



# Parent Counselling

Transform Your Family Relationships with our Integrative Counselling service

Raising children is often celebrated as joyful and fulfilling, yet few openly discuss how tough and exhausting it can truly be. As parents, we're taught to prioritise our children above all - but what if you put everyone else first and neglect yourself? That's a fast track to burnout.

Self-care isn't selfish; it's essential. Like the instructions we hear on flights: "Put on your own oxygen mask before helping others." In parenting, if you're running on empty, you can't support those who depend on you. Looking after your own mental well-being is a vital part of being a good parent.

Whether you're dealing with parental burnout, birth trauma, relationship stress, depression, anxiety, ADHD, OCD, or simply need a safe place to talk, Kinsley can help. She offers a compassionate, judgement-free space where you can speak openly about the challenges and mental health concerns you're facing.

As a mum who has personally navigated ADHD, postnatal depression, anxiety, panic attacks, and OCD, Kinsley understands what it's like to feel drained but keep going for your children.

Kinsley offers 50-minute face-to-face or online sessions. Book a free discovery call below to see if she's the right fit for you.

Read on to learn more about Integrative Counselling.

"Integrative therapy is the art of weaving together the threads of various modalities, creating a tapestry of healing that honors the complexity and uniqueness of each individual's journey towards wellness."

## A Holistic Approach to Healing

At Happy Parent & Child Initiative, we believe that each individual is unique, and so are their experiences, challenges, and paths to healing. Integrative counselling is a holistic approach that acknowledges the diversity of human experience and seeks to address the multifaceted aspects of each person's life.

### What is Integrative Counselling?

Integrative counselling is a type of talking therapy that uses a therapeutic approach which combines different theories and techniques from various schools of psychotherapy. Rather than adhering strictly to one theoretical framework, integrative counsellors draw from a range of approaches to tailor therapy to the specific needs and preferences of each client.

### Who is Integrative Counselling for?

Integrative Counselling is for everyone. Kinsley can use this approach for you as a parent or for your teenager or young person.

### How Many Sessions will I need?

This varies from person to person. As a minimum I suggest 12 sessions. However some people may see me for a lot longer. Kinsley will never keep a client on for longer than they need.

### What Types of Modalities do you use?

Kinsley uses a mixture of different modalities including:

- \*Cognitive Behavioural Therapy
- \*Person Centred
- \*Gestalt
- \*Psychodynamic
- \*Solution-focused
- \*Strengths based
- \*Rewind therapy for PTSD and Birth Trauma
- \*Creative Therapies (sand tray, association cards, art etc)

## Fees For Parent Counselling

**Initial Discovery Consultation** £35  
(30 mins)

**Counselling session** £65  
(50 mins)

**Report writing** £80  
(Price per hour - Pro-rated)  
Typically takes between 1.5 - 3 hours

**Block of 6 Sessions** £360  
Paid in advance  
Saving of £30 - T's & C's Apply

Happy Parent & Child Initiative 2025

enquiries@happyparentandchildinitiative.co.uk  
<https://happyparentandchildinitiative.co.uk/>

