitytherapy.com

Counsellor & Psychotherapist

Based in East London

https://www.eastlondonandcitytherapy.com/

#### Dr. Alexandra Richards





Info@embodypsychology.org

Clinical Psychologist

Based in East London

https://www.embodypsychology.org/

#### **Elena Bain**





elenabain@yahoo.co.uk

Counsellor & Psychotherapist

Based in Aberdeen

https://www.pinktherapy.com



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#### **Caroline Feldon Parsons**



Carolinefeldontherapy@gmail.com Relationship and Psychosexual Therapist Based in **South Derbyshire** 

http://www.carolinefeldontherapy.com

#### **Natalie Clarke**



natalieclarketherapy@gmail.com Counsellor & Psychotherapist

Based in London Bridge

https://www.natalieclarketherapy.com/

#### **Rob Radcliffe**

robcounsellor@hushmail.com Counsellor & Psychotherapist Based in **Manchester** https://robradcliffe.co.uk

#### Lisa Home





lisa@lisahome.co.uk

Psychotherapist, Relationship & Psychosexual Therapist

Based in Central London

https://counsellingandtherapylondon.co.uk/

#### Michele Karban

michelekarban@yahoo.co.uk

Counsellor & Psychotherapist

Based in **Brighton and Hove** 

https://brightontherapyservice.co.uk/about/michele-karban/

#### Lucinda





hello@ess-wellness.com

Mindfulness-based hypnotherapy, coaching and meditation

Based in **London** 

http://ess-wellness.com/

#### **Emma Dalgleish**





Brilliantgreentherapy@gmail.com

Counsellor, hypnotherapist & psychosexual therapist

Based in South and West Wales

https://www.counselling-directory.org.uk/counsellors/emma-dalgleish

#### **Dianne Foy**







diannefoycounselling@gmail.com

**Neurodivergent Counsellor & Psychotherapist** 

Based in Houston, Renfrewshire/Glasgow

https://www.psychologytoday.com/gb/counselling/dianne-foy-johnstone-sct/829449



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### Claire Goodey 3



connect@clairegoodey.com Counsellor & Psychotherapist

Based in **Derbyshire** 

https://www.clairegoodey.com/

#### **Tyler Hatwell**





tjhtherapy@gmail.com Counsellor & Psychotherapist Based in Lewisham, London

https://www.bacp.co.uk/therapists/379720/tyler-hatwell/London

#### **Patsy Gough**





patsygough@protonmail.com **Humanistic and Integrative Counsellor** Based in **Brighton** 

https://www.brighton-counsellor.com/

Other language: German

#### Michele Kirschstein

hello@michelektherapy.com Counsellor & Psychotherapist Based in North London www.michelektherapy.com

#### Carys Jones







carysjonestherapy@gmail.com Counsellor & Psychotherapist Based in **Nottingham** www.carysjonestheraphy.com

#### Helena





Helena976@hotmail.com **Humanistic Counsellor** Based in South London

Www.counsellingwithhelena.com

#### **Gem Alexandra**





gem.alexandra-enquiries@pm.me Counsellor & Psychotherapist Based in Nottingham www.gem-alexandra.space/therapy-counselling

#### **Carrie**





info@nyxcommunity.com Psychodynamic counsellor Based in St Albans

http://www.nyxcommunity.com/



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#### **Ember Adams**



hey@emberadams.co.uk Counsellor & Psychotherapist Based in **Manchester** 

https://www.emberadams.co.uk/







Victoriajeffriestherapy@gmail.com Counsellor & Psychotherapist Based in North London www.victoriajeffriestherapy.com

#### **Charlotte Burgess**





sextherapymatterssurrey@gmail.com Psychosexual and Relationship Therapist Based in Weybridge, Surrey https://sextherapymatters.co.uk

#### **Reanne Farrer**



reannecounselling@gmail.com Therapeutic Integrative Counsellor Based in St Neots, Cambridgeshire https://reannecounselling.wixsite.com/reannefarrer

