

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



[James Spence](#)

Local Guide • 35 reviews • 0 photos

*starstarstarstarstar* 1 week ago New

Excellent experience with Edith always very helpful and most importantly for me very professional. Thanks Edith



[Victoria Rea](#)

1 review • 0 photos

*starstarstarstarstar* 6 weeks ago

Edith's compassionate guidance was a lifeline during a very difficult time. We were struggling with grief, loss, and anxiety, and she provided us with invaluable support and techniques to help us manage these issues. Her empathy and understanding were truly comforting, and the tools she equipped us with will be instrumental in maintaining our mental well-being moving forward. We can't recommend Edith highly enough.



[Robbie Vice](#)

1 review • 0 photos

*starstarstarstarstar* 6 weeks ago

Edith was an invaluable source of support during a period of immense grief. She helped us navigate our daily challenges with compassion and understanding. Edith also equipped us with techniques and strategies to help manage our emotions and build resilience for the future. We can't recommend her highly enough – her guidance has been truly transformative.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



[amanda eskins](#)

0 reviews • 0 photos

[starstarstarstarstar](#) 8 weeks ago

Such a positive experience. From my first session, I felt deeply understood, relaxed and comfortable with Edith. Offering empathy, creating a safe environment to open up and learning great tools to help and support me going forward, can't recommend her enough.



[Hels Jenkins](#)

3 reviews • 0 photos

[starstarstarstarstar](#) 9 weeks ago

Seeing Edith has been very helpful and productive. Edith is professional, kind, supportive, understanding, genuinely cares and has a good sense of humour. I enjoyed our sessions.



[Noel Burns](#)

0 reviews • 0 photos

[starstarstarstarstar](#) 13 weeks ago

I just wanted to say that Edith has helped me so much. Such a lovely woman. I would recommend her to anyone. She has an mbe for her work but I would be the first one to recommend her for a knighthood. Give me the tools and headspace to move on in life. Brilliant. Sorry I'm not good with technology. Deserves more stars than I can give.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Justine Patterson**

1 review • 0 photos

**starstarstarstarstar** 14 weeks ago

I went to Edith to build my capacity to support myself with some difficult and evolving life circumstances. Edith was warm, friendly, compassionate, empathetic, understanding, professional and non-judgemental and I felt a great rapport from the first session. Edith listened without judgement and had insightful and knowledgeable tips. Each session was structured but yet informal and expectations were set from the onset. Edith introduced me to many tools to build my capacity and held me accountable by challenging me in solution based homework. The environment Edith has created in the counselling room is warm, homely and welcoming. Working with Edith has been so helpful in building my capacity to support myself, reducing my anxiety, encouraging me to practise mindfulness and to actively reflect and managing stress. Thank you Edith you are amazing!



**C B**

3 reviews • 0 photos

**starstarstarstarstar** 14 weeks ago

I was going through a really difficult period of my life due to the pandemic, two young kids (both under 2) and a demanding job. I reached out to Edith to ask for help dealing with everything and it was the best decision I could have made. Edith listened to what I had to say and identified the root issue. It was a big surprise to me that I had general anxiety but Edith provided me with the tools to enable me to manage this and function effectively to the benefit of myself and my family. It wasn't a quick fix but if you commit to Edith's advice, I can guarantee your life will change for the better. I can't thank you enough Edith.

My wife and I also recently came to Edith to help get our relationship back on track as it had fell to the way side due to having two young kids close in age, having two demanding jobs and trying to maintain our hobbies/interests. Edith quickly identified the main issue we were having and set in place a number of tools to help us deal with this so that our relationship could begin to get stronger. We both

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*

found that these helped so much and the in person sessions were invaluable - Edith was brilliant throughout by being empathetic, neutral and practical. We would highly recommend Edith's services.

---



[Diane Taylor](#)

0 reviews • 0 photos

[starstarstarstarstar](#) 15 weeks ago

I had gone through a dip in life due bereavement and day to day struggles, I feel like a changed woman thanks to Edith.

Edith has given me the tools to deal with bereavement and to embrace life's struggles.

Edith is one in a million. She is extremely knowledgeable, professional and a super kind caring lady.

---



[kerry jamison](#)

1 review • 0 photos

[starstarstarstarstar](#) 15 weeks ago

I had the privilege of working with Edith and wanted to share my positive experience. From the very first session, I felt deeply understood and supported. Edith demonstrated a high level of professionalism and empathy, creating a safe space for me to explore my emotions and concerns. Edith's insights and guidance were invaluable in helping me and my children navigate through difficult times. I appreciated her approach, which was both compassionate and solution-focused. Overall, I highly recommend Edith to anyone seeking supportive and effective counseling.

