



NIGHTINGALE



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Therapy with Angie

A Professional Profile

Angie is in high demand therefore we are delighted she agreed to become an associate counsellor with Nightingale. Angie has that unique ability to build rapport quickly. Within a few minutes of meeting her, you will feel at ease in her presence. She is lively, warm, friendly, funny and kind... a true gem and a great asset to our Nightingale team and the clients that are assigned to her.

Angie is also highly professional, organised and worldly wise. Prior to training as a counsellor, she lived and worked abroad for 20 years in several countries including America and Spain, where she was introduced to various cultures and traditions. Inspired by her experiences, Angie decided to pursue counselling as a vocation and joined Nightingale..

She works with a person centred / humanistic theories model of counselling which means she will draw on various models of counselling to ensure her clients get what they need. Her passion lies in helping individuals make a positive difference in their lives and find fulfilment.

In addition to her work at Nightingale, Angie is actively involved in working with vulnerable young people in schools, assisting them in resolving issues, building self-esteem, and fostering confidence. Her expertise extends to supporting young adults, students, and adults who are referred to her.

Angie is also a couple counsellor with Nightingale Marriage Counselling. She will also be involved in the training program for individual counsellors who are training in Nightingale's Couple Counselling course.

More recently she has embarked on a training program in coaching.

As a therapist, Angie is equipped to work with a wide range of issues, utilising various counselling modalities. Furthermore, she possesses specialised knowledge in neurodiversity and understands the unique needs of individuals in this realm.



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TRAINING & QUALIFICATIONS

Certificate in Couple Counselling

Certificate for Understanding Autism Level 2

HND Diploma in Counselling - New College Lanarkshire, Coatbridge

Personal Development Award in Addiction

Qualified Online and Telephone Counsellor (80 hours)

CISI 1 - Introduction to Securities and International Investments, Palma, Mallorca
DeAnza College, Cupertino, California USA

AREAS OF EXPERTISE

- Depression and low mood
- Anxiety and stress
- Young people school age
- Young Adults and students
- Low self-esteem and building confidence
- Addiction
- Bereavement
- Historical sexual abuse
- Psychological abuse
- Individual relationship issues
- General counselling
- Just talking
- Couple counselling.
- Coaching



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“ I’ve been having counselling sessions with Angie for some time now, I was initially a little reserved as I’d never had counselling before, however, speaking with Angie has helped me enormously with my self-awareness journey, she listens, she advises and has an overall calming manner and always makes me feel comfortable with anything I throw at her. I always come away feeling content and motivated after our session. I would highly recommend Angie to anyone who was seeking counselling. ”

“ I came to Angie some time ago for help to leave my now ex-partner. Since she helped me gain the courage and self-respect I needed to do so, we have worked retroactively to look at how I can be there for myself, rediscover what I enjoy and turn my life around. If it weren’t for our sessions I would still be lost and stuck in an awful situation, and I am so thankful for her input, support and encouragement. ”

“ Angie is an incredible counsellor. As someone who was very apprehensive about therapy, Angie really put me at ease and made sure I was comfortable with how she works. She is like a friend who listens to anything I have to say or will sit with me when I don’t feel like saying much, and who gives incredible advice and support. Her wealth of knowledge is invaluable. I wouldn’t be where I am today if it wasn’t for Angie. ”



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“ On my first visit to meet Angie I was very anxious and nervous absolutely not in a good place. Angie listened to me, and I relaxed. I now look forward to my sessions with Angie as I have improved a lot and it is definitely due to her. She has given me the tools I need to move forward. I am now in a much better place, and I know I couldn't have got here without Angie's help. ”

“ I decided to meet with Angie online at a point in my life when I felt I would burst emotionally. Meeting with Angie online meant it was physically manageable to fit into my schedule without adding extra pressure of trying to be somewhere else.

Through Angie's reflective conversation with me, I was supported to verbalise for the first-time concerns and disappointments. She suggested exercises to do to help me understand my thinking and patterns of behaviour. The sessions were tailored off appropriately at a point I felt I had gained understanding around certain issues and had a plan to make adjustments to help me take more control over these issues. ”

“ Angie inspired trust and confidence by quickly establishing a rapport and identifying key issues and provided us with relevant and practical steps towards progress. ”

“ Angie provides a mix of listening, advice and recommended reading/resources which has been very helpful to me in navigating this period of my life. This has given me a safe space to work through some tricky times and has helped me to put things into perspective. ”