#### **Anne Remy**



anne@spareroomwellness.com Counselling Psychotherapist Based Brighton

https://www.spareroomwellness.com

#### **Ruth Daly**





ruth.daly@hotmail.com

Counsellor

Based in Glasgow

https://www.psychologytoday.com/gb/counselling/ruth-daly-glasgow-sct/846630

#### **Yann Phesans**





beyondlabelstherapy@gmail.com Counsellor and Psychotherapist

Based in **London** 

https://www.beyondlabelstherapy.co.uk/

#### **Clare Whitworth**







hebdentherapist@zoho.eu Counsellor & Psychotherapist

Based in West Yorkshire

https://valleytherapist.wordpress.com/



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#### **Paula Gardner**



paula@thegoodtherapypractice.co.uk Solution Focused therapist Based in **Folkestone and Hythe, Kent** https://thegoodtherapypractice.co.uk/

#### **Tess Lambourne**





tlcounselling@outlook.com
Person-Centred Therapist
Based in **Stirling, Scotland**https://tlcounselling.wixsite.com/therapy

#### **Dawn Lucas**





dawnlucas.artpsychotherapy@gmail.com Integrative Arts Psychotherapist Based in **Chiswick, Kensington and Clapham** https://dawnlucas-artpsychotherapy.com/

#### **Max James**



maxjamespsychotherapy@gmail.com Psychodynamic Psychotherapy Based in **Ladbroke Grove and Peckham, London** https://www.maxjamespsychotherapy.com/

#### **Peter Rawling**



oakbranchescounselling@gmail.com Counsellor/ Therapist Based in **Sheffield** www.oakbranchescounselling.co.uk

#### Oliver O'Donohoe



oliver@fromthegrounduptherapy.com Integrative Counsellor & Psychotherapist Based in **Central London/ South East London** https://www.fromthegrounduptherapy.com/

#### **Robert Dow**







robert@robertdow.co.uk Counsellor Based in **Edinburgh** https://robertdow.co.uk/

#### **Jessica Sings**



Equalisecounselling@yahoo.com Integrative Counsellor & Psychotherapist Based in **Exeter** https://www.equalisecounselling.com/



