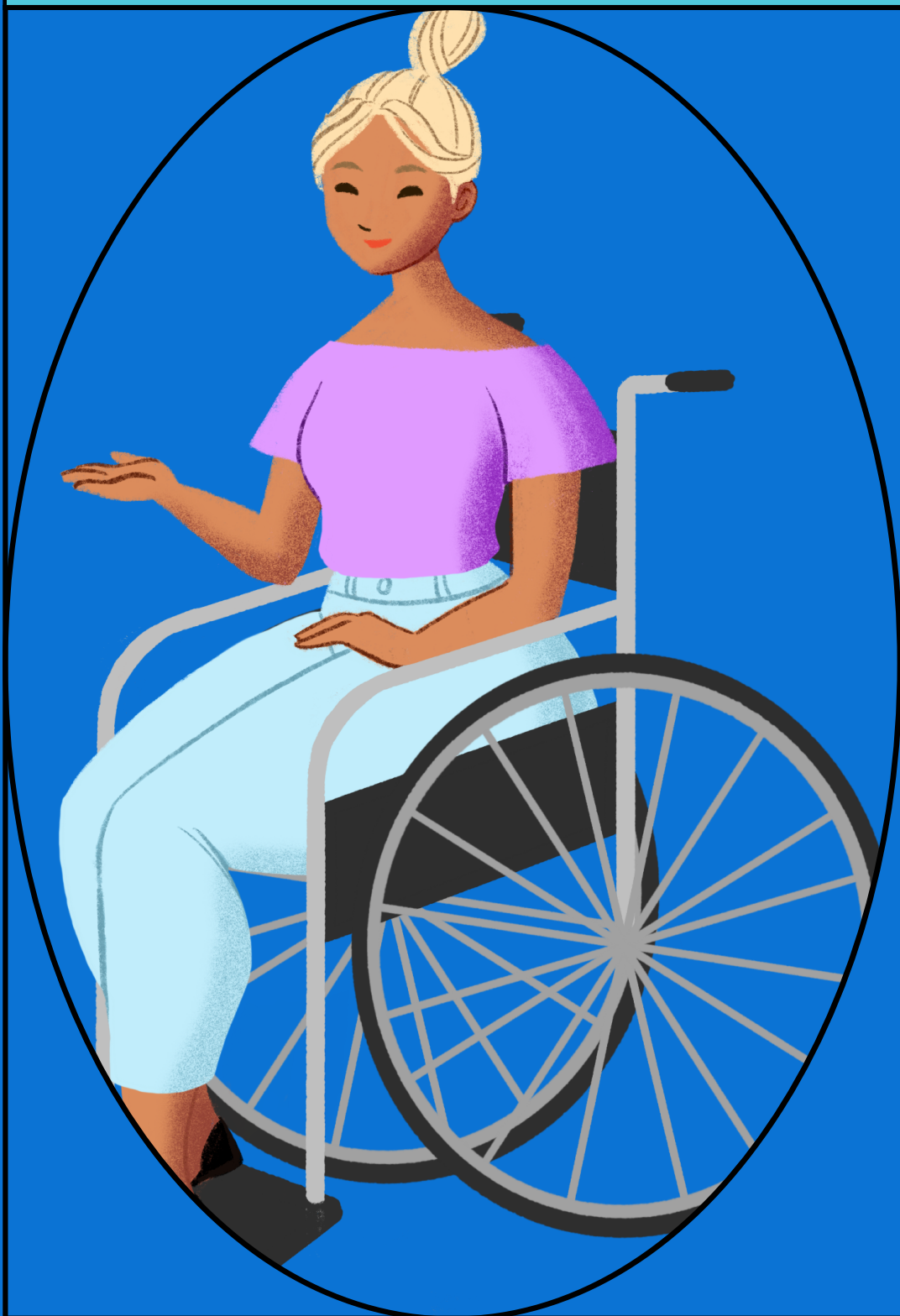
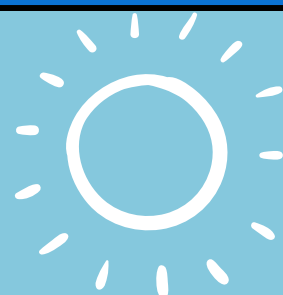


