



Counselling & Psychotherapy

A Guide to How We Work Together

At **Enestee Mental Health Solutions**, we offer a personalised, compassionate, and evidence-informed approach to mental health and emotional wellbeing. This guide explains what you can expect from working with us for your counselling and helps you decide whether this service is the right fit for you. Guides for our Hypnotherapy and Rewind Trauma Therapy are available separately.

Enestee therapists provide Integrative Counselling, but What is Integrative Counselling?

Integrative counselling means that we draw on different models and tools—rather than sticking rigidly to one—to support your unique needs. We tailor sessions to you as a whole person, not just a diagnosis or a set of symptoms.

Here's how that might look:

Approach	How it Helps You
Person-Centred Therapy	You are always at the heart of the process. Your experiences, emotions, and goals shape our work together.
Psychodynamic Ideas	We might gently explore how past relationships or early life experiences affect how you feel and relate to others now.
Cognitive-Behavioural Techniques (CBT)	Practical strategies to help challenge unhelpful thoughts and behaviours, and create more helpful ones.
Mindfulness & Emotional Regulation Tools (e.g. DBT-informed)	Learn how to ground yourself, soothe intense emotions, and respond—not react—to distress.
Compassion-Focused Work	Build a kinder relationship with yourself and quiet the inner critic that fuels shame and self-doubt.

Who This Service May Be Helpful For

<p>we typically work with people aged 14–65 who are struggling with:</p> <ul style="list-style-type: none">• Anxiety, stress, and burnout• Low self-esteem or identity confusion• Trauma and complex emotional difficulties• OCD, phobias, or PTSD• ADHD and neurodivergence• Anger, relationship difficulties, or emotional overwhelm	<p>we often support clients who've been told they may have Borderline Personality Disorder (BPD) or are living with similar patterns—such as intense emotions, fear of abandonment, or difficulties managing relationships and impulses.</p>
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You don't need a formal diagnosis to benefit from counselling. What matters is your experience.

✂ What You Might Learn in Counselling

- How to identify and regulate strong emotions
- Strategies to tolerate distress without acting on urges (e.g. self-harm, substance use)
- How to express needs and set boundaries in relationships
- How your past might be influencing your present
- Ways to build resilience and self-compassion

🤝 The Therapeutic Relationship

People with long-standing emotional struggles often haven't had relationships that feel safe, stable, and respectful.

Counselling is a space where we can build something different:

- **Consistency:** You'll know when we're here, and what to expect.
- **Boundaries:** These keep us both safe and focused.
- **Honesty:** we will always be open and respectful. You are free to be the same.
- **Repair:** If something feels off in our work, we'll talk about it together.

📅 What to Expect in Sessions

Each session is 50 minutes. In our first few meetings, we'll explore:

- What brings you here
- What you hope to change or understand
- What has or hasn't helped in the past

We'll go at your pace. You don't need to tell your full story all at once. we'll offer structure where needed, and space where helpful.

⚖ Is This the Right Service for You?

Counselling with Enestee **might be a good fit if:**

- You want support from someone who takes emotional pain seriously without judgment
- You're open to learning about how thoughts, emotions, and relationships are connected
- You'd benefit from flexible, tailored support—not a rigid programme
- You want to be understood as a whole person, not a diagnosis

It **might not be the best fit if:**

- You need emergency or crisis intervention (we can help refer you to appropriate services)
- You're looking for a structured DBT programme (we use DBT-informed techniques but not full group-based DBT)

💬 Get in Touch

If you'd like to book an initial session or ask more questions, we'd be happy to speak with you.

📍 **Based in Greenfield, Flintshire**

🌐 **Serving clients across North Wales and the Wirral**

📄 Online and in-person sessions available