

# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Suzanne Moore**

15 reviews · 2 photos



★★★★★ Edited 2 days 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 🙏.

Edith also had some sessions with my teenage son in 2026 at our request and she was able to provide a safe space for him to talk and guide him through some anxiety- she is very intuitive and also practical - thank you again Edith

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**S**



★★★★★ 13 hours ago **NEW**

Edith is truly amazing. Having been to therapy many times in my life, none have helped me anywhere near as much as Edith. I highly recommend!

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**James**

1 review



★★★★★ 5 days ago

NEW

Both myself and my partner can honestly not thank Edith enough for what she has done to restore our relationship. Edith is the most genuine respectful caring and thoughtful person. Words cannot express how grateful we are for the dedication Edith has given to truly help us.

I cannot recommend Serenity Counseling enough. Our lives have been changed for the better with Ediths help and we are eternally thankful

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**G M**

1 review



★★★★★ a week ago

NEW

Wonderful experience with Edith. Very compassionate and understanding. Gained true insight from the sessions. Wouldn't hesitate to recommend to others. Great service from an experienced and professional lady.

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**Elvira Lowe**

1 review



2 weeks ago

**NEW**

Just want to say a big thank you to Edith for her counselling service which has been available to members of our local Parkinson's group for many years.

It is reassuring to know we can offer the services of Serenity Counselling with confidence to those who need it, knowing they will get the help they need in a safe and confidential environment.



**Julie Crawford**

1 review



3 weeks ago

**NEW**

Edith has such a gift - I have know her for more than 12 years - she has helped me constantly whenever I require guidance or direction, over this period. She makes you feel relaxed and valued in her safe space. She also has a way of coming along side you and guiding you on how to cope and deal with situations and feeling yourself. I have and continue to recommend Edith to anyone.

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**Juls Tsang**

6 reviews



★★★★★ 3 weeks ago

NEW

I honestly can't recommend Edith highly enough. From my initial pre-therapy call, I felt listened to, understood, and completely at ease. She made it clear that she had a full diary at that time and could not commit to when she could see me but having researched the information on her website and read through her reviews I was willing to wait.

I was extremely fortunate that I didn't have to wait long before my first face-to-face session. From the moment I stepped into Edith's wonderful therapy room she made me feel I was in a safe, non-judgmental space where it is okay to be honest and vulnerable.

Her strong wealth of knowledge, experience, and professional qualifications really show in the way she works, and she consistently goes above and beyond to ensure each session is thoughtful, supportive, and tailored to my needs.

It's still early days but I've noticed real, positive changes in myself since starting therapy, mainly my ability to put into action the coping tools she has taught me to lessen my crippling anxiety.

I'm so grateful for her care and dedication. I feel truly blessed to have met Edith, and I will forever be thankful for the support and understanding she continually gives me during a really difficult time in my life.

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MA  
1 review



★★★★★ 3 weeks ago **NEW**

I had went through a tough break up and battled addiction for a few years and completely lost myself. I'd lost my spark and didn't know who I was. I was tired of pretending to be okay and putting on a smile it became so tiring. It was like living a double life and I couldn't do anything about it I was helpless.

I had done multiple sessions with another recommended counsellor in Belfast and I went with the best intentions in the world in the hope this could help me and fix me. I use the term fix me but going to Edith taught me I wasn't broken. But that's how I felt. Anywho I done those sessions else where and I sat in a room facing a counsellor and I just spoke for an hour once a week, I came away with nothing. No help whatsoever it made me feel worse and felt like a chore having to go and pay money for this.

A family member came across Edith and made a call to speak to her and explain my situation as I couldn't have done this myself after my last experience. Edith agreed to give me a call and see how I am, what she could help with and set out the boundaries for therapy with her. I was a little hesitant as my last counsellor done nothing like this. I had researched Edith then myself online on her page and could see she has many many years experience in counselling, almost longer than I have been alive. Won various awards and has all the creditations. So I decided to put my trust in Edith as you don't have this many years experience and an MBE to name a few if you don't know what you are talking about.

