



Crescentia Therapy

Discovering growth in
vulnerability

A warm welcome: A guide to
counselling at Crescentia Therapy

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About Crescentia Therapy

Established in 2025, Crescentia Therapy was founded with a simple yet powerful intention: to create a space where people feel safe enough to be vulnerable, and supported enough to grow. Our name, Crescentia, comes from the Latin root for growth—a word that perfectly captures our belief in the healing potential within every person.

Our guiding principle, “Delivering Growth in Vulnerability,” reflects the heart of what we do. Lisa honours the courage it takes to open up, and she believes that true change begins when you feel safe, seen, and heard. Therapy with Lisa is not about fixing what’s broken—it’s about nurturing what’s already within you.

Lisa provides a compassionate, non-judgmental environment where clients are encouraged to explore their thoughts, emotions, and experiences at their own pace. Whether you're facing anxiety, low mood, trauma, relationship issues, or simply seeking deeper self-understanding, Crescentia is a space where all parts of you are welcome.

At the core of Lisa’s work is her commitment to inclusivity, equality, and emotional safety. Lisa supports people from all backgrounds, identities, and life experiences with deep respect and care. Her ethos is rooted in empathy, authenticity, and gentle empowerment—because she knows that sustainable personal growth only happens when you feel emotionally safe.

Crescentia Therapy exists to walk alongside you on your journey—not ahead of you, not behind you, but with you.

An introduction to Lisa



Lisa Counsellor | Owner

My name is Lisa, and I am a qualified integrative therapist with a Level 4 Diploma in Therapeutic Counselling. I am passionate about creating a safe, supportive, and non-judgmental space where you feel heard, valued, and empowered in your journey toward healing and growth.

At the core of my practice is a person-centred approach, which I thoughtfully integrate with other therapeutic models tailored to your unique needs. I believe therapy is a collaborative process, and together we will work towards your goals at a pace that feels right for you.

From a young age, I have been dedicated to helping others—a path that naturally led me into the counselling profession. I bring not only professional training but also lived experience of mental health challenges such as anxiety and stress. Having personally benefited from therapy, I truly understand the importance of the therapeutic relationship in fostering meaningful change. My clinical experience includes working across three different agencies, where I've supported clients from diverse backgrounds, including those involved in the criminal justice system.

The main presenting issues I work with are anxiety, depression, stress, trauma, infertility, relationship difficulties, low self-esteem, addiction, substance misuse, and bereavement.

I know that reaching out for support can feel daunting—if you are reading this, you've already taken a courageous first step. I would be honoured to support you through the rest of your journey.

Culture and Ethos

Crescentia Therapy is founded on a culture of inclusivity, equality, and emotional safety.

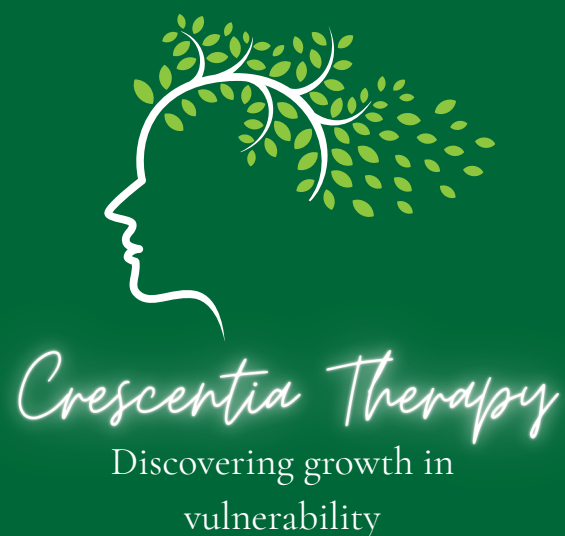
Lisa welcomes and honors individuals from all walks of life, embracing the richness of diverse backgrounds and experiences. Her ethos is rooted in supportiveness, integrity, and authenticity—creating a therapeutic environment where you are encouraged to explore, reflect, and grow at your own pace. She believes that every person deserves to feel seen, heard, and valued, and it is her privilege to hold that space with care and professionalism.