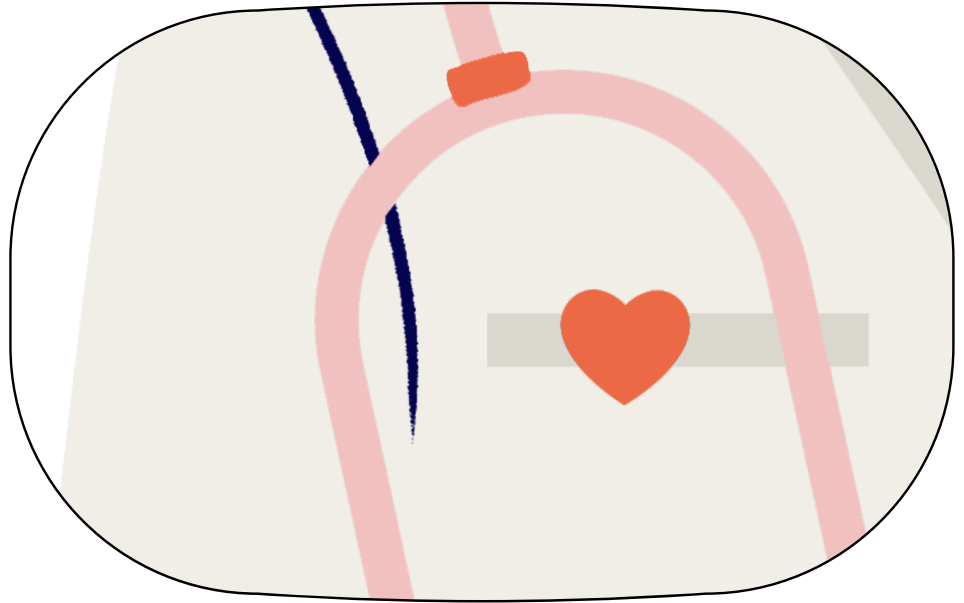
# Mental health professionals specialising in chronic illness and disability



@thechronicnotebook



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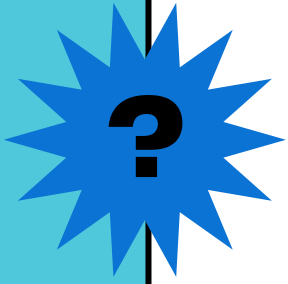
MORE SUPPORT

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# ABOUT THIS RESOURCE

There currently **aren't many** mental health services specialising in chronic illness, pain and disability

The impact on mental health that a physical illness or disability may have on someone is generally **not considered in treatment and care.**

Services and mental health professionals often **don't have much training** in chronic illness, chronic pain and disability issues

Many patients **worry about opening up** over their mental health, for fear it may be used to **invalidate their physical symptoms**

There are many challenges faced by disability and illness including **symptoms, pain, isolation, invalidation, medical gaslighting, ableism** and more

Many find traditional mental health support **does not meet their needs.**

The Chronic Notebook has searched far and wide to find this list of individuals and services **offering mental health support to those with chronic illness and disability**

All the individuals and services have a **understanding** of chronic illness and disability, either through **lived experience or training**

All are trained in **psychology, therapy, counselling or CBT** – established mental health support practises. They each have different approaches.