Anyway Edith called me, I spoke to her and she explained who and what she is. She set out the boundaries for going which were really not hard to follow, she is offering her time and support filling in a few forms, following the parking instructions (if you've attended you can see and understand why) and not showing up early and sitting outside (this one is essential as I know I wouldn't feel comfortable leaving my sessions knowing someone else is sitting looking at me leaving).

I have been to Edith now for 6 sessions and I am a completely different person to the little boy I was when I walked in. I say little boy as I was not the man I am today. During my time with Edith I struggled with letting go, beating myself up for things in the past and outside of my control. I had crippling anxiety and was suffering with panic attacks, life felt so difficult. I had a car accident during my time with Edith and had a few health problems and she kept bringing me back to the tools she gave me. The tools are so vital to the work she done with me and I am able to use them now without having to put a lot of thought into them. Sometimes I don't notice but I am using the tools without even knowing.

Edith is not someone who is more than happy to have you keep coming back and lifting her fee unlike my experience with my other counsellor.

I would highly recommend Serenity counselling, and I would highly recommend Edith as she has been fantastic with me and the reviews she has shows she knows what she is doing.

Thank you Edith for everything, life was grim before I found you and I could never have looked into the future and thought of happy times. But now I am back working full time. Having positive thoughts and back to being the man I was before I met you.

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**CoffeeGetsMeThru**

2 reviews



★★★★★ 4 weeks ago

After 5 sessions with a therapist it became apparent they were not helping my son. I came across Edith's page, read her bio and hoped she could help him. I spoke briefly to Edith explained his situation and advised I was extremely concerned about him. Edith contacted my son and advised what he had to do before she arranged an appointment. I don't know why but I had complete faith in her I just felt she was going to be able to help him. Edith has helped him understand himself, empowered him in navigating life's challenges with a new found sense of control. He has found himself again he's got his confidence back and we have got our son back. I will be eternally grateful to Edith for taking my call.

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**Margaret**

1 review



★★★★★ a month ago

This was my first time seeking counselling and I didn't know what to expect, after a difficult period in my life I was recommend to Edith by a close friend who she had helped. I was put at ease by her welcoming and caring nature, she taught me how to use different techniques to deal with the stresses of life. Edith has changed my life for the better and I am thankful that she was able to help me.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**conor crossey**

3 reviews



★★★★★ a week ago

NEW

Edith helped me out in a difficult period in my life, she guided me back to becoming confident and looking at life with a different viewpoint. The tools and advice I was given helped me enormously. I couldn't recommend enough.

Im so glad to have met Edith and I look forward to each session, the business/ room is immaculate and provides a warm, inviting atmosphere. There is no pressure or judgement in therapy and the everything is tailored specifically to the client. Edith truly empathises but will provide direction and guidance where it is needed. A true master of her craft!

Keep up the great work and thanks for all your help!

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**Katrina Smyth**

1 review



★★★★★ 2 weeks ago

NEW

We cannot recommend Serenity Counselling enough! From the very first moment we spoke to Edith I just knew that she was going help me and my husband through the double trauma we were experiencing. Our initial call with Edith was extremely informative. Edith explained everything clearly and provided us with clear instructions regarding the simple paperwork we had to complete and provided us with clear instructions on parking prior to our first visit. On our first visit to Ediths warm and welcoming home Edith met us with a calm and reassuring manner making us both feel at ease. Her many years experience was evident as in our very first session Edith listened to both of us was non judgemental and even give us coping techniques. Whilst we continue to navigate our issues Edith has every week helped us to look on the positive of life and I genuinely believe if we hadn't of met Edith we would not have been able to overcome our struggles. Edith was and still is a beacon of light in our lives and because of her professional advice and comfort our family is being rebuilt something I never thought was possible. I cannot recommend Edith enough and I am so thankful for her ongoing support and advice Thank you

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# SERENITY COUNSELLING

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LC

Local Guide · 19 reviews · 1 photo



★★★★★ 2 weeks ago

NEW

I had my last counselling session with Edith yesterday, and working with her has been one of the most powerful and life-affirming decisions I've ever made.

