



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.



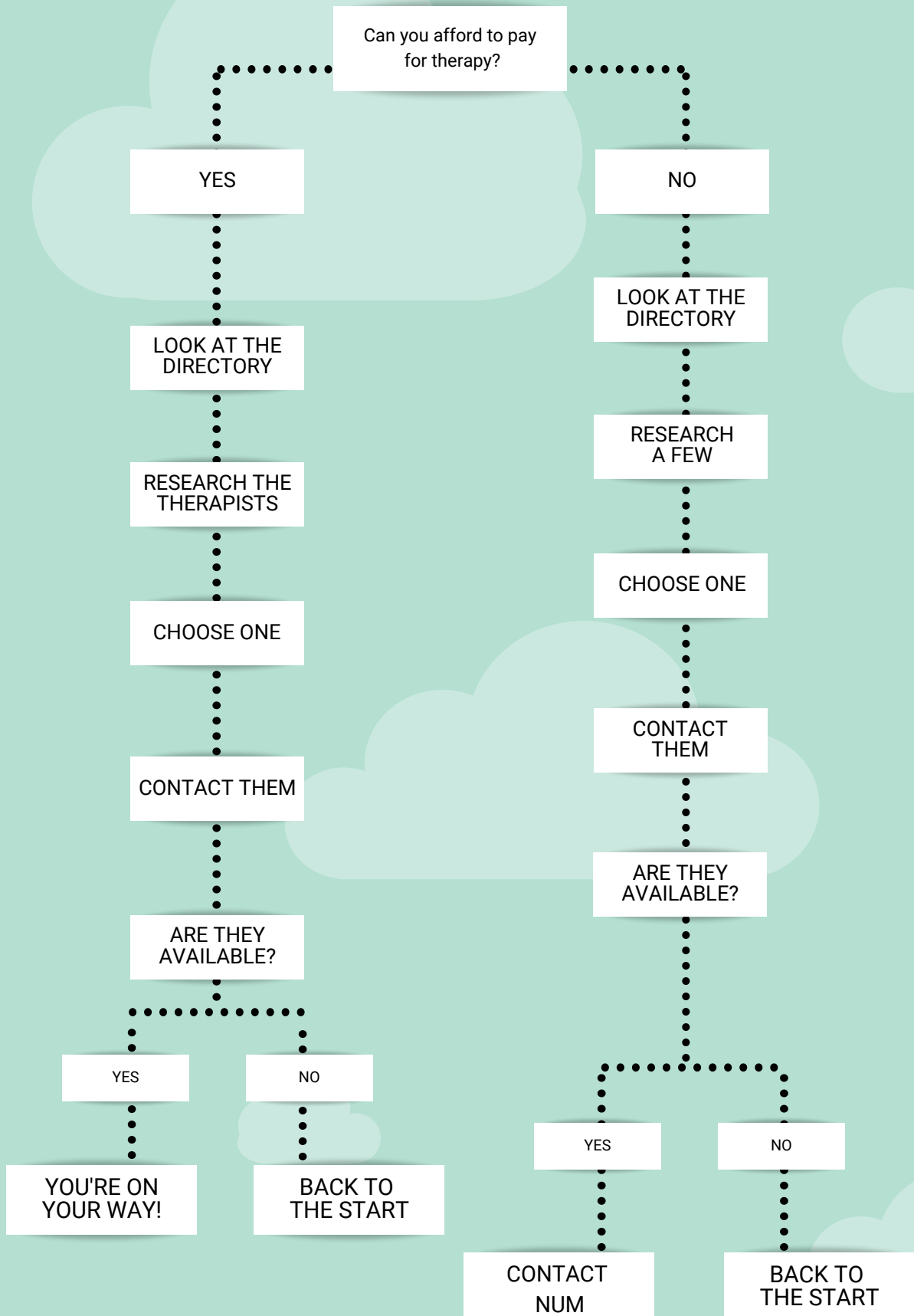
We wanted to make the task of finding a therapist less overwhelming and emotionally taxing on sex workers. Please explore the directory in your own way. We haven't vetted everybody on it thoroughly but all therapists on the directory have made the following declarations to us: -

"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."

How to Use this Booklet



Those marked with an asterisk* 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@uglymugs.org**. Let us know which therapist you would like to talk to.

This is a trial service. Depending on uptake, we may be able to extend the service in the future, but for now we have a very limited supply. Please also 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@uglymugs.org

Alternatively if you're a worker in Scotland you can contact Umbrella Lane at **hello@umbrellalane.org** for support in accessing therapists or click the logo to visit their website.