These people and groups are located in different parts of the world, however the majority offer **online appointments.**

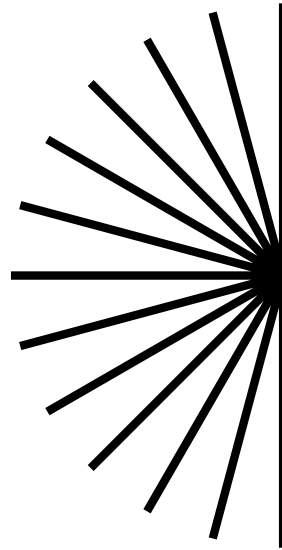
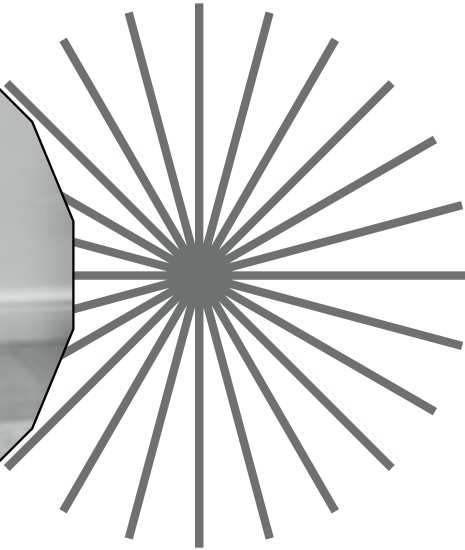
Prices, where listed, have been converted to **dollars, pounds and euros.**

You can read about alternate ways to find support at the end of the documents, **including joining the support group.**

Please also read the **disclaimer on page 13**, which you agree to by using this resource.

# NIKKI- FEEL CALM

## BSC, MSC, MRES, DHEALTH



Instagram- @giftofcalm

Website- [feelcalm.co.uk](http://feelcalm.co.uk)

### About Nikki

Nikki is a qualified and accredited **psychotherapist, health professional, coach, clinical hypnotherapist** and mindfulness teacher from the **Cotswolds, UK**. She is the founder of Feel Calm.

She is also multi award winning **NHS Consultant** and psychotherapist, with over **22 years experience** working for the NHS.

She specialises in chronic illness, pain, fatigue, anxiety, sleep disorders and creativity in therapy.

She herself lives with a **rare neurological disorder**.

### What is offered

Nikki offers sessions for adults, teenagers and children. She offers sessions in

- **Psychotherapy**
- **Hypnotherapy**
- **Mindfulness**
- **Health Coaching**

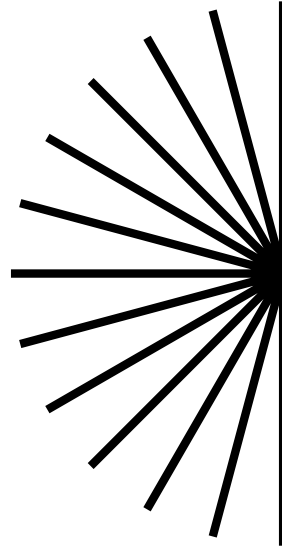
Her sessions take place online via zoom and are 50 minutes each

#### Prices:

Adults: £60/ \$81/ 72 Euros per session  
Or £150/ \$203/ 180 Euros for three sessions

Children, teenagers and key workers:  
£45/ \$61/ 54 Euros per session

# KERRY/ EMOTIONAL AUTOIMMUNITY BA, DIPLOMA



Instagram- @emotionalautoimmunity

Website- [www.emotionalautoimmunity.com](http://www.emotionalautoimmunity.com)

## About Kerry

Kerry is an experienced mental health professional and the founder of Emotional Autoimmunity. She lives with **Type 1 Diabetes, Hashimoto's, Celiac Disease and Antiphospholipid Syndrome.**

She has many different qualifications in **psychology, sociology, hypnotherapy and is a certified life coach**

Her therapy programs are based on **removing any existing PTSD and unresolved trauma**, providing you with a new emotional framework that reduces anxiety, depression, grief, guilt and overwhelm using powerful emotional skills, strategies and mindset shifts,

## What is offered

Kerry offers three different types of therapy programme. Prices vary. A free 25 minute discovery call is offered to all patients.