By way of background, working in a ferocious, fast-paced, high-pressure role in the city had taken its toll.

Before meeting Edith, I was completely new to counselling and approached therapy feeling quite apprehensive. That feeling didn't last more than a couple of minutes into Edith's free initial telephone consultation. She put me at ease immediately with her warm, caring approach and gentle listening ear.

Ahead of my first session, Edith asked me to complete some initial paperwork. Surprisingly, I found this incredibly beneficial in itself, as it helped me focus honestly and clearly on the issues that had been holding me back for years from healthy, positive progression in my life. It also gave Edith a strong framework to understand where I was starting from, meaning we were able to hit the ground running from our very first 1:1 session in the calm and comforting environment of her therapy rooms.

Working alongside Edith over several months has been a hugely positive and healing process. She has helped me reconnect with my self-worth and empowered me to try again — to move forward in life with my head held high, feeling more secure in myself and more confident in my decision-making.

I now see life as a series of new beginnings to be embraced: new opportunities, new chapters, new possibilities. It's not about ruminating on what you've lost, didn't get, or feel you failed at; it's about learning from those experiences and investing that knowledge into everyday life to build a more self-aware, self-controlled, and self-secure future. No one except yourself is coming to save you.

I cannot recommend Edith highly enough. For anyone courageous enough to give counselling a genuine chance, working with Edith offers a safe, supportive space in which real change can happen. Choosing to work with her was the best decision I could have made at the start of my counselling journey.

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# SERENITY COUNSELLING

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**Caelan**

Local Guide · 95 reviews · 402 photos



★★★★★ Edited a month ago

I started seeing Edith in Summer 2019 after an incident at work brought on stress and anxiety. The first session was a lot more intense (on my part) than I had expected, Edith was so easy to talk to and once I started I couldn't stop. It laid the foundations for a great relationship of mutual trust and respect.

I don't think I realised how much I needed to talk to somebody, for somebody to listen and give me perspective. I had around 30 sessions with Edith and finished in April 2020.

What's great about Edith is that she doesn't push, we had a lot to unpack but her first focus was to bring the anxiety down which then led to discussions around so many other topics. I'd attended specialist counselling in the past but it didn't even compare to my sessions with Edith, she was able to give me a better perspective and better advice in the few sessions we talked about it that the years I spent with the specialist.

I have to say Edith not only helped to put me back together but she helped to change my life. The tools she taught me have made such a difference and allowed me to cope with all manners of things.

Nearly a year on from my last session and when I'm up against situations that are tough or stressful I honestly say to myself, what would Edith do.

Thank you from the bottom of my heart I am and always will be an overcomer!

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Dec 22 and I still use so many of the practices Edith has taught me! This lady deserves every accolade under the sun!

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**danielle orr**

5 reviews



★★★★★ 2 months ago

From the very first session I knew Edith was going to make a difference in my life. I have suffered from anxiety from a very young child and now in my late 30s I had to tackle it head on after a death and a health diagnosis in my family all in the space of a couple of months. I felt like I was never going to feel myself ever again, until I met Edith. Edith is the most strongest, kindest, most helpful person I have ever had the pleasure of meeting. Goes way above and beyond. Her knowledge and tools have helped me become less anxious, happier, positive and to help my mind think differently. I only wish I had met Edith sooner as she has changed my life with her sessions and I will be forever grateful for her time to help me.

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**Chy&TJ**

1 review



★★★★★ 3 months ago

We had reached a crossroads in our relationship driven by the challenges of a chronic neurological condition. As part of a concerted effort to save over 40 years together we contacted Edith at Serenity and she was a Godsend.

At our very first session she clearly and professionally identified the main issues and worked with us in a calm and understanding way to accept her help.

The tools and methodologies that she gave us really helped us to appreciate the issues and exactly what we needed to do to work our way through them.

It wasn't easy, but Edith's caring, relaxed and professional approach guided us through it.

Many thanks Edith for all your help - you've definitely been our earth angel.

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**C Mm**

1 review



★★★★★ 3 months ago

Edith Fleck gets results but only if you are prepared to do the work assigned and use the tools provided.

