Patchwork Pathways Therapy

Counselling for children, teenagers and adults, that explores what's happening underneath, so real change is possible. Looking beyond the behaviour.

Where you can be yourself and explore what's going on for you

I'm Sally, an integrative counsellor and the owner of Patchwork Pathways Therapy. I work therapeutically with adults, particularly those affected by earlier experiences, difficult relationships, trauma, neurodivergence or chronic illness.
I also have a MSc in Counselling Children & Young People, a background in education and over 20 years experience working with children, young people and families.



- Integrative, relational approach
- In-person in Northamptonshire, Milton Keynes and online worldwide
- Free 15-20 minute consultation
- Drawing on attachment, psychodynamic, CBT, systemic, creative and many approaches.
- Flexible appointment times including some evenings and Saturdays
- Support for children, teenagers, adults and parents
- A professional, confidential and compassionate space

Children
Support with anxiety, big emotions, confidence, friendships, school and family changes.

Young People
Support with anxiety, self-esteem, relationships, school refusal or attendance, school pressures, self-harm and difficult experiences.

Adults
Support with childhood and early experiences, trauma, relationships, people-pleasing, anxiety, overwhelm, low self-esteem, chronic illness, neurodivergence and feeling stuck.

Parent support: help making sense of your child's feelings or behaviour and finding ways to support them.

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