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



JS

1 review • 0 photos

★★★★★ 15 weeks ago

Working with Edith has been an absolutely brilliant. I cannot recommend Edith enough she has helped me in every way mentally, practically and emotionally. I was really struggling with university as well as my family life and she has helped me turn it all around. I will be forever grateful for ongoing help and support 🌞



WS

5 reviews • 0 photos

★★★★★ 15 weeks ago

Edith has been a fantastic (actually, more than fantastic) help and support to me and my family. She is honest, direct, very professional and has a wealth of knowledge and experience. I cannot recommend Edith highly enough.



Lesley Degossely

2 reviews • 0 photos

★★★★★ 15 weeks ago

Thanks to Edith I was able to navigate through some troubling times. Edith paid attention! Her advise and tools are incredible. In a very short time I was able to find my peace and block out the noise that no longer served me - I use these techniques everyday. I have attempted therapy many times in the past, however I never connected with anyone the way I connected with Edith - thank you eternally for your wisdom and teachings.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



Kenneth Campbell

2 reviews • 0 photos

★★★★★ 17 weeks ago

A first class professional service. With a relaxing and welcoming environment we're Edith makes you feel totally at ease



Sophie B

0 reviews • 0 photos

★★★★★ 42 weeks ago

I am so grateful for Edith and all she has done for me over the period I have been with her. Edith is truly amazing at what she does and I cannot thank her enough! Xx



F M

0 reviews • 0 photos

★★★★★ 43 weeks ago

I would highly recommend Edith to anyone seeking therapy. She is approachable, empathetic and professional, and offers a calm and safe space to work together. I am extremely grateful for Edith's expertise and guidance.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Kajanto Beata**

0 reviews • 0 photos

**★★★★★** 46 weeks ago

Edith was a great help last year throughout December and January when I suffered from anxiety and felt constantly low and tired because of a serious burnout caused by my job after moving to this country on my own. Only looking back now I realise how unwell and vulnerable I was - and Edith was the help I needed! She was warm, patient, understanding, and helped me get better, teaching me how to use my tools which have been a great help since when I feel overwhelmed and how to use my voice. She has been a true gift from God helping me endure the storms and to raise above them. Her help during those 2 months really wasn't just a "lifebuoy" that saved me from drowning in a certain situation but she taught me how to "swim" in the often stormy seas of life for which I'll always be thankful.



**Suzanne Moore**

9 reviews • 2 photos

**★★★★★** 46 weeks ago

I'm very grateful to Edith for helping me through a very tough time in my life. She guided me to do some work and thinking and the book she recommended helped me too. The 3 months I spent with Edith really changed my life. Thank you 🙏



**Orla Donnelly**

1 review • 0 photos

**★★★★★** 47 weeks ago

Edith gave me the tools to help manage difficult family dynamics which I had no control over. I was feeling anxious and overwhelmed before I started my sessions

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*

with Edith. She is kind and compassionate and has helped me immensely. I would high recommend Serenity Counselling.



**Beverley Cragg**

8 reviews • 22 photos

★★★★★ 47 weeks ago

I would highly recommend Edith and her service to anyone struggling with anxiety. She is absolutely fantastic in her field and has helped tremendously.



**S C**

3 reviews • 1 photo

★★★★★ 27 Jun 2023

My husband and I are forever thankful to Edith for helping us negotiate the stresses and strains our relationship and just life general can have. Edith is very understanding, compassionate and always remained neutral. Such a stunning and relaxing environment. Edith is very gifted and what she does and puts you at ease from the first moment. Very easy to talk too and just a genuinely beautiful person inside and out. Highly recommended. From the bottom of our hearts Edith, Thank you❤️



**D MCC**

6 reviews • 0 photos

★★★★★ 17 Jan 2023

I first reached out to Edith during a very low point in my life. I found her welcoming, understanding & extremely empathetic. Edith is a lady who has actually 'lived' & in my opinion this has given her the rare ability to truly relate to her Clients. She



# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*

immediately put me at ease & gained my trust & for the first time in a long time, I began to believe in myself again. Edith has provided me with Tools that I know I will carry with me through my entire life and introduced me to Mindfulness, which has not only revolutionised My thought process & how I live, but is something I am now instilling into my Children . I will Forever be indebted to Edith.