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**Karen Hudson** 



karenhudson74@btinternet.com

Counsellor

Based in Edinburgh

https://www.karenhudsoncounselling.co.uk/

Jon Firth





jonfirth1@gmail.com

Counsellor

Based in **Bodiam**, **East Sussex** 

http://www.jonfirththerapist.co.uk

Kalvin Ryder





kalvin@sexualityspace.com

**Psychotherapist** 

Based in **London** 

http://www.sexualityspace.com

**Laura Savage** 





laura.reconnectcounseling@gmail.com Counsellor & Trainee Psychotherapist

Based in Edinburgh, Scotland

www.reconnectedinburgh.co.uk

**Alex Rowan McKevitt** 







alexrowantherapy@gmail.com

**Humanistic Psychotherapist** 

Based in London & Hebden Bridge, West Yorkshire

https://www.alexrowantherapy.co.uk

Jo Gaffney





yourmindpsychotherapy@gmail.com

Integrative Psychotherapist

Based in Coventry, West Midlands

https://www.yourmindpsychotherapy.com/

**Alison Mattu** 







aum2@live.com

Psychotherapist & Counsellor

Based in Edinburgh, Scotland

https://counsellingwell.co.uk/index.php

**Cat Thompson** 





cthompsoncounselling@outlook.com

Counsellor

Based in Peterborough, Cambridgeshire

https://www.cthompsoncounselling.co.uk/



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#### Sarah Louise Howarth

3 6

sarah-louisepsychotherapist@outlook.com

Psychotherapist

Based in Retford, Nottinghamshire

http://www.sarah-louisepsychotherapy.co.uk

#### **Andrew McLay**



andrew McLay

andrewmclay22@gmail.com Person-Centred Therapist

Based in **Enfield, North London** 

https://www.mclaycounselling.com/

#### **Suzanne Wood-Simmons**



suzanne.wood-simmons@outlook.com

Counsellor

Based in Stourbridge/ Dudley, West Midlands

https://swscounsellor.com/

#### **Bryn Powell**





lbrynmorowenpowell@gmail.com

Integrative Counsellor & Psychotherapist

Based in Sheffield

http://brynpowellcounselling.co.uk/

#### Sam (Red Umbrella Counselling)





Redumbrellacounselling@gmail.com

Counsellor

Based in Hertfordshire

https://redumbrellacounselling.co.uk/

#### **Heather Redwood**





Heather@hredwoodcounselling.onmicrosoft.com

Counsellor

#### Based in Edinburgh

https://www.psychologytoday.com/gb/counselling/heather-redwood-edinburgh/1500527

#### **Lizzy Pittock**



therapywithlizzy@protonmail.com

Art and EMDR Psychotherapist

Based in Glasgow

https://therapywithlizzy.com/

#### **Andy Rushton**





andy@rushtoncounselling.co.uk

Person-Centred Counsellor

Based in London, N4

https://rushtoncounselling.co.uk/



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#### **Lucy Close**



lucy@soulspace-counselling.co.uk Integrative Counsellor

Based in Buckhurst Hill

http://www.soulspace-counselling.co.uk

#### **Julia Glover**



jepsychotherapist@gmail.com

**Psychotherapist** 

Based in **Newcastle upon Tyne** 

http://www.counselling-directory.org.uk/counsellors/julia-glover

#### **Gemma Brown**





gemma@chai-therapy.co.uk

Relational, integrative psychotherapist and counsellor.

Based in **Leeds** 

https://chai-therapy.co.uk/

### Ashleigh Gardner







ashleighgardnercounselling@gmail.com

Integrative Counsellor and Psychotherapist

Based in Pudsey, Leeds

http://www.ashleighgardnercounselling.co.uk

#### **Janine Ellis**



janine@loreleitherapy.com

**Integrative Therapist** 

Based in **Leeds and Calverley** 

http://www.loreleitherapy.com

#### **Shannon Kelly**



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Integrative Psychotherapist

Based in Leeds, LS4

https://www.counselling-directory.org.uk/counsellors/shannon-kelly

#### Eden Oz

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Counsellor

Based in Leeds City Centre

https://www.facebook.com/profile.php?id=61569272216424

#### **Holly Tootell**



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Psychotherapist (special interest in Anger)

Based in **Drighlington**, Leeds

http://www.hollytootell.co.uk



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#### **Tayler Remi**



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**Psychotherapist** 

Based in Manchester City Centre

http://www.taylerremitherapy.com

#### Lauren O'Rourke

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Based in Glasgow (in-person only, no online sessions)

Psychodynamic Therapist

https://www.bacp.co.uk/profile/38e8e4f1-5050-eb11-a812-000d3ab881fc

#### **Rosie Banks**



rosiebankscounselling@gmail.com

Based in Finnieston, Glasgow

Pluralistic Counsellor

https://www.counselling-directory.org.uk/counsellors/rosie-banks

#### Rebecca Wilson-Green





rebecca.wg.therapy@gmail.com

Based in Brighton and East Sussex

**Psychotherapist** 

http://www.rebeccawilsongreen.com



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## Online Only

#### **Sophia Graham**



sophia@selfconsent.com Counsellor & Dialectical Behaviour Therapist https://loveuncommon.com/ Other language: Tok Pisin (Papua New Guinea)

#### **Katie Evans**



info@katieevanscounselling.co.uk Psychotherapeutic Counsellor https://katieevanscounselling.co.uk/

#### Simone Ayers 4



info@simoneayerscounselling.com Counsellor & Psychotherapist https://www.simoneayerscounselling.com/

#### **Tristan Brooks**

Contact@starlighttherapy.co.uk Counsellor & Integrative Therapist http://starlighttherapy.co.uk/

#### Silva Neves

sntherapy@gmail.com Psychotherapist & Traumatologist https://www.silvaneves.co.uk/ Other language: French

#### **Jennifer Field**



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#### **Dr Holly Conheady**

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#### **Amanda Watson**





amandalisawatson@yahoo.co.uk Psychosexual and Relationship Psychotherapist and Counsellor www.amandalisawatson.com



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#### **Clare Rogerson**



clrcounselling@gmail.com Counsellor http://www.clrcounselling.co.uk/

Online and telephone

#### **Clint Sentance**



clint@fluidpsychotherapy.com

Clinical Sexologist, Relationship Specialist & Psychotherapist specialising in GSRD & Kink http://www.fluidpsychotherapy.com/

#### Michelle Bridgman



shelleybridgman@gmail.com Counsellor, Psychotherapist & Hypnotherapist https://genderidentity.co.uk/

#### **Kathryn Fox**



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#### Sarah Ward



willowcrestuk@gmail.com Counsellor & CBT therapist http://www.willow-crest.com/

#### Tania Glyde



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Sex & Relationships Therapist
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#### **Rachael Yeoman**





Illuminetherapy@gmail.com
Integrative Therapist
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https://www.bacp.co.uk/therapists/143077/rachael-yeoman/whitley-bay-ne26

