

Directory of
Sex Worker-Friendly
Therapists



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

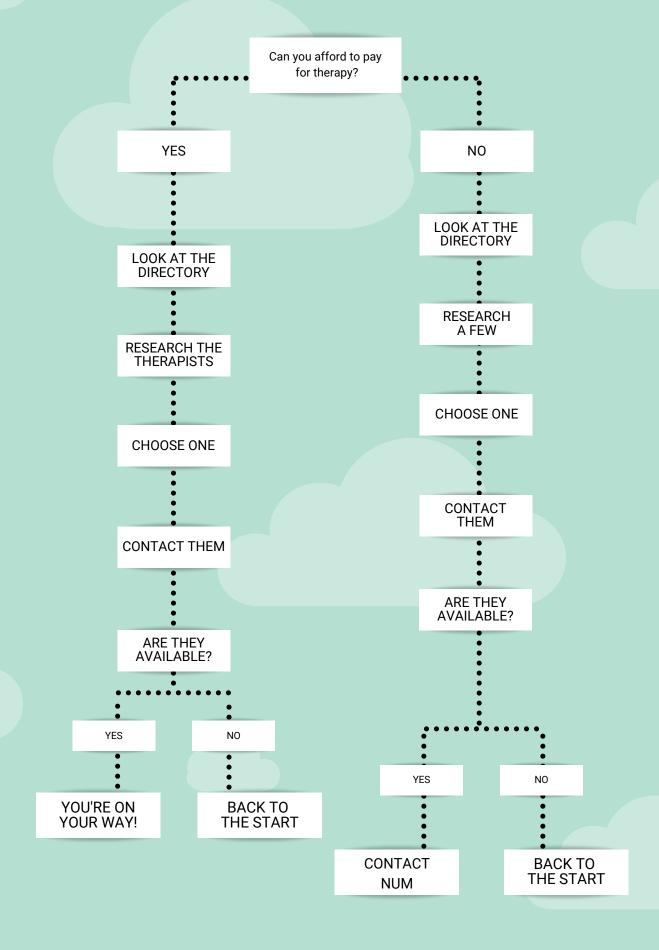
This list of therapists, drawn from all parts of the UK, is an exciting new development in our programme to support the mental health of sex workers.

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:



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Those marked with a heart (♥) on the directory have agreed to provide "NUM Packages". These comprise a course of 3 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



## 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 Counsellor & Relationship Therapist Based in **Exeter** https://www.reapearson.com/

#### **George Lewis**



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





Carlo@eastlondonandcitytherapy.com

Counsellor & Psychotherapist

Based in East London

https://www.eastlondonandcitytherapy.com/

#### 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 Counsellor & Psychotherapist Based in **South Derbyshire** 

http://www.carolinefeldontherapy.com

Stefano Vermonti



stefano@vermonti.co.uk Counsellor & Psychotherapist Based in **Bristol/Newport** 

http://www.vermonti.co.uk/

**Natalie Clarke** 



natalieclarketherapy@gmail.com Counsellor & Psychotherapist Based in **London Bridge** 

https://www.natalieclarketherapy.com/

Fabio Sessa



fabio@therapethical.com
Psychotherapist & Hypnotherapist
Based in **Edinburgh & Glasgow**http://www.therapethical.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/

#### **Andy MacArthur**

andy@andymacarthur.com NLP Practitioner Based in **Edinburgh** https://andymacarthur.com/



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#### Lucinda



hello@ess-wellness.com

Holistic hypnotherapy practitioner

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

Counsellor & Psychotherapist

Based in Houston, Renfrewshire/ Glasgow

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

#### **Leeanne Fowler**



leeannelccp@gmail.com

Counsellor & Psychotherapist

Based in Liverpool

https://www.independentcounsellingandpsychotherapyservices.com/

#### **Claire Goodey**



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

#### Patricia Gough



patriciagough.counselling@outlook.com

**Humanistic and Integrative Counsellor** 

Based in **Brighton** 

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

Other language: German

#### Michele Kirschstein

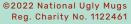
hello@michelektherapy.com

Counsellor & Psychotherapist

Based in North London

www.michelektherapy.com





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#### **Carvs 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.s@gmail.com Integrative Pyshotherapist Based in **Nottingham** 

https://www.gem-alexandra.space

#### Carrie



info@nyxcommunity.com Psychodynamic counsellor Based in St Albans

http://www.nyxcommunity.com/

#### **Emily Adams**



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

https://www.emilyadamstherapy.co.uk/

#### Victoria Jeffries



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

#### **Jason Crowley**



jasonainsworthcrowley@gmail.com **Integrative Therapist** Based in Central London/ Eastern Central London www.jasoncrowley.uk



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#### **Reanne Farrer**



reannecounselling@gmail.com Therapeutic Integrative Counsellor

Based in St Neots, Cambridgeshire

https://reannecounselling.wixsite.com/reannefarrer

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NUM Package available

#### **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/

#### **Paula Gardner**



paula@thegoodtherapypractice.co.uk

Counsellor & Psychotherapist

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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## Online Only

#### **Sophia Graham**



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



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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**



jena@themonkeytherapist.com Counsellor & Psychotherapist https://themonkeytherapist.com/

#### Michele Karban

michelekarban@yahoo.co.uk Counsellor & Psychotherapist https://brightontherapyservice.co.uk/about/michele-karban/

#### **Dr Holly Conheady**

info@hollyconheady.com Counselling Psychologist http://www.hollyconheady.com/

#### **Amanda Watson**



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



#### Carlo Ricciardi



Carlo@eastlondonandcitytherapy.com Counsellor & Psychotherapist https://www.eastlondonandcitytherapy.com/

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NUM Package available

Clare Rogerson



clrcounselling@gmail.com Counsellor

#### Clint Sentance



fluid.psychotherapy@gmail.com Clinical Sexologist & Psychotherapist

### Michelle Bridgman



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

#### Kathryn Lees



kathrynatfoxtherapy@gmail.com Counsellor & Psychotherapist https://kathrynatfoxtherapy.com/

### Sarah Ward



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

#### Ronete Cohen



ronete@rainbowcouch.com Psychodynamic Therapist https://rainbowcouch.com/

#### Elena Bain

elenabain@yahoo.co.uk Counsellor & Psychotherapist https://www.pinktherapy.com

### Tania Glyde





Tania.glyde@gmail.com Sex & Relationships Therapist https://londoncentralcounselling.com/



#### **Nikki Howes**



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

#### Holly McCrossen



hollycounselling@yahoo.com Counsellor & Psychotherapist https://www.hollycounselling.com/

### Joanna Russell





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

#### Zayna Ratty 👃



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

### Jake Yearsley



contact@jakeyearsley.co.uk Counsellor & Psychosexual Therapist http://jakeyearsley.co.uk/

#### 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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NUM Package available



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





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/

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



suzanne.wood-simmons@outlook.com Counsellor https://swscounsellor.com/



#### **Chris Cheridan**





info@thequeertherapist.com Therapist

https://thequeertherapist.com/

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#### **Carrie Anne Roache**



carrieanneroachecounselling@gmail.com Integrative Therapist 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 Counsellor http://www.jaymccarthycounselling.com

#### **Maria Howell**



maria.therapy@outlook.com Integrative Counsellor & Therapist http://www.mariahowelltherapy.com









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