Harvey Flint

0 reviews • 0 photos

★★★★★ 16 Jan 2023

She helped me get through a really tough time in my life and gave me tools to manage my anxiety in the future so that I don't have to rely on medication and regular counselling.

Thank you Edith



P D

0 reviews • 0 photos

★★★★★ 15 Jan 2023

Edith is brilliant. She has helped all members of the immediate family through several issues over the years. Most recently my son who is 16. The changes in him before and after counselling are huge. He now has effective and simple strategies to help. A fantastic counsellor, who listens. Thank-you Edith from all of us!!

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*

M

Milena Zuccarelli

0 reviews • 0 photos

★★★★★ 11 Jan 2023

I was suffering from high anxiety and depression and was too overwhelmed to see a light at the end of the tunnel. With hard work and determination, Edith was able to bring me to a point of clarity, imparting me with invaluable knowledge and techniques for managing my anxiety and preventing depression. Edith's work is thorough, and she has high expectations of you to reach your own potential, while still being extremely caring and considerate. I'm extremely grateful for the recommendation and would definitely recommend Edith to anyone currently looking for a counselor!

R

Rick McConkey

0 reviews • 0 photos

★★★★★ 10 Jan 2023

Edith is amazing.  
She makes you feel so welcome and so at ease and comfortable.  
Her techniques are brilliant and helped me overcome things so quickly.  
Would highly recommend to anyone!!

M

Mark Gribbon

1 review • 0 photos

★★★★★ 9 Jan 2023

I was going through a really difficult time and I really hit rock bottom, Edith at Serenity Counselling really helped me alot to get my confidence back and pick myself up again, and no matter what, Edith really believed in me and kept me going, thank you so much for everything!

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



Chloe K

0 reviews • 0 photos

★★★★★ 3 Jan 2023

I first found Edith through reading some of the reviews on Google. I was very anxious and dealing with health anxiety due to close family member being diagnosed with illness. Edith was very warm and welcoming and allowed me to chat as much as I wanted about issues I was having. She put a plan in place and we worked through it, I really looked forward to our weekly sessions and always went away feeling as though I had learnt something and different ways to manage my anxieties. Edith taught me different techniques to implement when I was struggling which I was able to put into practice at home. I very quickly noticed a difference in myself and have continued to practice what I learnt at home. I would highly recommend Edith to anyone who is seeking counselling.

---



Caron Mulligan

0 reviews • 0 photos

★★★★★ 19 Dec 2022

I cannot recommend Edith highly enough, no matter what your circumstances are. She is a true gem with abundance of warmth, wisdom and a fantastic approach to her vocation. Edith has supported me with gentle encouragement and wide range of very practical techniques, meaning that even after one session you can leave uplifted and empowered. I'd have been lost without her. 🌈

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Megan Rosbotham**

0 reviews • 0 photos

**starstarstarstarstar** 12 Dec 2022

I cannot thank Edith enough for what she has done for me the past year. Edith guided me in expressing my emotions and how to manage them appropriately. Edith has taught me how to cope and talk about grief and has encouraged me to do things, I always thought would be too painful for me to cope with. Edith has given me many strategies to support my anxiety, which really have helped changed my way of living and thinking.

I really cannot recommend Edith enough, her professionalism and empathy makes it so easy to open up and you feel like you are really being heard with no judgement.

I am a different person from this time last year and I cannot thank Edith enough for this!



**Mary Gault**

1 review • 0 photos

**starstarstarstarstar** 3 Dec 2022

I brought my daughter to Edith a number of years ago and can honestly say she is incredibly gifted at what she does and the outcome and improvement with my daughter was profound.

Her approach was compassionate, at times direct and challenging in a nonjudgmental way, (which my daughter expressed was what she needed), and helped not only my daughter but us as a family to navigate an incredibly difficult period in our life's. Although, we attended with the intention to help my daughter, it also challenged me as a mother to deal with my issues in order to help her which I wasn't expecting to do but resulted in being very productive and rewarding in the long term. She gave me back my daughter and I'll always be incredibly grateful for that. I would highly recommend Edith to anyone and delighted that she has received her recent awards and MBE as it most definitely well deserved.

Thank you Edith

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



**Rian Gault**

1 review • 0 photos

★★★★★ 1 Dec 2022

Would highly recommend lovely woman

---



**KRISTINE LUBIMOVA**

0 reviews • 0 photos

★★★★★ 28 Oct 2022

She has helped me get through a difficult time. She is very welcoming and easy to talk. Woud recommend her to anyone.

