

Last update: 08/07/26



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.

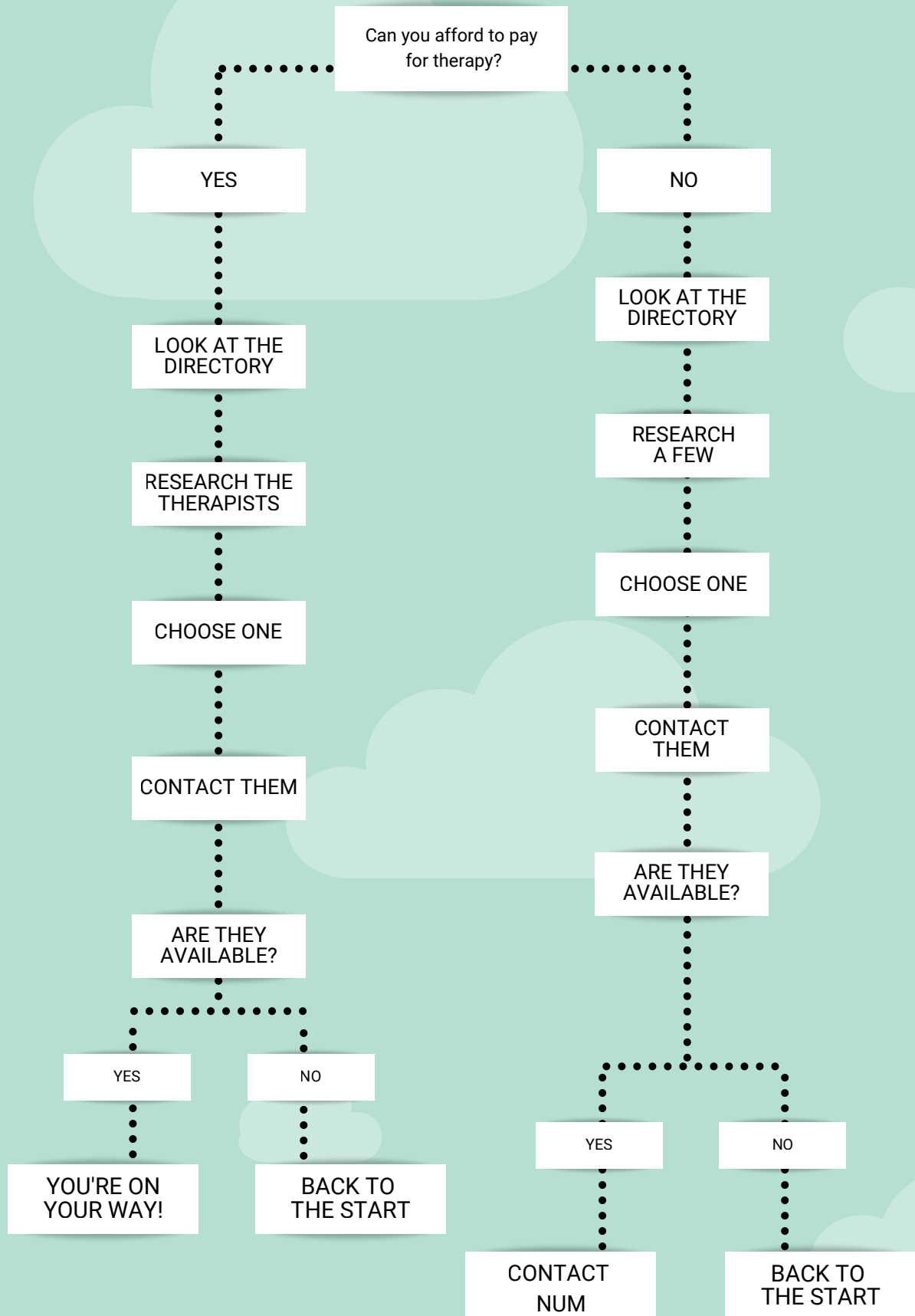
Over time, we intend to expand and modify the directory, to allow sex workers access to the very best of appropriate support.



