

Hero

Therapy for women who look like they've got it all together

On the surface you're smashing it, but underneath you're bloody knackered. Keeping it all together for everyone else has left you running on fumes.

About ('service')

I used to be the ultimate "good girl"

Always saying yes, keeping the peace, fixing everyone else's problems while my own went ignored. On the surface, I had it all together. Inside? I was knackered, replaying every conversation, second-guessing myself, and slowly disappearing under the weight of being "the reliable one."

Going from chronic people-pleaser to someone who actually trusts herself was bloody hard work. But now I wake up feeling like me, not someone performing a role. I make decisions without weeks of analysis paralysis. I say no without guilt.

If I can get out of that exhausting cycle, so can you.

What I specialise in

- Is it possible to left align the bullets for ease of reading?
- Please can we change 'break free from' to 'Escape the': Escape the analysis paralysis that keeps you stuck for weeks
- Please can we remove the quotations around good enough (I don't know why I added them!): Find peace with being good enough rather than perfect all the bloody time

Services

Title: Work with me

Supporting text: Whether you need one powerful session to get unstuck, a group of women who get it, or longer-term support, there's space here for you.

Counselling and Psychotherapy

Ongoing counselling and psychotherapy is where we go deeper. It's a chance to pause, reflect, and gently challenge the habits that keep you stuck in overthinking and people-pleasing, so you can finally start to feel calm, capable and free.

Expander 1: What to Expect

From our first session, we'll talk about what's brought you here and what you want to change. As we continue, we'll explore the roots of your struggles and create new ways of thinking that help you feel clearer, calmer and more yourself.

Expander 2: How I Work

This isn't silent nodding while you talk. Therapy with me is active and collaborative. We'll look at the patterns holding you back, from your inner critic to your people-pleasing, and work on building boundaries, self-trust and genuine self-worth.

Expander 3: Practical Details

Sessions are 50 minutes and can be weekly or fortnightly depending on what suits you. I work in Bisley near Woking, or online if that's easier. Sessions are £60, and most clients meaningful change usually comes from several months of consistent work together.

Single Session Therapy

Think of this as therapy in the fast lane: one focused session to tackle what's loudest right now. We'll cut through the spiral of overthinking and find clarity you can actually use straight away.

Expander 1: How does it work?

Single Session Therapy is a focused, stand-alone session where we explore one issue that's taking up headspace. You'll complete a short form beforehand, then we'll spend up to 60 minutes creating clarity, insight and next steps.

Expander 2: Is Single Session Right for Me?

SST is ideal if you're thoughtful and self-aware but need help cutting through the noise. It's not a replacement for long-term therapy, but it can give you clarity, momentum and a reset when you need it most.

Expander 3: Practical Details

A single session is £72 for up to 60 minutes, as well as a pre-session form and optional 15-minute follow-up call. You can have your session online or in-person in Bisley and, while there's no pressure to commit to more, you're welcome to book another session or start weekly therapy if it feels right.

Group Therapy

This isn't about swapping tips or pretending you're fine. Group therapy is a rare space to explore your needs, your boundaries and find your voice with other women, and to discover you don't have to do it all alone.

Expander 1: Tell me about this therapy group

In this group you'll practise naming what you really feel, expressing your needs without guilt, and setting boundaries confidently. We explore patterns as they happen, notice the inner critic, and learn to trust yourself. It's relational, messy, and stretching, but also incredibly freeing. This is a place where what feels impossible alone becomes workable in connection to others.

Expander 2: Who this group is for?

This group is for capable women who look like they're coping but feel drained inside. If you're stuck in overthinking, people-pleasing, and never trusting yourself, group therapy offers connection, self-trust and the freedom to show up as you are.

Expander 3: Practical details

The group runs on Wednesday evenings, 6:30–8pm in/around Woking. Sessions cost £22 with a six-month minimum commitment and a maximum of eight women in the group. Before joining, you'll have a short 1:1 chat with me to check it feels like the right fit.