---



**Lizi Ruddell**

0 reviews • 0 photos

★★★★★ 12 Oct 2022

I am so thankful to the friend who recommended I speak to Edith. I was aware that things weren't quite right but was unsure what to do. At my first session Edith very quickly diagnosed anxiety and started to give me the tools that I needed to get myself back on track. Since then my life has turned around, Edith has helped me to understand myself and to build my courage, confidence and resilience. I have come aware with life long skills to aid my mental health - and easily accessible professional support.

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Josh Jones**

1 review • 1 photo

**starstarstarstarstar** 14 Sept 2022

Edith recently received an MBE for her, 'services to the community in counselling'. Edith has equipped me with the tools to move forward as well as wise advice. I would highly recommend.



**C J**

1 review • 0 photos

**starstarstarstarstar** 31 Aug 2022

I have had a few really challenging and traumatic events over the past few years to do with my health, personal and to a lesser extent professional life. I came to Edith with anxiety, low self esteem, reacting to trauma and feeling fear and panic. Edith provided me with the tools to overcome these challenges and react in a way that made me stronger and more empowered. It was at times difficult and uncomfortable but with Edith's support I was brave enough to rise up and find my true self again. thank you x



**Gareth Houston**

23 reviews • 16 photos

**starstarstarstarstar** 29 Aug 2022

Edith is a superb and welcoming professional. In the time we've spent together, I've seen marked improvements in my mental health as well as my professional life. I continue to have regular online sessions even though I no longer live in Northern Ireland, such is the quality of her work. I highly recommend her.

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



**Cathal Cullen** (1 Tim 4:13)

0 reviews • 0 photos

★★★★★ 2 Aug 2022

I have known Edith for a long time now, through ups and downs in my marriage and family relationships. I am very grateful to her for the help I received over those years. The counselling journey was not always easy, but Edith's professionalism and skill kept me going and progressing until I began to see and learn the things I needed to see. I have changed a lot since I first met Edith. I'm a better man now & I credit Edith for that. I was not always the best client, and I was often slow to learn but Edith was patient with me and looking back- I'm so grateful for that.

---



**Desmond McCready**

42 reviews • 0 photos

★★★★★ 2 Aug 2022

Attended CBT counselling with Edith at a very stressful period of my life. Using practical CBT based techniques Edith taught me how to think in a more balanced way which changed my life. I am now CBT trained myself and a Mental Health Trainer with a large Mental Health Charity.

I have recommended Edith to many people - having benefitted from her superb professional counselling myself. Edith has a lovely relaxed manner, will make you feel so welcome and works from a beautiful, purpose-built discreet location in Lisburn.

If you are struggling with anxiety, depression, relationship difficulties or any other mental health challenges I would strongly recommend that you contact Edith - confident that she will help you just as she did me quite a few years ago.

---

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



**William Gamble**

0 reviews • 0 photos

**starstarstarstarstar** 28 Jul 2022

Firstly I would like to Thank Edith. She has been amazing. She has made my life 10 times better. My day to day tasks have got alot easier and I can handle them better. My mood has also changed, my anxiety and stress is near gone. I look at things alot different now. Edith makes you feel comfortable and welcoming every time I visit. So again big big thank you!! W.G

---



**Aoife Carney**

0 reviews • 0 photos

**starstarstarstarstar** 15 May 2022

I started sessions with Edith at the beginning of 2022, during which time she built a CBT treatment plan catered to my past/current struggles and future needs.

Edith has played a vital, instrumental part in helping me embrace and conquer my anxiety in a healthy way, enabling me to deal with it effectively going forward. In every session, she validated my feelings and experiences while making me feel truly listened to. She also trained me on utilising the essential tools to enable me to progress on my own.

The things that previously felt so daunting and impossible now feel bearable and manageable. As a result of the sessions, I've become empowered alongside the tools I've learned to use to better myself and deal with difficult situations.

Therapy with Edith has helped me in numerous ways, it's transformed me as a person and I'd recommend her to everyone.