CONTENTS

How to Use This Booklet	4
Therapist Declaration	5
NUM Packages and Additional Resources	6
Online & In Person Therapists	7
Online Only Therapists	11

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

3 sessions available via NUM Package

6

6 sessions available via NUM Package

Those marked with a number symbol (**3** **6**) 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 affordable, long-term therapy sessions with a 50% discount specifically for people in the sex industry. Priced at just **£35**, 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. <http://www.reconnectedinburgh.co.uk/>*

Mandy Peat



mandypeat12@gmail.com

Shamanic Practitioner

Based in **Perthshire/ Edinburgh**

<https://www.facebook.com/sacredheartwisdom>



Qualified to provide pre-trial therapy



3 session NUM Package available



6 session NUM Package available

Rea Pearson

ReaCounselling@gmail.com

Sex & 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/>

Carlo Ricciardi



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>

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>



Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available

Lucinda

3 6

hello@ess-wellness.com

Mindfulness-based hypnotherapy, coaching and meditation
Based in **London**
<http://ess-wellness.com/>

Emma Dalglish



3

Brilliantgreentherapy@gmail.com

Counsellor, hypnotherapist & psychosexual therapist

Based in **South and West Wales**

<https://www.counselling-directory.org.uk/counsellors/emma-dalglish>

Dianne Foy



3 6

diannefoy counselling@gmail.com

Neurodivergent Counsellor & Psychotherapist

Based in **Houston, Renfrewshire/ Glasgow**

<https://diannefoy counselling.co.uk>

Tyler Hatwell

3 6

tjhtherapy@gmail.com

Counsellor & Psychotherapist

Based in **Lewisham, London**

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

Patsy Gough

3 6

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 **East London**
www.michelektherapy.com

Carys Jones



3 6

carysjonestherapy@gmail.com

Counsellor & Psychotherapist

Based in **Nottingham**

www.carysjonestherapy.com



Gem Alexandra

3

6

gem.alexandra-enquiries@pm.me

Counsellor & Psychotherapist

Based in **Nottingham**www.gem-alexandra.space/therapy-counselling**Carrie**

3

6

info@nyxcommunity.com

Psychodynamic counsellor

Based in **St Albans**<http://www.nyxcommunity.com/>**Ember Adams**

3

6

hey@emberadams.co.uk

Counsellor & Psychotherapist

Based in **Manchester**<https://www.emberadams.co.uk/>**Charlotte Burgess**

3

sextherapymatterssurrey@gmail.com

Psychosexual and Relationship Therapist

Based in **Weybridge, Surrey**<https://sextherapymatters.co.uk>**Yann Phesans**

3

beyondlabelstherapy@gmail.com

Counsellor and Psychotherapist

Based in **London**<https://www.beyondlabelstherapy.co.uk/>**Clare Whitworth**

3

6

hebdentherapist@zoho.eu

Counsellor & Psychotherapist

Based in **West Yorkshire**<https://valleytherapist.wordpress.com/>**Dawn Lucas**

3

6

dawnlucas.artpsychotherapy@gmail.com

Integrative Arts Psychotherapist

Based in **Chiswick, Kensington and Clapham**<https://dawnlucas-artpsychotherapy.com/>**Max James**

3

maxjamespsychotherapy@gmail.com

Psychodynamic Psychotherapy

Based in **Ladbroke Grove and Peckham, London**<https://www.maxjamespsychotherapy.com/>

Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available



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
Psychotherapist
Based in **Edinburgh**
<https://robertdow.co.uk/>

Kalvin Ryder





kalvin@sexualityspace.com
Psychotherapist
Based in **London**
<http://www.sexualityspace.com>

Laura Savage





reconnectedinburgh@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>

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/>

Sarah Louise Howarth





sarah-louisepsychotherapist@outlook.com
Psychotherapist
Based in **Retford, Nottinghamshire**
<http://www.sarah-louisepsychotherapy.co.uk>



Qualified to provide pre-trial therapy



3 session NUM Package available



6 session NUM Package available



Andrew McLay

3 6

andrewmclay22@gmail.com

Person-Centred Therapist

Based in **Enfield, North London**<https://www.mclaycounselling.com/>

Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available

Bryn Powell

3 6

lbrynmorowenpowell@gmail.com

Integrative Counsellor & Psychotherapist

Based in **Sheffield**<http://brynpowellcounselling.co.uk/>**Sam (Red Umbrella Counselling)**