- **Essentials program** is 7 weeks long and is best for people who mostly need new skills, strategies and mindset shifts and who have not experienced PTSD or severe trauma.
- **Supported program** is 12 weeks long and is best for people with PTSD or complex trauma which can include toxic parents, childhood trauma, experiencing abusive or narcissistic relationships or gaslighting.
- **Couples Reconnection** program is 9 weeks long and is best for couples experiencing relationship issues as a result of chronic illness or issues brought to the surface. Each partner has 7 sessions individually with me and two sessions together.

# KELLY-SYNAPSE COUNSELLING PHD, CRC



Instagram- @synapsecounselling

Website- [www.synapsecounselling.com](http://www.synapsecounselling.com)

## About

Kelly of Synapse Counselling specialises in helping people deal with the mental health challenges that come with **chronic illness,, disability and neurodivergence.**

Synapse Counselling is verified and accredited by psychology bodies. They are also training in Rehabilitation Counselling and are member of the Lit Garden Virtual Wellness Shop.

## What is offered

Sessions are offered for individuals, families and caregivers in in **Moose Jaw, Saskatchewan, Canada and online.**

**Virtual support groups** for people living with chronic conditions and for caregivers. is also offered.

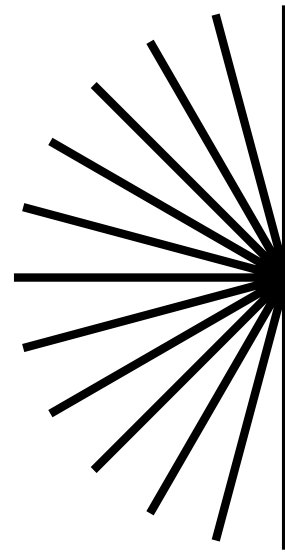
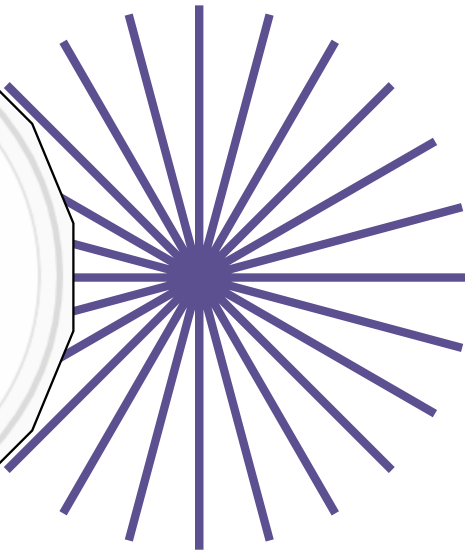
Free 15 minute initial consultation

Prices:  
From \$60-\$120 dollars per session  
or £44-£89 or 54- 107 Euros

Group sessions \$20/ £15/18 Euros

# EMOTIONAL RESPITE

## BA HONS, MBACP, CPCAB



Instagram- @emotionalrespite

Website- [www.emotionalrespite.co.uk](http://www.emotionalrespite.co.uk)

### About

Emotional Respite was founded by Helen Rutherford in 2014 to provide specialist support to individuals affected by disabilities. **Support through diagnosis, illness, accidents resulting in injury and everyday living** – not only the individual but also their family, partners and carers.

Helen who lives with **spinal muscular atrophy atrophy and scoliosis** has built up a team, all with lived experience of disability and an advanced empathetic understanding of disability and illness-related issues.

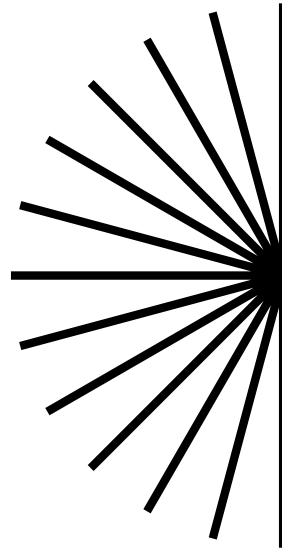
Emotional Respite is **accredited** by the British Association for Counselling and .Psychology.