---



# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



**Nigel Gilbert**

3 reviews • 0 photos

**starstarstarstarstar** 4 May 2022

Having tried traditional counselling and CBT with other practitioners, Edith was a refreshing change. Her approach is empathetic whilst addressing the issues head on leading to positive results and change. I would have no hesitation in recommending Edith

---



**Stevie Lavery**

2 reviews • 2 photos

**starstarstarstarstar** 3 Feb 2022

Edith is first class, I would highly recommend her. Very professional and compassionate

---



**David Faulkner**

0 reviews • 0 photos

**starstarstarstarstar** 1 Dec 2021

All of the reviews about Edith are positive for a good reason and that's because she's fantastic at what she does. Edith has bags of experience and she genuinely cares. Her manner is calm and friendly and you won't feel threatened or awkward with her. She's truly lovely so please don't hesitate to reach out to her if you need help. She became a true professional support.

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



[Alessia Troisi](#)

1 review • 1 photo

[★★★★★](#) 18 Nov 2021

Would highly recommend Edith to anyone struggling with mental health. The counselling was practical and helped me through a really tough time in my life, I'm really grateful to Edith!



[Miriam Anderson](#)

7 reviews • 0 photos

[★★★★★](#) 10 Nov 2021

I reached a point where I was very frustrated, angry and a bit depressed but I wasn't really sure why and had no idea how to change. Edith offered a safe, confidential space to vent. First she listened, then she gave me tools to think about the roots of what I was experiencing and ideas of how to deal with issues in a way that made sense. She helped me lower my base stress level to a healthy start point, which helped me cope better generally.

She is extremely professional, compassionate and empathetic, and I have already recommended her to others who needed help.



[Carla Boyd](#)

0 reviews • 0 photos

[★★★★★](#) 3 Nov 2021

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



Jonathan

0 reviews • 0 photos

★★★★★ 30 Oct 2021

I have been in contact with Edith on multiple occasions over the last couple of years. Edith has helped me immensely with work, personal issues including bereavement, stress, anxiety and depression. I am a better person for going to Edith and would highly recommend to anyone with any issues however small or complex you may feel they are.



Peter Sloan

1 review • 0 photos

★★★★★ 21 Oct 2021

For the year that it's been and with lots going on, I found myself spiralling and a bit lost. I reached out to Edith and we worked through a lot of things during our sessions. Edith is a straight talker and very good at her vocation! Like anything in life, you only get out what you put in. If you are willing to put in the work I can guarantee that Edith will help push away the clouds and let the sun back into your life. Couldn't recommend her enough..

Peter



N B

0 reviews • 0 photos

★★★★★ 19 Oct 2021

Edith is really great. I was really struggling with anxiety and depression in work and my personal life and I can't explain the difference that seeing her made. She is very welcoming, easy to talk to and never expresses any judgement. For the first time I felt someone actually understood! Would recommend her to anyone.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Christopher Welton**

0 reviews • 0 photos

**starstarstarstarstar** 19 Oct 2021

I would highly recommend Edith to anyone. I was reluctant for the longest time to try counselling however my life has improved vastly thanks to her



**Anonymous Anonymous**

3 reviews • 0 photos

**starstarstarstarstar** 17 Oct 2021

Let me start by saying Edith is an extremely compassionate person, I came to edith several months ago crippled with anxiety , barely able to work or think straight for even an hour . I felt my life was crumbling away . I found edith online I contacted her and she seen to all my needs . She got me booked in as soon as she could. And as each week passed I found myself with the ability to breathe again , I was able to see beauty in the world around me and laugh and smile . I would highly recommend her . I tried everything and she was the only person thay has truly helped me .



**Brenda Carville**

2 reviews • 0 photos

**starstarstarstarstar** 14 Oct 2021

We feel very lucky to have found Edith. My daughter has had sessions over video, she felt comfortable speaking to Edith about her anxieties and was able to talk openly to her. The support provided made a great impact on her way of thinking. I hugely recommend Edith.

Thank you so much for all your help.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



Michael McNeill

2 reviews • 0 photos

★★★★★ 18 Aug 2021

I would recommended Edith to anyone looking for personal 1 to 1 counselling. The difference 6 sessions made for me is beyond amazing. I always felt comfortable speaking opening about issues and the support provided made a huge impact on my way of thinking.

Thank you Edith!



Cameron Henry

6 reviews • 0 photos

★★★★★ 2 Aug 2021

Edith is a very comforting counsellor, even over video sessions she provided a calm environment where I felt I could open up and discuss things honestly. She broke things down into easy to process pieces and provided me with the tools to combat what I was struggling with.



F J

Local Guide • 18 reviews • 22 photos

★★★★★ 1 Aug 2021

It was a big step for me to start counselling, and I feel very lucky that I found Edith. She introduced the sessions in a very clear and structured way, which made it much easier for me to engage. She made a personal plan for me, and communicated this very well. As the sessions happened during lockdown, they were held via online call. This worked smoothly and effectively. Edith helped me

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*

work through anxiety and stress about lockdown and not being able to see my family for a long time. Thank you Edith!



