

Find an Email Therapist

Flexible and accessible
counselling by email
available now



Find a professional qualified
counsellor with specialist
training in email counselling

What is email counselling?

Counselling by email is a fantastic accessible way to access professional support from a therapist without having to commit to a set time.

You write and process your thoughts at a time that suits you and receive a weekly comprehensive reply from your personal therapist. The number of words and time frame to send/receive your counselling emails are agreed in advance with your therapist.

6 reasons so many people choose counselling by email:

1. more privacy as you can't be overheard
2. write at a time that suits you
3. take your time to read and respond to your counsellor
4. easier to open up about embarrassing topics
5. don't need to show your face/voice
6. re-read your counsellor's words as many times as you need

Find out more about email counselling on the [ECA blog HERE](#).

If you're a counsellor interested in training as an Email Counsellor, find out courses here: www.emailcounsellingacademy.com



Who are the counsellors listed?

Are the counsellors listed qualified?

Yes, all counsellors listed have completed initial counsellor training at university/college and are professional members of a recognised registration body. Check out their independent websites for validation of this.

Have counsellors listed completed training in email counselling?

Yes, all counsellors listed have completed specialist email counselling training with Email Counselling Academy (ECA).

Do counsellors listed work for ECA?

No, all counsellors work independently from ECA. Therefore, whilst every effort is made to maintain a professional list, no responsibility can be taken for the quality of care you receive.



How to use this list

In the following pages you'll find a list of qualified counsellors who have successfully completed specialist additional training in Email Counselling with Email Counselling Academy (ECA).

This list is updated two times per year. To ensure you have the most recent copy check the date on the front of this booklet. For the most up to date version check the ECA website. The newest version will likely have a longer list of counsellors to choose from.

What's the difference between foundation and advanced email counsellors?

Advanced email counsellors have undertaken an additional specialist course with ECA which is a longer and more in-depth training. Foundation email counsellors have completed the initial self-paced foundational training only. The introduction course which is in some listings is reference to a very short 2 day course which some of our original members completed before the other courses were available.

Counsellors are listed in order of when they joined the list, with the advanced counsellors first.

How do I choose a counsellor?

Each counsellor listed shares why they love email counselling and what types of clients and issues they have experience working with. If you find a counsellor that may be a good match for what you're looking for, take a look at their website to read more.

How do I set up email sessions with a counsellor on the list?

To make an enquiry to start email sessions please contact the counsellor directly using their email address listed.



Terms of use for this list

- ECA is not responsible for the service(s) provided by the listed therapists and counsellors, and will not entertain any claim in relation to their provision.
- Before starting with a counsellor you must check they are an active member of a professional body which handles complaints from clients e.g. BACP, NCPS, UKCP etc.
- If you have a cause for concern about a counsellor's quality or professionalism, the route to raise that concern is directly with the counsellor, or their professional body.
- You are responsible for selecting an appropriate therapist or counsellor, and for satisfying yourself that that therapist or counsellor is right for you.
- ECA makes every reasonable effort to ensure these listings are up to date and accurate, but will not entertain claims for errors made in good faith. In particular, you should double check the qualification(s) and registration(s) of the therapist or counsellor you choose.
- All therapists and counsellors listed in this ECA Find an Email Therapist list run their own private practices, or are part of other services that offer counselling or therapy. They do not work for Email Counselling Academy.



Susie Lotherington

Why do you love working as an Email Counsellor?

I love working as an Email Counsellor because it affords clients the flexibility that they need. Not everyone can commit to the same day/time each week for various reasons. Email counselling allows them to fit in their therapy in their own time. The community I work with most via email is the LGBTQ+ community, including non-binary people, who may not want to be seen or heard at certain times on their journeys. I've found that working a hybrid system, alternating video / email works well for those folks who need time to process what's been discussed and writing it down can help them get the clarity they need. It also works for me as I travel a lot and it helps that I can work in those moments when I wouldn't otherwise be able to see someone face to face or to talk because of time differences or intermittent internet access.

What types of clients/issues do you have experience working with?

Clients have come to me to work through a wide range of challenges: such as exploring their gender and sexual identity, dealing with the associated anxiety of family dynamics. Some are navigating loss, grief or big life transitions like coming-out, divorce, losing their sight, losing their job or "experiencing what now moments?". I'm particularly drawn to working with those who've felt unheard, misjudged, or like they don't quite fit in. One of the common themes is a desire for change, their confidence may have been dented. Or they've held a long time belief that they're not good enough. I've worked with young people to 99 year olds.