Edith provides a very compassionate, firm and challenging framework to allow couples to drop walls, begin healing and be equipped with tools to make it last.

The couples therapy was very successful for us and we were on the brink. In her own style she makes tough sessions feel very personal and she creates an atmosphere where they feel light at the time but solid work was done.

She saved our marriage and also identified things in each of us that we needed help with personally that we did not even realise.

The sessions were mostly double couple sessions but we also had individual sessions as well.

With willingness, an appetite for hard work and trusting Edith's guidance miracles take place at Serenity Counselling - we can testify to that.

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**Ilona Pressley**

2 reviews



★★★★★ 4 months ago

I'm really glad I reached to Edit. Edith helped me sort through some career challenges and gave me useful advice and the tools that actually made sense for my situation. Edith is very supportive and easy to talk to. I would recommend without any doubts. As Edith says that is not one size fits all. Thanks Edith for your help.

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**A E C**

1 review



★★★★★ 5 months ago

We came to counselling during a very difficult period in our relationship, after separating for a period of time. Whilst nervous coming into the first session and fear of what it would look like we were immediately put at ease by Edith who invited us into her thoughtfully planned and peaceful surroundings where she practices. With Edith's guidance, patience and support we found a safe space to rebuild trust and communication. We are so grateful for the tools we've gained and for the positive changes in our relationship. We would highly recommend Edith to anyone needing support.

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**J & J**

1 review



★★★★★ 6 months ago

Edith was a wonderful therapist helping us with difficult longstanding family relationships - her directness, compassion, empathy and kindness were a huge help in breaking through entrenched behaviours for both of us. If you want to change something and are prepared to do the work Edith is the person for you. Grateful to have met her.

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**Roger Kirkwood**

7 reviews · 1 photo



★★★★★ 6 months ago

My family and I decided to enter into family therapy, with trepidation I might add as our dynamic was at breaking point. We all found these sessions with Edith very helpful, Edith was impartial, strong when needed to be and for me most importantly caring throughout. She gave us tools to work with when triggers arose down the line. She gave us a new platform to work from which has helped greatly. These were very difficult sessions but Edith navigated them with very well I felt.

I speak on behalf of all my family when I say I am very happy to have worked with Edith, the work we did has improved our situation a great deal.

I would definitely encourage others to take the first step.

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**P James**

1 review



★★★★★ Edited 6 months ago

From the moment I walked in & met Edith for the first time I could sense a peace in the atmosphere. I felt as if I was a broken human and I was really at a loose end with everything. I didn't realise the extent of what I was dealing with, but it was so lovely to have someone who was on my side, who could see the wood for the trees, who listened attentively with such compassion & empathy, someone who believed in me more than what I did.

I could not recommend Edith's professional services enough, my life is continuing to grow beyond my imagination & I have such a positive look at my future because of it. I was overwhelmed at how much Edith can not only understand, but also remember the detailed information from previous sessions & always keep moving forward. I apply Edith's professional advice, I work hard & I dedicate my energy on improving my health & wellbeing. I simply would not be in the position I am today had it not been for Edith's help & I am incredibly grateful for the light that has dawned upon me because of it. Thank you Edith for your precious time & it is a continuous privilege to know you.

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**Nicole Burnett**

2 reviews



★★★★★ 7 months ago

Seeing Edith has been life changing after a particularly difficult family situation and having dealt with anxiety for many years. She's really helped me grow more confident in just everyday life and I am far happier and content than I ever have been. While I'm sad that our sessions are over, I'm also feeling excited about what's to come and feel far better equipped to deal with the stresses of life and family now.

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**K**  
1 review



★★★★★ 7 months ago

Edith has been absolutely amazing in helping my partner and I get through a really difficult period. She is very easy to talk to and listened to everything we had to say. Edith provided us with tools and ways to cope with crippling anxiety and how to deal with our situation. I honestly don't know what we would have done without her.

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**S**  
1 review



★★★★★ 7 months ago

Edith is an amazing woman. She has helped strengthen our communication as a couple. We both felt very at ease speaking with Edith. She has introduced us to many coping mechanisms to help with busy life.