### What is offered

Emotional Respite offer the following

- **Online video counselling** – £45/ \$61/ 54 Euros
- **Audio counselling** – £45 /\$61/ 54 Euros
- **E-mail counselling** – £45/ \$61/ 54 Euros
- Counselling supervision for counsellors– £60/\$82/ 72 Euros per 1.5 hours (With Helen Rutherford)

# ANINDITA MSC



Instagram- @therapistwithendo

## About Anindita

Anindita Kundu(They/Them/She) is a certified **Trauma therapist** from The Trauma Research Foundation, a certified **Somatic Therapist** from The Embody Lab, USA and a Certified **Queer Affirmative Psychotherapist**, Mariwala Health Initiative. They live with **fibromyalgia, endometriosis and adenomyosis and autism**.

Anindita has 9+ years of experience .They use **Existential-Feminist-Intersectional-Disability Justice framework**. They help those navigating systemic oppression based on gender, sexuality, and political/ social justice trauma experiences, disabilities and chronic pain.

## What is offered

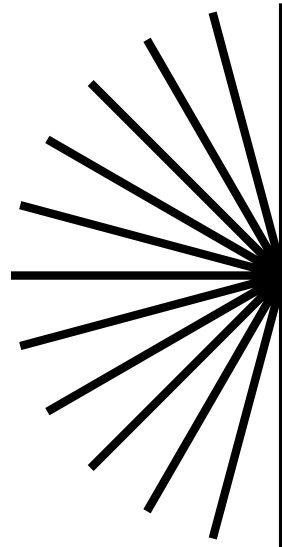
Anindita is able to offer **one to one sessions** with prices on a sliding scale, depending on a patient's individual need and more

Sessions combine the Existential- Feminist - Intersectional Disability Justice Framework with integrating Narrative techniques, IFS, DBT, body and somatic work.

Prices range from  
\$40- \$65,  
£30-£49,  
36- 59 Euros

# NATALIE

## CBT CERT



Instagram- @plentyandwellwithnat

Website- plentyandwell.com

### About Natalie

Natalie is a **Portland**-based 25-year-old, queer chronic illness **cognitive behaviour therapist**, mindset coach, blogger and podcaster. She **specialises in helping women accept their diagnoses** so they can rediscover confidence, joy, and passion in life.

Living with **Ulcerative Colitis** herself, she understands the difficulty in accepting a life changing diagnosis.

She has many qualifications including certificates in **cognitive behavioural therapy, mindset coaching, neuro linguistic programming.**

### What is offered

Natalie offers her own unique **Path to Empowered Acceptance programme (PTEA).**

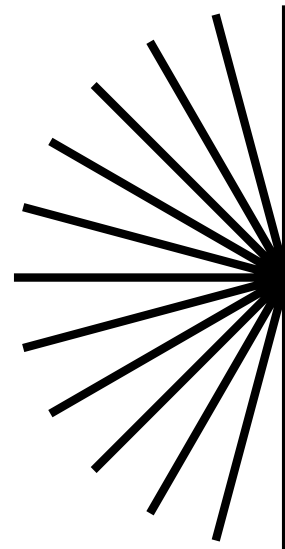
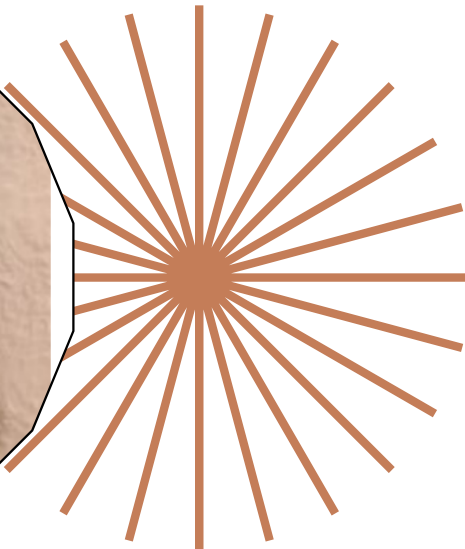
This 7 week programme includes:

- weekly online self-paced audio modules (like podcast episodes!) for easy, on-the-go listening
- weekly journal prompts and action items to solidify your learnings
- weekly group call for community connection and discussion
- weekly (recorded) guided meditations led by meditation teacher @spoonful\_of\_sam
- lifetime access to the content, private Facebook page and private alumni community

She also offers **1-1 sessions, 50 minutes** long with in between text support. Contact for prices.