Mission Statement

“At Crescentia Therapy, my mission is simple. I strive to provide a safe, non-judgmental space where you feel empowered to explore your thoughts and emotions. I am committed to walking alongside you with empathy, compassion, and respect—supporting your journey toward healing, understanding, and personal growth”

- Lisa, Owner and Counsellor



Values

G

Grounded in Empathy

- Lisa meets every individual with warmth, compassion, and non-judgment. She believes that empathy is the foundation of safe, effective therapy.

R

Respect for All

- Lisa honours the unique identities, stories, and voices of every client. Inclusivity and cultural sensitivity are embedded in all Lisa does.

O

Openness and Authenticity

- Lisa brings her genuine self into the therapeutic relationship and encourages clients to do the same—knowing that healing begins where honesty and connection meet.

W

Wisdom through reflection

- Lisa holds space for reflection, curiosity, and insight. She supports clients in making sense of their past and present to foster meaningful, lasting growth.

T

Trust and Transparency

- Lisa is committed to building relationships grounded in trust, confidentiality, and ethical integrity. Your safety—emotionally and psychologically—is always her priority.

H

Hope in healing

- Lisa believes in the power of the therapeutic process and the human capacity to heal. Even in the darkest moments, she helps you hold onto hope as a catalyst for change.

What is Counselling?

Counselling and psychotherapy are forms of talking therapy that offer a confidential, non-judgmental space to explore emotional, psychological, or relational difficulties. At Crescentia Therapy, Lisa understands that reaching out can feel overwhelming, which is why she focuses on creating a space where you feel heard, understood, and safe. Counselling isn't about giving advice—it's about supporting you in understanding yourself better and helping you make choices that feel right for you.

People seek therapy for many reasons—such as anxiety, stress, low mood, grief, trauma, relationship difficulties, or simply a desire for greater self-awareness and emotional balance. You don't need to be in crisis to benefit. Whether you feel isolated, emotionally stuck, or just want someone impartial to talk to, therapy can offer meaningful support at any stage in life.

Good counselling should feel collaborative, respectful, and emotionally safe. Counsellors are professionally trained to listen with empathy, remain impartial, and gently challenge unhelpful patterns where appropriate. A strong therapeutic relationship is key—your counsellor should be ethical, non-judgmental, and self-aware, working within their limits and referring on if necessary. Most importantly, therapy should empower you, at your pace, toward growth and healing.



bacp | counselling
changes lives

For more on therapy and ethical practice, visit the [British Association for Counselling and Psychotherapy \(BACP\)](https://www.bacp.co.uk/).