[Hannah Sanderson](#)

3 reviews • 1 photo

[★★★★★](#) 27 May 2021

Edith is super friendly, compassionate, and professional and I could not recommend her enough. My sessions with Edith have been extremely structured, helpful and she has provided me with some great tools to help manage my difficulties and anxiety. I had been referred for 6 sessions with Edith via work and had not had much experience with counselling beforehand, but from the very first session I felt complete ease to open up to her and she has honestly helped me so much.



[Cameron Mills](#)

5 reviews • 0 photos

[★★★★★](#) 24 May 2021

Edith was fantastic. Clearly explained the goals of the work, hosted structured sessions and created an environment of safety. Could not recommend more highly.



[Matt Belshaw](#)

3 reviews • 4 photos

[★★★★★](#) 3 May 2021

Edith is a wonderful lady and a breath of fresh air, the service she offers is in a league of it's own. I would highly recommend this service to anyone as Edith has

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*

helped me through some difficult times in the past and present. Nothing is a problem or an issue. Thank you again Edith for all you have done.

---



[Aisling Costello](#)

2 reviews • 0 photos

**starstarstarstarstar** 24 Mar 2021

Highly recommend. Life changing experience. Edith is the best out there with a wealth of experience. Helped me through a difficult time in my life and I came out the other side, stronger and happier. Mental Health is our wealth. I highly recommend Edith.

---



[Jordan S](#)

1 review • 0 photos

**starstarstarstarstar** 23 Mar 2021

I went to Edith about 7 weeks ago suffering with problems from a traumatic past counselling was something I had never considered doing so this was a huge task for me. After my first session with Edith it felt normal she provided a warm welcoming and relaxing environment even over a video call and 7 weeks later I can happily say I am over my past all thanks to Edith and the helpful methods and tools provided by her. I would highly recommend her to anyone who was in need of the service

---

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



[Russ Stephens](#)

0 reviews • 0 photos

[★★★★★](#) 2 Mar 2021

I've been working with Edith for a few weeks only, due to a limited number of sessions being provided through work. She has been supportive in helping me tackle my mental health difficulties, and has introduced me to tools which I will be using from now on.

---



[Rachel Johnston](#)

0 reviews • 0 photos

[★★★★★](#) 25 Feb 2021

I engaged in counselling with Edith as a result of unresolved trauma. I experienced low mood, lack of motivation and was dependent on medication to function. Naturally I was nervous before my first session, however Edith quickly put me at ease. I started the journey pretty hopeless after years of being stuck in a rut and surviving rather than thriving. As a result of the work I completed with Edith I find myself thriving, my confidence has increased, I am achieving goals that once felt out of reach and both my mental and physical health have improved. As a result of my journey and the healing that took place, I am now functioning without the help of medication. I couldn't recommend Edith highly enough, she made a very a very difficult and painful process bearable and her skills and expertise guided me along the path to healing.

---



# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



Sian Jones

1 review • 0 photos

★★★★★ 10 Feb 2021

I unfortunately lost my first baby in March 2020 at 13 weeks pregnant. I was matched with Edith through a counselling at work. I was given 6 sessions. I remember my first session vividly and I remember E telling me that by the last session I will be able to tell me story without the raw pain that I couldn't cope with at the time. I remember thinking that is not possible in 6 sessions. I was in an extremely dark place and could not see a way out.

I worked really hard with E and allowed myself to be completely open, honest and vulnerable with her, but that was only made possible because of her unbelievable kindness and professional skills. I felt connected to her and honestly felt like I was finally speaking to someone who completely understood me. She let me take my time to express myself and always made my thoughts and feelings feel valid. The work we did together made sense every step of the way and I felt so encouraged and I could feel myself improving with every session. With each session I cried less and felt stronger and lighter.

I am now at a point in my life that I never thought I would be. I can now talk about my baby without feeling the raw pain as much as I used to and when I do feel sad or relive painful memories I use the coping mechanisms I learnt from E to work through it. I look back and feel proud of the work that I did to feel better and climb out of that dark space. I can laugh and enjoy life without feeling a huge sense of guilt. I managed to go back to work as a Neonatal nurse, which is something I didn't think I would be able to do. And I am currently 33 weeks pregnant with our rainbow.