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# SERENITY COUNSELLING

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**Kathy McKeown**

1 review



★★★★★ 9 months ago

Edith has been amazing ,I am so grateful for how she has helped me to deal with a really difficult situation

She is so thoughtful, patient, kind and has had a great understanding of my situation, Edith has such a wealth of knowledge & is very professional.

Over a number of sessions with Edith she has given me the skills & confidence to deal with my situation much better.

Couldn't recommend Edith highly enough



**Connor Morgan**

4 reviews



★★★★★ 10 months ago

I can't recommend Edith enough from our 1st meeting Edith professional approach was second to none

She has helped us beyond words and I'm am forever grateful



**Adam McKeown**

1 review



★★★★★ 10 months ago

Recommend Edith very much, very straightforward and understanding. I was off work for months due to illness. Edith had lessened my anxiety greatly which lead to me resting and recovering greatly resulting in me getting back to work within only 2 or 3 sessions

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**Peter Kaufmanis**

2 reviews



★★★★★ 11 months ago

Edith is incredible person! The work she has done, I can't thank her enough. The issue we have tackled together from high anxiety to overthing upto communicating troubles. By use Edith sessions, tools and course provided. From CBT training to true friend course has given me incredible confidence and lowered ✨ issues in daily basis. Her work has been life challenging experience I'll never forget the balance she has given me tackled my life challenges. Kind regards to the best therapist ❤️



**Bernadette Rice**

Local Guide · 27 reviews



★★★★★ Edited a year ago

I was aware I needed counselling due to a lifetime of anxiety and depression which I knew was holding me back. I was so very lucky to have discovered Edith.

At the time Edith was extremely busy and suggested other counsellors, but I was instinctively drawn to her and was prepared to wait. I felt instantly embraced by Edith's warmth and her lovely gentle manner, especially her ability to put me at ease from day one. I feel privileged to have Edith as my counsellor; she is a wonderful, kind, intelligent counselling professional with three degrees and an MBE awarded for her devotion to mental health care.

She is an understanding counsellor who helped me unravel various problems using a range of techniques.

I really look forward to attending my appointments and leave with a spring in my step, feeling empowered by Ediths counselling. She feels like a professional friend.

I have told my family and friends how fabulous my experience has been with Edith, and I throughly recommend her services to anyone who is exploring counselling.

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**Emmy Nees**

10 reviews · 2 photos



★★★★★ a year ago

I sought Edith's help recently due to a bereavement. During our sessions I quickly realised I had a lot more going on than just the bereavement. Edith was brilliant, she was so calm, warm, patient and easy to talk to, and she has given me the tools and confidence I need to help me deal with the various issues in my life. I will be forever grateful to have walked through her door. Feeling stronger every day and that is due to Edith's words of encouragement and guidance. I honestly cannot recommend or thank her highly enough, take that first step, you definitely won't regret it!

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# SERENITY COUNSELLING

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**Ciara Dunlop**

9 reviews · 8 photos



★★★★★ a year ago

A review to say thank you, doesn't seem enough to truly thank Edith for what she has done for my partner and I, through the most challenging time in our relationship. Serenity, that gorgeous space that is so welcoming and comforting made me feel instantly calm. A place of safety in what had been a tough few months. Edith is a beautiful person that has a gift of truly connecting with her clients. Edith held a space for me that made me feel truly seen. When I explained some of the things that I've had to endure in my younger years, carrying responsibilities which felt so heavy. Going to Serenity allowed me to take that off and Edith seen me for who I really am. Meeting someone like Edith who makes me feel truly heard is a profound and transformative experience. I have never been given such a held space to share my thoughts and feelings until I met Edith. Not only were my words acknowledged but deeply understood. The weight of the entire world was lifted from my shoulders and I felt like I was able to breathe for the first time in a very long time, even outside of my relationship. Edith was in tune into the hidden depths of my mind, creating an unspoken bond of empathy and mutual respect. Edith has provided me with tools to help ease my anxieties on a daily basis and to help navigate communicating with my partner in a really constructive way. We are so much stronger thanks to Edith's guidance and counsel, I feel validated, and Edith not only provided solutions for us to move forward but gave us both the confidence to find our path for a future together.