# ANTONIA

## PSYD, NSCP



Website- <https://www.psychologytoday.com/us/therapists/antonia-strothers-tenafly-nj/907332>

### About Antonia

Antonia is a **psychology permit holder**, working as a Post-doctoral Fellow/Senior clinician at Life Insight Center in Tenafly, **New Jersey**.

Living with **Crohns Disease, Endometriosis and Hashimotos Disease**, Antonia is passionate about working with individuals with chronic conditions and/or pain.

Her primary focus in working with individuals is to provide a **warm, empathetic, and supportive approach**, while ultimately empowering patients to reach their goals. As a **former school psychologist**, she also works to provide valuable insight and assistance to children.

### What is offered

Antonia has confirmed she is accepting new clients with chronic illness, chronic pain/disability- so do not be deterred if her website says otherwise.

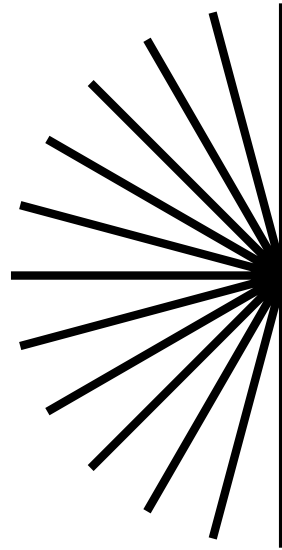
She offers both **therapy and evaluations** to children, adolescents, and adults, plus **consultative services** pertaining to behavioural difficulties, 504 planning, special education and related services, and the accommodation process. Sessions **in person or online**.

#### Prices

45 minutes- \$150/ £111/ 133 Euros  
60 minutes - \$175/ £130/ 156 Euros

Able to help people navigate out of network coverage and provide proper invoices to submit for any reimbursement needed.

# ALLISON BA, MA



Email- [allihur@icloud.com](mailto:allihur@icloud.com)

Website- <http://allisonhurwitzcounseling.com/index.html>

## About Allison

Allison is a **Licensed Professional Counselor, Licensed Social Worker and Registered Art Therapist** with over 23 years of experience working with children, adolescents and adults. Allison has been in private practice in the Greater Princeton area since 2006.

In the aftermath of 9/11, she worked with Project Liberty to provide individual and **small group crisis counseling services** to school children and their parents. She has also provided **psychotherapy and art therapy** to clients in **mental health clinics, substance abuse treatment programs, nursing homes, and partial hospitalization programs** for adults with chronic mental illnesses.

## What is offered

Allison offers **counseling sessions, art therapy sessions as well as play therapy sessions**

These are tailored for adults, children, groups, families and couples

Sessions take place via zoom or telehealth

Prices:

From \$150-\$220 Dollars

£112-£164

134-196 Euros

# ORION MA



Instagram- @orionqueertherapist

Website- [orionqueertherapy.com](http://orionqueertherapy.com)

## About Orion

Orion is a queer and trans affirmative therapist with a masters in clinical psychology. They live with **Lyme and arthritis**.

They are very passionate about disability rights and specialise in **PTSD, emotional regulation personality disorders, disordered eating, trans affirmative therapy and sex positivity**.

Their approach is interdisciplinary combining **psychology, somatic, spiritual and trauma informed** approaches

## What is offered

Orion offers one to one sessions over **zoom**.

Orion is **not a licensed mental health professional** because they have chosen to **forgo clinical licensure in favour of following their abolitionist values**. You can read more on their website.