A bit more about me

I'm not going to sit there nodding while you talk in circles for months. I believe in getting to the heart of what's keeping you stuck and actually doing something about it.

You can expect real, honest conversations without the therapy-speak, genuine curiosity about your experiences, and gentle challenges when I spot those patterns you've been running. We'll explore your inner critic, untangle the 'shoulds' that run your life, and help you build boundaries that protect your energy.

I believe in practising what I preach, which means I still work on my own stuff, set boundaries, and have my own therapy. I'm passionate about creating a world where women don't have to shrink themselves to make others comfortable.

When I'm not in the therapy room, you'll find me on long walks with my dog, enjoying a good coffee or watching horror films that'd keep most people up all night.

Kind words from my clients...

"You truly are an amazing counsellor. You helped me along and kept my anxiety at bay so thank you for all you've done for me."

"Thank you, Aimee, for always listening to me and helping me to understand my feelings are valid. You have been so supportive, I am very grateful for the counselling that I received."

"My counsellor was amazing she helped my anxiety and never judged me."

FAQs

How does counselling and psychotherapy with you work?

We'll start with a short chat, either on the phone or over video call, so you can get a feel for me and clarify what you're looking for from therapy. If it feels like a good fit on both sides, we'll book your first session.

As an integrative therapist, I draw on different approaches to create a warm, reflective space where it's possible to work through your issues. I believe you're the expert on your own life, so our work isn't about me giving advice or finding solutions for you; it's about enabling you to find your own way forward.

In our sessions, you can expect:

- A calm, supportive space where your feelings and needs are genuinely respected

- A pace that honours your emotional safety (no pushing or rushing)
- Encouragement to practise more self-compassion. If that sounds tricky, don't worry – you can borrow some of mine while you get the hang of it
- Space for silence if that's what you need, a few swear words if that helps, and laughter when it feels right
- Full permission to show up exactly as you are
- Honest, respectful attunement. And if I ever get it wrong, you'll receive a genuine, non-defensive repair

I'll regularly check in with you to ensure the sessions are meeting your needs, and we'll make any tweaks as needed.

How many sessions will I need?

That is something we can decide between us. Some people find short-term therapy (6–12 sessions) helpful, whereas others like to work in an open-ended way. I like to incorporate reviews every 6–8 sessions to ensure you are getting what you need from therapy.

Is therapy always confidential?

Our therapeutic contract stipulates that all sessions are confidential with the following exceptions:

- If I assess you to be at risk of harm to yourself or others
- If I assess that you are involved in or have information about others involved in terrorism
- In medical emergencies
- To fulfil legal requirements (e.g. courts)

I share some contextual details of the therapeutic relationship with my supervisor, who is bound by the same [ethical agreement](#) as me, and only your first name is declared for the benefit of the supervisory session. My supervisor keeps brief supervision notes and knows only your first name. Only under the circumstances above will confidentiality be broken.

If I ask you a question about yourself, will you answer it?

Perhaps. If it is important to you, then quite possibly. Self-disclosure is delicate in therapy, but I understand the desire to know more about the person you are sharing your life story with!

As a general rule, I like to consider why it matters to you, and whether it is helpful to you.

Therapy is unregulated in the UK, so how can I be sure I am seeing an ethical practitioner?

I have a Foundation degree (FdSc) in Integrative Counselling which was highly focused on ethical practice. I am also a registered member of the [BACP](#) and abide by their [Ethical Framework](#). I undertake regular training and CPD to keep in touch with developments and I have full professional indemnity insurance. Additionally, I have an enhanced DBS check and maximum-security clearance for the criminal justice system from my work in prisons.

Form

- Please could we have Full Name in the first box
- Please may second box be Telephone Number (massive error on my original site!)

IG

Handle is @therapy_with_aimee

Contact

Email is: aimee@therapywithaimee.co.uk

Work tel is: 07493 076 096

Location: Please could we just put Bisley, Woking, Surrey – or do I need to legally have the full address?

Policies

Attached separately!