I feel like I owe E so much and I cannot put into words how grateful I am to her for her help. Thank you E for my being my professional friend.

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



J C

2 reviews • 0 photos

**starstarstarstarstar** 4 Feb 2021

I first attended counselling with Edith many years ago when an ongoing battle with severe anxiety and panic was limiting all aspects of my day-to-day life. Edith is a wonderful person who managed to see something in me that I felt was lost. As our sessions progressed the panic and anxiety quickly lessened and I learnt a lot about how I was failing to manage my emotional wellbeing. It's been a sharp learning curve and my immeasurable progress is a testament to her. After all this time I still attend a few times a year. Looking after your mental health is vital. I couldn't recommend this lady high enough. You will benefit greatly just from knowing her.



sihylands

2 reviews • 0 photos

**starstarstarstarstar** 27 Jan 2021

I first attended Edith seven years ago and she has helped me immeasurably through a wide variety of life's trials and tribulations in a professional, caring and comforting way. She has provided me with tools I need to overcome challenging situations that I have encountered in both my personal and professional life. I am able check back in if I am having a difficult time and love having this added support available. When I started I was in a very unhappy and challenging place and she has helped me to become a more confident, successful, and most importantly, happier individual. I can't recommend Serenity Counselling highly enough.

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*



[Leanne Douglas](#)

0 reviews • 0 photos

[★★★★★](#) 26 Jan 2021

I've been working with Edith for a few years now and she's been invaluable in helping me tackle my mental health difficulties. She's given me the tools and confidence to overcome obstacles that I wouldn't have even attempted before. She's also given me the boost in motivation to pursue interests and endeavours I never thought possible.

---



[AN C](#)

1 review • 0 photos

[★★★★★](#) 21 Jan 2021

I began counselling with Edith in 2013 after a history of depression, anxiety and OCD and so many other related issues that come with untreated mental health problems. At the time I had struggled with these issues for so long I had no ability to overcome them or the effect they had on my everyday life. I had tried counselling a few times earlier in my life without any really positive or long lasting results. It wasn't until I met Edith and began treatment with her that I was able to understand and come to terms with my mental health problems and what had caused them. Edith carefully and sensitively walked with me through a painful journey and she successfully perfected the balance between creating a caring, safe atmosphere and a professional competent service. Edith has steered me through many difficult times and as a result, I am a very different person now. I no longer suffer from debilitating mental health problems, I lead a happy life and because of the tools and skills Edith taught me I feel confident to deal with all of life's challenges. What makes Edith unique is not just her professionalism, her wealth of experience and expertise but her warmth, compassion and commitment to helping people heal and live a full life.

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Stuart Mckee**

1 review • 0 photos

**starstarstarstarstar** 14 Jan 2021

We first met Edith in 2013 during a very difficult time in our lives following the death of our little girl. From the moment we met Edith we knew she was the one to help us get through it. Her skills and real life experience combined to guide us through the most challenging time of our lives. We are forever grateful to Edith for the help and support that she gave to us and can safely say I don't know where we would be today if it wasn't for the service she provides.

I have in the past and continue to highly recommend Edith to anyone that finds themselves in a difficult place in their lives.



**Brendan Morrissey**

1 review • 1 photo

**starstarstarstarstar** 14 Jan 2021

During a particularly challenging time at work I sought support and was referred to meet with Edith.

As a Manager in social care, managing large teams of people I was overwhelmed and burnt out, despite a deep commitment and love of my work. I was apprehensive about seeking support but as soon as I met Edith I was put immediately at ease and quickly started to look forward to our sessions.

Edith is compassionate, professional and highly skilled. She helped me to understand how I was feeling, and to accept that it was ok to feel so low! She equipped me to cope with and manage the challenges whilst ensuring that I was taking care of root causes, prioritising myself in order to give my best at work.

As an experienced professional herself Edith also shared with me to validate some of the experiences I was having but also how she learned and developed, like a mentor.

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*

Men especially need to talk more. Talking really helped me. Edith really heard me in a very safe and confidential space. I wish I had sought support sooner. Would strongly encourage you to at least book 1 session- youll book a second. Good luck!

---



L L

1 review • 0 photos

**starstarstarstarstar** 17 Dec 2020

My family and I have remained intact, thanks to the caring, professional and insightful treatment we have received from Edith. She has been instrumental in the road to recovery through several difficult emotional circumstances. In all issues which we have brought to her over the years she has shown a wealth of knowledge, patience and understanding. I can not thank her enough for her guidance when our problems seemed insurmountable and she invested in our recovery with sincerity and dedication.