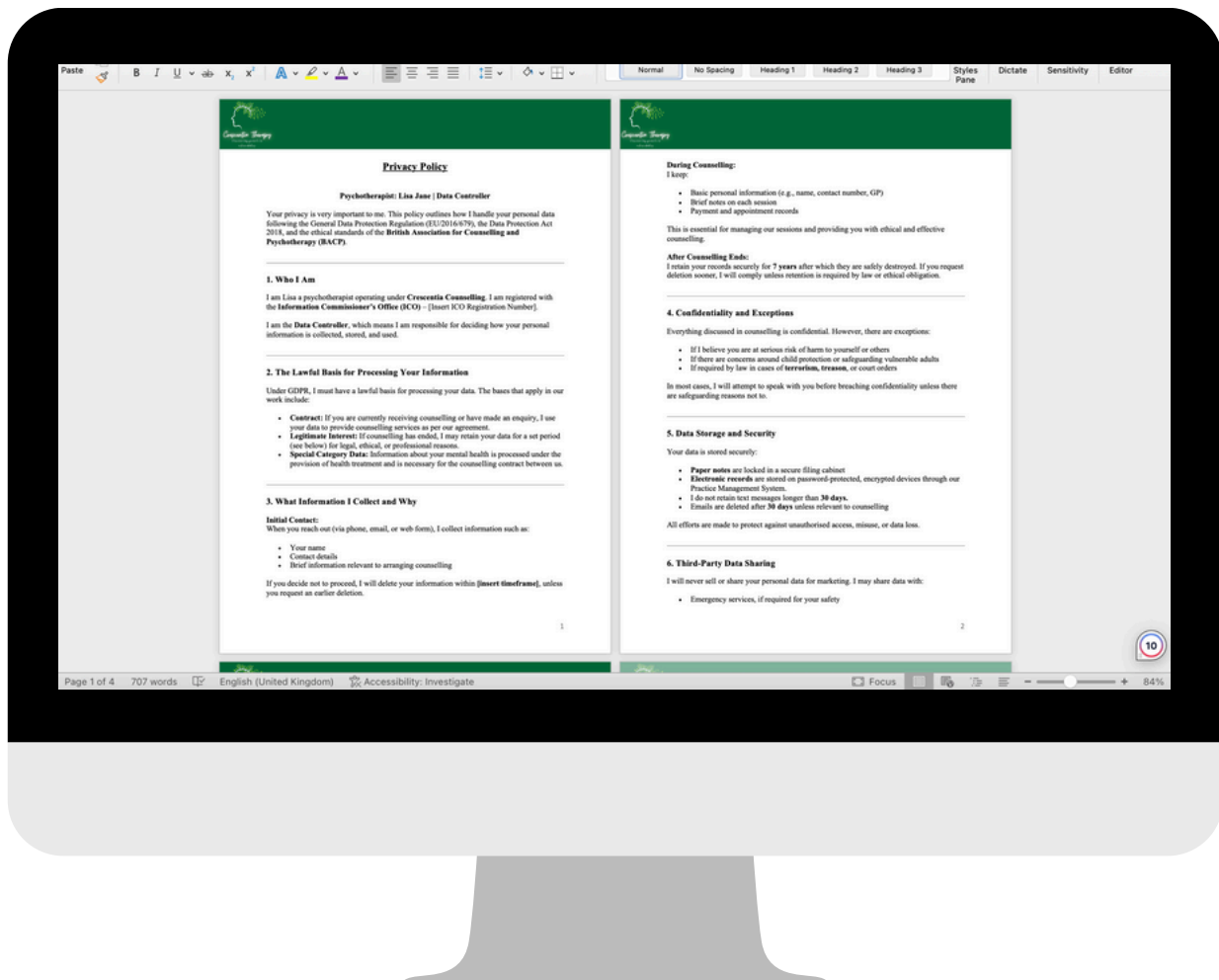
Session Insight

I offer a free 20-minute initial “getting to know you” assessment to ascertain your aims of therapy and to ensure that I can meet your expectations, along with the opportunity for you to decide if I am some-one you would like to take this journey with. If you would like to proceed, we will arrange a mutually agreed appointment to start our sessions. Our sessions thereafter last 50 minutes and can be arranged weekly, or bi-weekly online or by telephone to suit you.

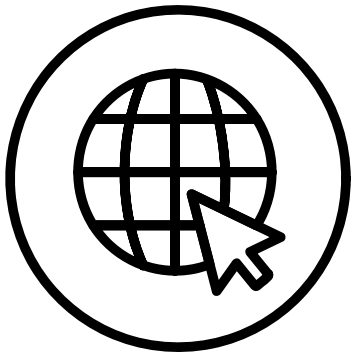
Sessions cost £40 for a 50-minute session. If you book a block of 6, you will get a 10% discount!



If you would like to read my policies, please access these via
the 'policy' section of my website:
www.crescentiatherapy.co.uk



Client Services - Get in touch!



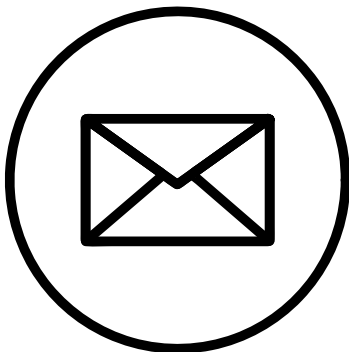
Email

To make an enquiry, email us at
lisa@crescentiatherapy.co.uk



Phone Number

Or if you'd prefer, give us a call on 01902544906!



Website

For more information, please see the 'bulletins' section where you can read about all things counselling!

Find us on Social Media/!

01

Facebook
'Crescentia Therapy'



02

Instagram
'crescentiatherapy_'



03

LinkedIn
'Crescentia Therapy'





Crescentia Therapy

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Reviews



“Thank you so much for the support you gave me through counselling. You have really helped me to feel heard and understood and are brilliant at what you do!”

“Lisa is able to build strong therapeutic relationships, held boundaries well with her clients and communicated in a professional manner at all times!”

“Lisa’s communication has been exemplary and has demonstrated the importance of communication whilst maintaining boundaries in a custodial environment”.

“Lisa’s professional conduct is outstanding. Her time is always well managed with a clear and supportive client rapport”.