List of Therapists

Sophia Graham

Sophia.Graham@protonmail.com
Counsellor & Dialectical Behaviour Therapist
<https://loveuncommon.com/>

Leah O'Shaughnessy*

loshaughnessy@protonmail.com
Counsellor & Psychotherapist
<https://www.leahoshaughnessycounselling.co.uk/>

Mandy Peat*

mandypeat12@gmail.com
Shamanic Practitioner
<https://www.facebook.com/sacredheartwisdom>

Rea Pearson

ReaCounselling@gmail.com
Counsellor & Relationship Therapist
<https://www.reapearson.com/>

Keith Barber

therapist@keith.barber.name
Counsellor & Psychotherapist
<https://www.counselling-directory.org.uk/counsellors/keith-barber>

George Lewis*

georgelewishypnotherapy@gmail.com
Solution-Focused Hypnotherapist & Psychotherapist
<https://georgelewishypnotherapy.co.uk/>

Katie Evans*

info@katieevanscounselling.co.uk
Psychotherapeutic Counsellor
<https://katieevanscounselling.co.uk/>

Simone Ayers*

info@simoneayerscounselling.com
Counsellor & Psychotherapist
<https://www.simoneayerscounselling.com/>

Tess Brooks

Contact@starlighttherapy.co.uk
Counsellor & Integrative Therapist
<http://starlighttherapy.co.uk/>

Those therapists marked with an asterisk* have agreed to provide NUM packages



Silva Neves

sntherapy@gmail.com

Psychotherapist & Traumatologist

<https://www.silvaneves.co.uk/>

Dominic Davies*

dominic_therapist@protonmail.com

Counsellor & Psychotherapist

http://www.pinktherapy.com/ClinicalAssociates/tabid/67/ctl/ViewPractice/mid/427/_UserId/19/language/en-GB/Default.aspx

Jennifer Field*

jena@themonkeytherapist.com

Counsellor & Psychotherapist

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Karen Pollock*

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Counsellor & Psychotherapist

<https://counsellinginnorthumberland.com/author/ruralrover/>

Michele Karban

michelekarban@yahoo.co.uk

Counsellor & Psychotherapist

<https://brightontherapyservice.co.uk/about/michele-karban/>

Carlo Ricciardi*

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Counsellor & Psychotherapist

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

Clare Rogerson*

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Counsellor

Clint Sentance*

fluid.psychotherapy@gmail.com

Psychotherapist

Michelle Bridgman

shelleybridgman@gmail.com

Counsellor & Psychotherapist

<https://genderidentity.co.uk/>

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Kathryn Lees*

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Counsellor & Psychotherapist
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Sarah Ward*

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Counsellor & CBT therapist
<http://www.willow-crest.com/>

Alexandra Richards*

Info@embodypsychology.org
Clinical Psychologist
<https://www.embodypsychology.org/>

Ronete Cohen

ronete@rainbowcouch.com
Psychodynamic Therapist
<http://rainbowcouch.com/>

Clare Whitworth*

hebdentherapist@zoho.eu
Counsellor & Psychotherapist
<https://valleytherapist.wordpress.com/>

Elena Bain*

elenabain@yahoo.co.uk
Counsellor & Psychotherapist
<https://www.counselling-directory.org.uk/counsellors/elena-bain>

Samantha Merry*

samanthamerrytherapy@gmail.com
Counsellor & Psychotherapist
<https://samanthamerry.co.uk/>

Caroline Feldon Parsons*

Carolinefeldontherapy@gmail.com
Relationship and Psychosexual Therapist
<https://www.cosrt.org.uk/members-2/caroline-feldon-parsons/>

Nikki Howes*

Crystalvisions0@gmail.com
Counsellor & Psychotherapist
<http://www.hope2heal.co.uk/counselling/1/Welcome.html>



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Stefano Vermonti*

stefano@vermonti.co.uk
Counsellor & Psychotherapist
<http://www.vermonti.co.uk/>

Holly McCrossen*

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Counsellor & Psychotherapist
<https://www.hollycounselling.com/>

Sami Almutairi*

Info@amalthérapies.com
Counsellor & Psychotherapist
<https://amalthérapies.com/>

Joanna Russell*

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

Dennis Hughes*

Dlh57@icloud.com
Counsellor & Psychotherapist
<https://www.bacp.co.uk/profile/36fbcdb7-4b90-e711-80e8-3863bb349ac0/therapist?location=Bristol>

Sarah Berry*

sarah@sarahberrytherapy.co.uk
Sex and Relationship Therapist
<http://www.sarahberrytherapy.co.uk/>

Natalie Clarke*

natalieclarketherapy@gmail.com
Counsellor & Psychotherapist
<https://www.natalieclarketherapy.com/>

Fabio Sessa*

fabio@therapethical.com
Psychotherapist & Hypnotherapist
<http://www.therapethical.com/>

Zayna Ratty*

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Psychotherapist & Hypnotherapist
<https://zayna.net/>

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Rob Radcliffe*

robcounsellor@hushmail.com
Counsellor & Psychotherapist
<https://robradcliffe.co.uk>

Jake Yearsley*

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Counsellor & Psychotherapist
<http://jakeyearsley.co.uk/>

Dr Lori Beth Bisbey

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Sex and Intimacy Coach
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Lisa Home

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Amanda Watson*

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<https://theawarenesscentre.com/therapists/amanda-watson/>

Caroline Field

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Elizabeth Biddlecombe*

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Hypnotherapist & Mindfulness Practitioner
<https://www.mindintheround.com/>

Andy MacArthur*

andy@andymacarthur.com
Counsellor & Hypnotherapist
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Tania Glyde

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

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FEEDBACK & UPDATES

Don't forget if you have feedback on therapists, the directory, or any other mental health related resources, you can send your feedback to:

MentalHealthSupport@uglymugs.org

Also, click below to check the MH services page for regular updates:





+44 161 629 9861



admin@uglymugs.org



<https://uglymugs.org>



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