

Soulful Pregnancy

Emotional, Spiritual & Mental Wellbeing for Mothers

A HOLISTIC, TRAUMA-
INFORMED 1:1 THERAPY
PROGRAMME



Pregnancy is a time of profound transformation—physically, emotionally, spiritually and mentally. Soulful Pregnancy is a personalised therapy programme designed to support you through this journey with evidence-based techniques and compassionate guidance. Whether you are experiencing anxiety, past trauma, relationship shifts, or simply seeking emotional balance and support, I will provide a safe and nurturing space to explore your thoughts, feelings, and identity as a mother.

WHAT TO EXPECT IN YOUR 1:1 SESSIONS:

Each session is tailored to your unique needs and focuses on:

- Managing pregnancy-related anxiety & emotional regulation
- Navigating identity shifts & self-trust in motherhood
- Healing past experiences that impact your pregnancy
- Strengthening relationships & support networks
- Preparing emotionally for birth & postpartum
- Releasing fears, stress, and expectations
- Deepening connection with your body, baby, and inner wisdom



This programme integrates evidence-based and holistic approaches including:

- Gestalt Therapy – Stay present, process emotions, and explore unresolved feelings related to pregnancy, birth, or family history.
- Somatic Therapy – Regulate your nervous system, reduce anxiety, and develop self-trust through grounding techniques, breathwork, and body awareness.
- Narrative Therapy – Redefine your pregnancy & birth story, externalise fears, and explore your evolving identity as a mother.
- Family & Relationship Theories – Strengthen your relationships, explore family dynamics, and set healthy boundaries for postpartum support.
- Expressive & Art Therapy – Use journaling, movement, and creative practices to process emotions and foster connection with yourself and your baby.
- Attachment & Postpartum Mental Health – Prepare emotionally for motherhood by exploring attachment patterns, self-compassion, and self-care strategies.

HOW SOULFUL PREGNANCY 1:1 THERAPY WORKS

🌿 Duration: 10 x 60-minute sessions, tailored to your needs to be used at any point throughout your pregnancy

🌿 Where: Online (secure video calls) or in-person (if local)

🌿 Who is this for? Anyone who is pregnant and wants to feel emotionally supported, empowered, and prepared for the journey of motherhood

🌿 Investment in Your Wellbeing: £375 - payment plans available



HAVE ANY QUESTIONS ABOUT WORKING WITH ME?

You deserve to feel emotionally held, understood, and empowered during this transformative time. Let's walk this journey together.

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