#### **Mike Nistor**





Mike@mikenistortherapies.com Counsellor www.mikenistortherapies.com Other language: Romanian

#### **Jason Crowley**





jasonainsworthcrowley@gmail.com Integrative Therapist www.jasoncrowley.uk



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#### **Nikki Howes**



Crystalvisions0@gmail.com Counsellor & Psychotherapist http://www.mysurreytherapist.co.uk/

#### **Holly McCrossen**



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### Joanna Russell





io@temenos.org.uk Counsellor & Psychotherapist https://temenos.org.uk/

#### Zayna Brookhouse





zayna@therapist.net Psychotherapist & Hypnotherapist https://zayna.net/

### Jake Yearsley







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#### Dr Lori Beth Bisbey



loribeth@drloribethbisbey.com Sex & Intimacy Coach https://drloribethbisbey.com/

#### Nilufar Armaki

contact@therapistandlifecoach.com **CBT & DBT Therapist** http://www.therapistandlifecoach.com/

#### Dr Jay Watts



jay.watts1@btinternet.com Psychologist & Psychotherapist http://www.jaywatts.co.uk/

#### **Angela Madeley**



angela@mindsandbodies.co.uk Counsellor & Therapist https://mindsandbodies.co.uk/



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#### Colette O'Connor



colette@queeronlinetherapy.com Counsellor & Therapist queeronlinetherapy.com





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3 Lisa McGarva

lisa@thinkingfeelingmoving.com

Psychosexual and Relationship Therapist, Counsellor, Educator, Yoga Therapist www.thinkingfeelingmoving.com

#### Claudia Kent





kentclaudia@gmail.com Counsellor & Psychotherapist www.claudiakent.com

Other languages: Swedish, Danish

#### **Milton Sattler**







info@miltonsattlertherapy.co.uk

Psychodynamic Counsellor & Psychotherapist, CBT therapist, Gender, Sexuality and Relationship Diverse (GSRD) Therapist and Training Clinical Sexologist https://miltonsattlertherapy.wixsite.com/mysite

Other languages: Brazilian Portuguese

#### **Chloe Foster**



chloefoster@sussexrainbowcounselling.com LGBTQ+ Counsellor www.sussexrainbowcounselling.com

#### **Ness Cooper**







contact@thesexconsultant.com Sexologist https://nesscooper.co.uk/

#### **Dayna Landsborough**



Daynajlandsborough@gmail.com Integrative Counsellor & Psychotherapist Www.daynalandsboroughcounselling.co.uk

#### **Madeleine Ayling**





info@blackcatcounselling.co.uk Counsellor https://blackcatcounselling.co.uk/

#### **Chris Cheridan**





info@thequeertherapist.com

Therapist

https://thequeertherapist.com/



#### **Carrie Anne Roache**



carrieanneroachecounselling@gmail.com Integrative Therapist https://www.counselling-directory.org.uk/

https://www.counselling-directory.org.uk/counsellors/carrie-roache

#### **Natalie Wood**



nataliewoodcounselling@gmail.com Integrative Counsellor and Psychotherapist http://www.nataliewoodcounselling.com

#### **Bima Loxley**





Loxleysexology@gmail.com Sex & Relationship Therapist www.bimaloxley.com

#### Lara / Divine Theratrix



Dt@divinetheratrix.com Integrative Counsellor http://www.divinetheratrix.com/

#### Jay McCarthy





info@jaymccarthycounselling.com
Person-centred Psychotherapist and Counsellor
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#### Sarah Adelaide





sarahadelaide@protonmail.com Integrative Counsellor www.sarahadelaide.com

#### **Mardi Kennedy**





sexologywithmardi@gmail.com Clinical Sexologist & Relationship Therapist www.sexologywithmardi.com

#### **Gavin Reid**





gavin@beeproudcounselling.co.uk Integrative Therapist http://www.beeproudcounselling.co.uk/

#### **Jody Sill**

Jody@jody-sill.co.uk Psychosexual Therapist www.jody-sill.co.uk

#### Dr Natasha Fiberesima

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https://free2bmeneurodiversity.com/directory/natasha-fiberesima



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#### Steph Bentley



stephbtherapy@gmail.com Integrative Therapist http://www.stephbentley.com

#### **Rose Andrade-Patten**



info@rosepatten.com Integrative Therapist and Pyschosexual Therapist https://www.rosepatten.co.uk Other language: Portuguese (Brazilian)



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