ECA training completed

ECA Email Counselling an Introduction for Counsellors - Jan 2024

ECA Advanced Certificate in Email Counselling (beta test) - July 2024

ECA Foundations in Email Counselling (refresher) - Jan 2025

More info and contact this therapist:

susielotherington@proton.me

www.timetothrivetherapy.co.uk

Caroline Keen

Why do you love working as an Email Counsellor?

I love working as an Email Counsellor, holding space for client's to express themselves. It can often feel safer and less overwhelming than speaking face to face. Writing about thoughts and feelings rather than saying them out loud can sometimes be easier. It is also more inclusive, increasing access to therapy. Writing can be incredibly therapeutic, allowing new insights and clarity to come. My role is then to provide a thoughtful, carefully considered reply that helps the client feel heard and understood. Gentle challenge may also come in, where appropriate. I can tailor my interventions to each person's unique needs, and I really appreciate the time to reflect on my response over a two day timeframe. Email Therapy allows clients to have a permanent record of our work together. Revisiting these emails can deliver encouragement, permission, or reminders of the progress client's have made. A continuation of the learning and self awareness. As an Integrative Psychotherapist, I enjoy combining different therapeutic approaches within the written format, tailored to each client's needs. I create a warm, collaborative relationship where clients can explore life's challenges at their own pace, knowing I am walking the path with them, thoughtfully contemplating their written communication.

What types of clients/issues do you have experience working with?

As an Integrative Psychotherapist and Arts Psychotherapist, I've worked with adults experiencing a wide range of emotional and psychological difficulties. These include anxiety, depression, stress, low self-esteem, relationship difficulties, bereavement, trauma, workplace issues, life transitions, and feelings of being overwhelmed or "stuck." I have particular experience supporting people living with chronic illness, disability, menopause and caring responsibilities. I recognise the impact these can have on identity, confidence and relationships. I also work with clients affected by workplace stress, bullying, burnout, and those from emergency service and military backgrounds who may be experiencing trauma or PTSD. I tailor my approach to each individual, drawing on a range of evidence-based therapeutic models. Creating a compassionate, collaborative space allows clients to gain insight, better coping mechanisms and achieve meaningful change. I am committed to offering a safe, affirming and non-judgmental space, where all identities and lived experiences are respected and valued. I provide an affirming therapeutic space for LGBTQ+ clients, neurodivergent individuals and disabled people, whilst ensuring I am also culturally sensitive. My focus is on understanding each person's lived experience without judgement, recognising the impact that discrimination, stigma, minority stress, ableism and barriers to accessibility can have on mental health and wellbeing.

ECA training completed

ECA Foundations in Email Counselling - Spring 2024

ECA Advanced Certificate in Email Counselling (beta test) - July 2024

More info and contact this therapist:

caroline_keenCWP@proton.me

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

Holly Tootell

Why do you love working as an Email Counsellor?

When I've had my own experiences of counselling, I've sometimes found it difficult to process the things I'm talking about while in that session. Sometimes it takes me time to find words for something or even be able to talk at all if I'm crying or angry (or both!). Writing has often felt easier - easier to explain something, to find words for how I'm feeling and without the pressure of time. Writing is a way of using the body to deal with the brain. It offers a way to slow things down, notice the words we are using and observe the feelings we have about them. And as an Email Counsellor, I get to see how people are opening up through the words they have chosen - not just the words that might be available in the pressure of a moment. Email counselling gives the space, flexibility, and freedom to write in whatever time and pace that suits both the people I'm working with, and for me. As someone with limitations on my energy, this also helps me show up as a better counsellor, and help the people I'm working with.

What types of clients/issues do you have experience working with?

Anger is an area that I have the most passion and interest for, and have worked with for over a decade. But not just anger - so much of this work with anger has been something discovered along the way, when people have come to me with other problems. From stress, to struggles with self confidence, or anxiety, to living with neurodivergence. I've helped people with issues around relationships, self worth, grief, loss, identity, life changes, navigating health issues and others. Much of my work has been with people who are experiencing menopause or menstrual health issues, with chronic illness, and individuals who are neurodivergent (and sometimes all of these at once!). My experience has also covered work with people in diverse relationship styles, people who are LGBTQ+ or exploring their gender identity, and people with a faith or spirituality. Some people have found it helpful to know that I have my own lived experience of being neurodivergent and disabled. However, it's important to note that these are my own, and my priority is to understand the experience of the people that I work with.

ECA training completed

ECA Foundations in Email Counselling - Autumn 2024

More info and contact this therapist:

email@hollytootell.co.uk

<https://hollytootell.co.uk/email-therapy/>