I am immensely grateful for Edith, her wisdom and positive impact she has had on our lives is just immeasurable. I highly, highly, highly recommend Serenity to anyone seeking compassionate and effective therapy.

From the bottom of my heart Edith, thank you. Thank you for making such a significant difference in my life. All my love, C x

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**STEEL HORSE 13**

2 reviews



★★★★★ a year ago

After several Traumas i suffered with feelings of severe anger which would completely override any rational thinking and affected every aspect of my daily life!

Finding Edith Fleck was an absolute blessing, she give me the tools so i could finally live without the constant rage.

With the knowledge Edith give me i can now move forward with my life and the knowledge (Tools) she has given me stay with me.

For a long time i had watched lots of YouTube gurus with videos on PTSD/Phycology and Self help tutorials etc etc but none of them provided any lasting help other than a few minutes entertainment.

I just wish i had saved myself the anguish and booked an appointment with Edith a couple of years ago!

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**Helen G**

6 reviews



★★★★★ a year ago

Edith is a fantastic counsellor, non judgemental, empathetic & caring.

Edith helped me through a difficult time and helped me back from a dark place, working though issues back into a lighter place, giving me tools to work through issues. Eternally grateful.

Cosy environment, with a warm welcome and a cup of tea 🍵

Highly recommend 🙌

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**James Spence**

Local Guide · 39 reviews



★★★★★ a year ago

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

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**Victoria Rea**

2 reviews



★★★★★ a year 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**

5 reviews · 1 photo



★★★★★ a year 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.

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**amanda eskins**

1 review



★★★★★ a year 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.

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**Hels Jenkins**

6 reviews



★★★★★ a year 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.

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**Noel Burns**

1 review



★★★★★ a year 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.

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**Justine Patterson**

2 reviews



★★★★★ a year 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!

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# SERENITY COUNSELLING

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**CB**  
7 reviews



★★★★★ Edited a year 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 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.

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**Diane Taylor**  
1 review



★★★★★ a year 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.

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# SERENITY COUNSELLING

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**Kerry Jamison**

3 reviews



★★★★★ a year 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.

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**Jennifer Sullivan**

3 reviews



★★★★★ a year 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 🌟

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**WS**  
6 reviews



★★★★★ a year 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.

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**Lesley Degossely**  
5 reviews



★★★★★ a year 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.

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**Kenneth Campbell**  
3 reviews



★★★★★ a year ago

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

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Sophie B**

2 reviews



★★★★★ 2 years 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

---



**FM**

1 review



★★★★★ 2 years 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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

\*downloaded from Google Reviews February 2026



**Kajanto Beata**

1 review



★★★★★ 2 years 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.



**Orla McCrory**

4 reviews



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

# SERENITY COUNSELLING

## CLIENT REVIEWS

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**Beverley Cragg**

10 reviews · 22 photos



★★★★★ 2 years 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.

---



**SC**

6 reviews · 1 photo



★★★★★ 2 years ago

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 ❤️

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**D MCC**

Local Guide · 13 reviews · 8 photos



★★★★★ 3 years ago

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 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 in Instilling into my Children . I will Forever be indebted to Edith.

---



**Harvey Flint**

1 review



★★★★★ 3 years ago

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

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**Milena Zuccarelli**

1 review



★★★★★ 3 years ago

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!

---



**Rick McConkey**

2 reviews



★★★★★ 3 years ago

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!!

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Mark Gribbon**

3 reviews



★★★★★ 3 years ago

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!

---



**Chloe K**

1 review



★★★★★ 3 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**Caron Mulligan**

1 review



★★★★★ 3 years ago

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. 🌈

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**Megan Rosbotham**

1 review



★★★★★ 3 years ago

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!