3 6

Redumbrellacounselling@gmail.com

Counsellor

Based in **Hertfordshire**<https://redumbrellacounselling.co.uk/>**Heather Redwood**

3 6

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**

3 6

andy@rushtoncounselling.co.uk

Person-Centred Counsellor

Based in **London, N4**<https://rushtoncounselling.co.uk/>**Lucy Close**

6

lucy@soulspace-counselling.co.uk

Integrative Counsellor

Based in **Buckhurst Hill**<http://www.soulspace-counselling.co.uk>**Julia Glover**

3

jepsychotherapist@gmail.com

Psychotherapist

Based in **Newcastle upon Tyne**<http://www.counselling-directory.org.uk/counsellors/julia-glover>

Gemma Brown**3 6**

gemma@chai-therapy.co.uk

Relational, integrative psychotherapist and counsellor.

Based in **Leeds**

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



Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available

Ashleigh Gardner**3 6**

ashleighgardnercounselling@gmail.com

Integrative Counsellor and Psychotherapist

Based in **Pudsey, Leeds**

<http://www.ashleighgardnercounselling.co.uk>

Janine Ellis**3**

janine@loreleitherapy.com

Integrative Therapist

Based in **Leeds and Calverley**

<http://www.loreleitherapy.com>

Shannon Kelly**3**

slouisecounselling@outlook.com

Integrative Psychotherapist

Based in **Leeds, LS4**

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

Holly Tootell**3**

hello@hollytootell.co.uk

Psychotherapist (special interest in Anger)

Based in **Drighlington, Leeds**

<http://www.hollytootell.co.uk>

Lauren O'Rourke**3 6**

laurenorourketherapy@gmail.com

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

Psychodynamic Therapist

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

Rebecca Wilson-Green**3 6**

rebecca.wg.therapy@gmail.com

Based in **Brighton and East Sussex**

Creative Arts Psychotherapist and Psychosexual Therapist

<http://www.rebeccawilsongreen.com>

Shae Harmon**6**

Info@shaequeertherapy.com

Based in **East London**

Psychosexual and Relationship Therapist

<https://www.shaequeertherapy.com/>



Klaudia Lubieniecka**3 6**

out.of.script.therapy@gmail.com

Based in **Hull**Integrative & Transactional Analysis Psychotherapist/
Psychotherapeutic Counsellor<https://outofscript.com/>

Other language: Polish



Qualified to provide pre-trial therapy

3**3** session NUM Package available**6****6** session NUM Package available**Ben Morley****3 6**

ben@benmorleycounselling.co.uk

Based in **Cheltenham, Gloucestershire**

Psychodynamic counselling

<https://www.benmorleycounselling.co.uk/>**Georgia Batchelor****3 6**

georgiabatchelorcounselling@outlook.com

Based in **Folkestone Kent**

Psychotherapist and Counsellor

<https://www.georgiabatchelorcounselling.co.uk/>**Natasha Stavropoulos****3 6**

natashastavropoulos@gmail.com

Based in **London**

Integrative Therapist

<https://www.counselling-directory.org.uk/counsellors/natasha-stavropoulos>

Other language: Greek

Jason Crowley**3 6**

jasonainsworthcrowley@gmail.com

Based in **Hastings and East London**

Humanistic, Attachment-based Therapist

www.jasoncrowley.uk**Jon Firth****3 6**

jonfirth1@gmail.com

Counsellor

Based in **Bodiam, East Sussex**<http://www.jonfirththerapist.co.uk>**Leeanne Fowler****3**

leeannelccp@gmail.com

Counsellor & Psychotherapist

Based in **Liverpool**<https://www.independentcounsellingandpsychotherapyservices.com/>

Lorelei Green

therapy@loreleigreen.co.uk

Based in **Shrewsbury**

Integrative Therapist

<http://www.loreleigreen.co.uk>

3

6



Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available

Scroll down for online-only therapy



Online Only

Sophia Graham

6

sophia@selfconsent.com

Counsellor & Dialectical Behaviour Therapist

<https://loveuncommon.com/>

Other language: Tok Pisin (Papua New Guinea)



Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available

Simone Ayers

3

info@simoneayerscounselling.com

Counsellor & Psychotherapist

<https://www.simoneayerscounselling.com/>

Tristan Brooks



Contact@starlighttherapy.co.uk

Counsellor and Gender, Sexuality and Relationship Diverse (GSRD) Psychotherapist

(specialism neuroqueer, diables, chonricsally ill

: <http://starlighttherapy.co.uk/>

Amanda Watson

3

6

amandalisawatson1603@gmail.com

Psychosexual and Relationship Psychotherapist and Counsellor

www.amandalisawatson.com

Clare Rogerson

3

6

clrcounselling@gmail.com

Counsellor

<http://www.clrcounselling.co.uk/>

Online and telephone

Clint Sentance

3

6

clint@fluidpsychotherapy.com

Clinical Sexologist, Relationship Specialist & Psychotherapist specialising in GSRD & Kink

<http://www.fluidpsychotherapy.com/>

Kathryn Fox

3

kathrynfoxtherapy@gmail.com

Counsellor & Psychotherapist

<https://kathrynfoxtherapy.com/>

Nikki Howes

3

Crystalvisions0@gmail.com

Counsellor & Psychotherapist

<http://www.mysurreytherapist.co.uk/>



Mike Nistor

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



Qualified to provide pre-trial therapy



3 session NUM Package available



6 session NUM Package available

Jake Yearsley

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

Dr Jay Watts

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

Claudia Kent

kentclaudia@gmail.com
Counsellor, Psychotherapist, & Sex and Relationship Therapist
www.claudiakent.com
Other languages: Swedish, Danish

Chloe Foster

chloefoster@sussexrainbowcounselling.com
Humanistic Psychotherapeutic Therapist & Clinical Supervisor, specialising in working with queer clients offering specialist therapy by email.
www.sussexrainbowcounselling.com

Ness Cooper

contact@nesscooper.co.uk
Sexologist
<https://nesscooper.co.uk/>

Madeleine Ayling

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

Carrie Anne Roache

carrieanneroachecounselling@gmail.com
Integrative Therapist
<https://www.counselling-directory.org.uk/counsellors/carrie-roache>



Natalie Wood**3 6**

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

Bima Loxley**3 6**

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

Jay McCarthy**3 6**

info@jaymccarthycounselling.com
Person-centred Psychotherapist and Counsellor
<http://www.jaymccarthycounselling.com>

Gavin Reid**3 6**

gavin@beeproud counselling.co.uk
Integrative Therapist
<http://www.beeproud counselling.co.uk/>

Jody Sill

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

Dr Natasha Fiberesima

natashaf.psychology@gmail.com
Psychologist
<https://free2bmeneurodiversity.com/directory/natasha-fiberesima>

Nicky Jackson**3 6**

nickythrower@hotmail.com
Transactional Analysis Psychotherapeutic Counsellor
<https://www.psychologytoday.com/gb/counselling/nicky-jackson-hull/1442443>

Savannah Turner**3 6**

savannahturnersomatics@gmail.com
Somatic Sexologist
<https://www.savannahturner.com/>

Maria Howell**3**

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



Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available



Ruth Heneke Eliot (she/her)

contact@rutheliot.com

Sex & Relationships Psychotherapist

<https://www.rutheliot.com/therapy>



3

6

Gracie - Therapy for Sex Workers

info@therapyforsworkers.com

Person Centered Counsellor

<https://www.therapyforsworkers.com/>

3

6



Qualified to provide pre-trial therapy

3

3 session NUM Package available

6

6 session NUM Package available





+44 161 629 9861
+44 800 464 7669



admin@nationaluglymugs.org



<https://nationaluglymugs.org>



[@nationaluglymugs](https://www.instagram.com/nationaluglymugs)



[@nationaluglymugs.bsky.social](https://bsky.app/profile/nationaluglymugs.bsky.social)



[@NationalUglyMug](https://twitter.com/NationalUglyMug)



If you use our resourceee please consider donating so that we can continue to provide advocacy and specialist support to our sex working community

Supported by



©2026 National Ugly Mugs
Reg. Charity No. 1122461 | SC053979