Prices are on a **sliding scale**. The scale is dependent on certain factors (see website). Orion specialises in working with **adults and teens**. Certain sessions may only available for adults.

### Prices

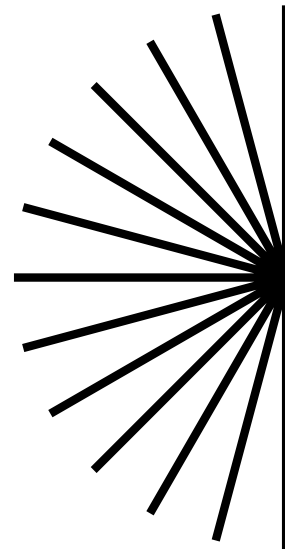
\$50-£150

£37-£111

45-133 Euros

# EMILY DUFFY

## PGDIP, MNCS



**Instagram- @emilyduffytherapy**

**Website- <https://www.emilyduffytherapy.co.uk>**

### About Emily

Emily is a qualified counsellor and an accredited member of the National Counselling Society.

As an integrative therapist she adapts her way of working to your preferences, where possible, in a collaborative way. Her core way of working is through person centred counselling layered with tools and techniques from other approaches.

She is an ethical/consensual non-monogamy and LGBTQ+ inclusive therapist. Her work revolves around identity and exploring aspects of sexuality, gender, chronic illness, grief, career and any other problems you may be experiencing.

### What is offered

Emily offers one to one sessions

Continual sessions are 50 minutes long, there is also the option to have a one off 90 minute session with two 30 minute follow ups

Fees:

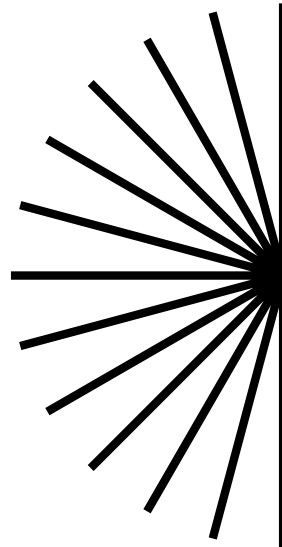
- Initial assessment- £30/ \$41/ 37 Euros
- 50 minutes- £50/ \$68/ 60 Euros

90 minute Single Session with two 30 minute follow ups = £80/ \$108 / 96 Euros

If you feel you are unable to afford this you can discuss this with Emily as she has a few low cost slots available at reduced rates.

# ALICIA

## LCPC



**Website– [adornedwithlife.com](http://adornedwithlife.com)**

### About Alicia

Alicia is a Licensed **Clinical Professional Counselor** specializing in anxiety, chronic illnesses and chronic pain. She herself lives with **Multiple Sclerosis and Lyme Disease**.

Her approach to therapy is understanding the connections between the mind and body, helping you to **feel more aware** as you manage your chronic illness symptoms. This is done by using **clinical evidence-based practices** that are proven to help those with chronic illnesses more effectively than other types of therapy.

She has professional experience with both teenagers and adults.

### What is offered

Alicia offers **therapy via a secure online portal**. Sessions are conducted via **web chat or telephone call**.

Sessions available for **chronic illness, chronic pain and anxiety**.

Sessions available for teenagers and adults

#### **Prices:**

Free 15 minute initial consultation  
Individual/ family session \$175/ £130/ 155 Euros  
Group Therapy \$60/£45/ 54 Euros



## More help

Where else to seek support

**Some places which offer free and affordable general therapy include**

- [NHS IAPT](#) (England UK)
- [My Online Therapy .com](#)
- [Better Help](#)

**If you require immediate mental health support here are some helplines**

- [Samaritans](#) (UK)– 116 123
- [Papyrus](#) (UK)– 0800 068 41 41
- [Switchboard](#) (LGBTQ+ specialism) – 0300 330 0630
- [The Mix](#) (for under 25s)– 0808 808 4994
- [National Suicide Prevention Lifeline](#) (USA)– 1- 800- 273- 8255
- [Lifeline](#) (Australia) – 13 11 14