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Mary Gault**

2 reviews



★★★★★ 3 years ago

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

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**Rian Gault**

2 reviews



★★★★★ 3 years ago

Would highly recommend lovely woman

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# SERENITY COUNSELLING

## CLIENT REVIEWS

\*downloaded from Google Reviews February 2026



**KRISTINE LUBIMOVA**

1 review



★★★★★ 3 years ago

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



**Lizi Ruddell**

1 review



★★★★★ 3 years ago

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.



**Josh Jones**

2 reviews · 1 photo



★★★★★ 3 years ago

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.

# SERENITY COUNSELLING

## CLIENT REVIEWS

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**C J**  
2 reviews



★★★★★ 3 years ago

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**  
Local Guide · 25 reviews · 16 photos



★★★★★ 3 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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

2 reviews



★★★★★ 3 years ago

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**

Local Guide · 65 reviews · 1 photo



★★★★★ 3 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**William Gamble**

1 review



★★★★★ 3 years ago

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**

1 review



★★★★★ 3 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**Nigel Gilbert**

5 reviews



★★★★★ 3 years ago

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**

5 reviews · 4 photos



★★★★★ 4 years ago

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



**David Faulkner**

1 review



★★★★★ 4 years ago

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 February 2026



**Alessia Troisi**

3 reviews · 2 photos



★★★★★ 4 years ago

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!



**Carla Boyd**



★★★★★ 4 years ago



**Jonathan**

2 reviews



★★★★★ 4 years ago

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.

# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Peter Sloan**

2 reviews



★★★★★ 4 years ago

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

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**NB**

1 review



★★★★★ 4 years ago

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.

---



**Christopher Welton**

1 review



★★★★★ 4 years ago

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

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Anonymous Anonymous**

4 reviews



★★★★★ 4 years ago

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 that has truly helped me.

---



**Brenda Carville**

3 reviews



★★★★★ 4 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Michael McNeill**

3 reviews



★★★★★ 4 years ago

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**

7 reviews



★★★★★ 4 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**F J**

Local Guide · 24 reviews · 29 photos



★★★★★ 4 years ago

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

---



**Hannah Sanderson**

4 reviews · 1 photo



★★★★★ 4 years ago

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.

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**Cameron Mills**

7 reviews



★★★★★ 4 years ago

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

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# SERENITY COUNSELLING

## CLIENT REVIEWS

\*downloaded from Google Reviews February 2026



**Matt Belshaw**

4 reviews · 4 photos



★★★★★ 4 years ago

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 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**

7 reviews · 1 photo



★★★★★ 4 years ago

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**

4 reviews



★★★★★ 4 years ago

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

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**Russ Stephens**

1 review



★★★★★ 4 years ago

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.

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**Rachel Johnston**

1 review



★★★★★ 4 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**Sian Jones**

3 reviews



★★★★★ 5 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**J C**  
3 reviews



★★★★★ 5 years ago

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.

---



**Leanne Douglas**  
1 review



★★★★★ 5 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**AN C**  
2 reviews



★★★★★ 5 years ago

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.

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**Stuart Mckee**  
2 reviews



★★★★★ 5 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Brendan Morrissey**

3 reviews · 1 photo



★★★★★ 5 years ago

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.

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!

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**LL**  
2 reviews



★★★★★ 5 years ago

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**  
3 reviews



★★★★★ 5 years ago

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

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**Margaret M**

1 review



★★★★★ 5 years ago

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**

1 review



★★★★★ 5 years ago

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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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**north stand**

1 review



★★★★★ 5 years ago

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 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.

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**Grace Richards**

1 review



★★★★★ 5 years ago

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!

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# SERENITY COUNSELLING

## CLIENT REVIEWS

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\*downloaded from Google Reviews February 2026



**Boštjan Cifer**

3 reviews



★★★★★ 5 years ago

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.

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**Jill Pearson**

3 reviews · 3 photos



★★★★★ 5 years ago

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, knowledgable, 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.

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# SERENITY COUNSELLING

## CLIENT REVIEWS

\*downloaded from Google Reviews February 2026



**Jonny Wright**

1 review



★★★★★ 5 years ago

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**

2 reviews



★★★★★ 5 years ago

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 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