

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



Who are the counsellors listed?

Are the counsellors listed qualified?

Yes, all counsellors listed have completed initial counsellor training at university/college in the UK 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 undertake any additional training to maintain their specialist skills?

Yes, all counsellors listed are signed up to the ECA professional membership. This means they have regular access to reflect on and maintain their specialist skills in email counselling with monthly member sessions and professional supervision.

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

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

How do I choose a counsellor?

Each counsellor lists their specialist areas of interest and age groups they work with. If you see 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.



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 3 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.

If you're a counsellor interested in training in email counselling, please see: www.emailcounsellingacademy.com



Advanced Email Counsellors

Madeleine Ayling

Specialist areas of interest: ADHD, Autism, Eczema, Chronic Illness, LGBTQ+

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Sept 2023

ECA Advanced Certificate in Email Counselling completed July 2024

Blackcatcounselling@proton.me

<https://blackcatcounselling.co.uk>

Caroline Keen

Specialist areas of interest: Chronic Health, Disability, Life transitions, Trauma, Stress

Age group works with: Over 18s

ECA Foundations in Email Counselling completed May 2024

ECA Advanced Certificate in Email Counselling completed July 2024

Caroline_KeenCWP@proton.me

www.connectedwellbeingpsychotherapy.com

Susie Lotherington

Specialist areas of interest: Bullying, Gender Identity, Self worth, Relationships, Work Stress

Age group works with: All ages

ECA Foundations in Email Counselling completed Jan 2024

ECA Advanced Certificate in Email Counselling completed July 2024

susielotherington@proton.me

Currently no link to info available online

Advanced Email Counsellors

Sarah Goodman

Specialist areas of interest: Anxiety, Caring, Parenting, Stress

Age group works with: Over 16s

ECA Foundations in Email Counselling completed May 2024

ECA Advanced Certificate in Email Counselling completed July 2024

counsellingwithsarah0@proton.me

<https://counsellingwithsarah.co.uk>

Linda Zack

Specialist areas of interest: Bereavement/Loss, Anxiety, Trauma focus, GSRD, Low Mood

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Jan 2024

ECA Advanced Certificate in Email Counselling completed July 2024

lindarzack@proton.me

More info online [HERE](#)

Advanced Email Counsellors

Mandy Coghill

Specialist areas of interest: Trauma, dependency issues, stress, self-harm

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Jan 2024

ECA Advanced Certificate in Email Counselling completed July 2024

mandycoghill@proton.me

Currently no link to info available online

Fiona Sneddon

Specialist areas of interest: Neurodivergence, coercive control, work stress, anxiety, self-esteem

Age group works with: Over 16s

ECA Foundations in Email Counselling completed Jan 2024

ECA Advanced Certificate in Email Counselling completed July 2024

Sneddonf@proton.me

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

Foundation Email Counsellors

Becky Hall

Specialist areas of interest: Neurodivergence, ND Comorbidities, Parenting, Trauma

Age group works with: All ages

ECA Foundations in Email Counselling completed Nov 2024

chameleotherapy@protonmail.com

www.chameleotherapy.co.uk/email-therapy

Kate McKenna

Specialist areas of interest: Parents, low self-esteem, anxiety, burnout, relationships

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Sept 2023

kmccounselling@proton.me

www.kmccounselling.co.uk

Shelley Henderson

Specialist areas of interest: General counselling, Grief/loss, Identity, Neurodivergence, Confidence/Self-esteem

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Dec 2024

shelleyhendersontherapy@protonmail.com

<https://shelleyhendersontherapy.co.uk>

Foundation Email Counsellors

Dominic Burch

Specialist areas of interest: Anxiety, carers, neurodivergence, confidence building, self esteem

Age group works with: Over 16s

ECA Foundations in Email Counselling completed Nov 2024

Cwithd@proton.me

www.counsellingwithdominic.co.uk

Allison Clough

Specialist areas of interest: Identity issues, bereavement, loss, LGBTQ+, coaching

Age group works with: Over 18s

ECA Foundations in Email Counselling completed May 2024

allisonclough@protonmail.com

More info online [HERE](#)

Donna Chester

Specialist areas of interest: ADHD, Autism, Trans-gender, anxiety, trauma,

Age group works with: Over 16s

ECA Foundations in Email Counselling completed

Donnachestercounselling@pm.me

<https://www.donnachestercounselling.co.uk/counselling-services/>

Foundation Email Counsellors

Denise Blake

Specialist areas of interest: Relationships, Anxiety, Depression, Bereavement/Loss, Trauma

Age group works with: Over 16s

ECA Foundations in Email Counselling completed Jan 2025

Palmerscounsellingpractice@proton.me

www.palmerscounsellingpractice.co.uk

Emily Duffy

Specialist areas of interest: Sexuality, Gender, Relationship Diversity, Neurodivergence, and Chronic Illness

Age group works with: Over 18s

ECA Foundations in Email Counselling completed March 2024

emilyduffytherapy@proton.me

www.emilyduffytherapy.co.uk

Kerry James

Specialist areas of interest: Teenagers, Young Adults, MS, Chronic Illness, Creativity

Age group works with: Over 12s

ECA Foundations in Email Counselling completed Dec 2024

kerryjamestherapy@proton.me

www.youthinterventioncentre.com/emailcounselling

Foundation Email Counsellors

Annamaria Antoniou

Specialist areas of interest: Anxiety, self-esteem, self-harm women's issues

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Feb 2025

annamariaantoniou@proton.me

Currently no link to info available online

Gemma White

Specialist areas of interest: Bereavement, loss, childlessness, self esteem, grief

Age group works with: Over 18s

ECA Foundations in Email Counselling completed Feb 2025

gemmawhitetherapy@proton.me

www.counselling-directory.org.uk/counsellors/gemma-white