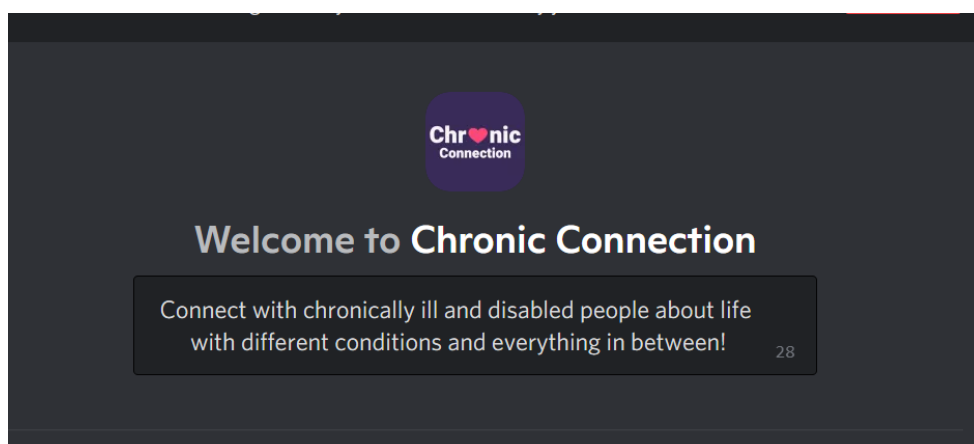
You can also join the **support group Chronic Connection on Discord**, set up by The Chronic Notebook and fellow advocate Grady Stewart.

The support group was founded in November 2021 and currently has 400+ members. There are currently 12 moderators keeping you safe at all times!

To join, visit the link in The Chronic Notebook's Instagram or Twitter Profile

Instagram– @the\_chronic\_notebook

Twitter– @chronicnotebook





## Nia

### Creator of The Chronic Notebook

Nia is a chronic illness and disability advocate from the UK. She lives with multiple conditions including Ehlers Danlos Syndrome, Ulcerative Colitis, Lupus, Dysautonomia, Chronic Migraine Disorder and more.

In 2019, Nia founded The Chronic Notebook on Instagram, which initially started out as her own personal blog and grew into a platform across several different online spaces, raising awareness and discussing issues around chronic illness and disability. Her Instagram Platform now has over 24K followers.

Through her own lived experience, Nia has encountered some of the most difficult challenges facing those with chronic illnesses and disabilities. Whether those are medical, financial, emotional or social. She is dedicated to helping change the narrative and conversation around chronic illness and disability and making more people aware of the stigmas and issues that affect those who live with them.

In 2020, Nia won a grant to fund projects related to her creative work around chronic illness and disability. These funds have been used to create and promote this resource, launch a support group, and in the future to launch a website, publish an upcoming a book and more.

Nia works with the charities Bright Futures UK and Curve Foundation as well as companies supporting those with chronic illnesses including Bearable. She is also a freelancer writer for Healthline, writing articles about these topics.

## Disclaimer

Nia/ The Chronic Notebook is not responsible for vetting and validating the qualifications, identity and experience of these individuals and services.

Nia/ The Chronic Notebook is not responsible or liable for any damages or harm that someone may incur as a result of using this directory or using one of these individuals and services. This resource is intended to act as a directory for people to discover these individuals and services who are rare and difficult to find specialising in chronic illness and disability.

It is up to people who use this resource to do the checks they deem necessary before pursuing investing in these services and individuals. By using this resource you agree to this disclaimer. This resource is free to use. Nia/ The Chronic Notebook received the permission of these individuals and services to include them in this resource. She does not receive any compensation or commission for the creation of this resource.

## CONTACT

Instagram- @the\_chronic\_notebook  
Twitter- @chronicnotebook  
Email- thechronicnotebook@gmail.com