---



Conor Owens

0 reviews • 0 photos

**starstarstarstarstar** 16 Dec 2020

I first encountered Edith after the death of my mother in 2017 and since then have had numerous sessions to help me with a number of issues. She is very caring and personable and provides the utmost professionalism at all times. I can't recommend her highly enough. No matter what is going on in your life, Edith will try her best to make things better. Thank you

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



Margaret M

0 reviews • 0 photos

★★★★★ 7 Dec 2020

My husband and i attended Edith for many months. This was due to him having depression and this had impacted on our relationship. On our first meeting with Edith, I immediately felt at ease to chat, cry and have a cup of tea ! Edith could quickly summarise the issues we had and her knowledge and experience gave us reassurance we could work through our difficulties. She gave hope to us by offering numerous techniques to work with. Sometimes we struggled doing our homework ! but, we were never turned away or frowned upon, just, encouraged to keep trying. Edith is a gifted counsellor. I would highly recommend her.



Ellen

0 reviews • 0 photos

★★★★★ 2 Dec 2020

I met Edith at a difficult time in my life in 2002 and I continue to be indebted for the professional way she approached my emotional needs with great empathy. Edith was very insightful and wasn't afraid to ask the hard questions. As a result of the inner healing that she helped bring about, my husband and I have recommended Edith to a wide variety of our contacts in Ireland and overseas. The results speak for themselves.



north stand

0 reviews • 0 photos

★★★★★ 23 Nov 2020

I suffered a catastrophic breakdown in August 2019 after a series of personal losses combined with tremendous stress at work. Counselling felt like a last resort

# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*

but I was lucky enough to be referred to Edith. Through a period of 6 months Edith help rebuild my confidence and gave me the tools to deal with my loss. I returned to work and have since been stronger than ever and better equipped to tackle lifes challenges. I can't thank her enough for her patience, kindness and teaching.

---



Grace Richards

0 reviews • 0 photos

 9 Nov 2020

After having very high anxiety/nightmares, Edith was a massive help in giving me coping mechanisms and setting goals for each week to improve. She used a variety of counselling techniques and it is evident she has a lot of knowledge and experience. Edith helped me to progress very quickly and has given me tools manage my anxiety and nightmares, so a HUGE thank you, I would highly recommend Serenity Counselling!

---



Boštjan Cifer

1 review • 0 photos

 5 Nov 2020

I met Edith in August 2020 and from the beginning I knew I'm with right person. Edith gave me the tools I needed to overcome very difficult anxious moments of my life. She help me to make progress very quickly with all different tools that I was able to practise from week to week. Edith is lovely person; compassionate, highly experienced and very caring. I would highly recommend her ministry to anyone who is seeking help or change in life.

---

# SERENITY COUNSELLING

## Client Reviews

*\*downloaded from Google Reviews September 2024*



**Jill Pearson**

2 reviews • 3 photos

**starstarstarstarstar** 4 Nov 2020

Edith was highly recommended to me in 2016 at a time when I had become both physically and mentally ill as a result of a combination of traumatic events over several years. She is a compassionate, knowledgeable, resourceful, highly experienced and fundamentally deeply caring 'one of a kind'. Edith has provided family counseling and individual counseling for myself and my children intermittently throughout these past 4 years. Her passion for helping others to help themselves shines through in everything she does. She is a truly lovely person inside and out.



**Jonny Wright**

0 reviews • 0 photos

**starstarstarstarstar** 4 Nov 2020

Serenity counselling gave me the tools I needed to navigate a very difficult season of life. Professional, confidential and caring. I was also impressed at the extensive range of services offered, Edith has an incredible breadth and depth of training and professional experience. I would highly recommend this service to anyone seeking help with life's challenges.



**Jo Smith**

1 review • 0 photos

**starstarstarstarstar** 3 Nov 2020

I would highly recommend Edith. She helped me through a very difficult time. From the first time I went to see her in 2017, I felt that she connected with me, understood what the issue was and provided fantastic support. She was available



# SERENITY COUNSELLING

## Client Reviews

---

*\*downloaded from Google Reviews September 2024*

to see me when I needed it. This included one Sunday night when things had got particularly bad....

When you can't see the wood for the trees which was the position that I was in. You need someone like Edith who can guide you through it and also be there when you are out the other side

It's been very useful to go back for sessions on the odd occasions that I need them even now.

Thanks Edith