



Frequently Asked Questions

Starting therapy can feel like a big step. At KD Therapies, I believe therapy should feel safe, welcoming and free from judgement. You do not need to have everything figured out. You can simply come as you are.

What happens in the first session?

The first session is a gentle opportunity for us to get to know each other and explore what has brought you to therapy. There is no pressure to tell me everything straight away or talk about anything before you feel ready. Most importantly, it is an opportunity to experience how I work and see whether you feel comfortable working with me.

What type of therapy do you offer?

I offer an integrative approach because I do not believe one type of therapy suits everyone. I am an HCPC-registered Dramatherapist with over 14 years of therapeutic experience, alongside additional training in EMDR, Hypnotherapy and NLP. This allows me to shape therapy around you.

Do I have to be creative to have Dramatherapy?

Not at all. You do not need to act, draw or perform. Dramatherapy simply gives us more ways to explore and understand experiences when words alone do not always feel enough.

What can therapy help with?

People come to therapy for many different reasons, including anxiety, trauma, stress, low self-esteem, intrusive thoughts, relationship difficulties, bereavement or difficult life experiences. You do not need a diagnosis or to know exactly what you need. We can work that out together.

How long will I need therapy?

There is no one-size-fits-all answer. I offer both short-term, solution-focused support and longer-term therapy. We can discuss what feels most appropriate for you and regularly review our work together.

What if I don't know what to talk about?

That is completely okay. You do not need to arrive with a list, a clear goal or even know where to begin. Part of my role is to help you gently explore what is happening at a pace that feels manageable.

Will I be judged?

No. Creating a space where you feel safe, heard and accepted is at the heart of my approach. My role is not to judge you. It is to listen, understand and work alongside you.

Is therapy confidential?

Yes. What you share is treated with respect and confidentiality. There are important exceptions where there may be significant risk of harm or a legal or safeguarding responsibility. These limits will always be explained clearly.



Do you offer online therapy?

Yes. Online therapy is available for clients who prefer the flexibility and convenience of attending sessions remotely.

Do you work with children and young people?

Yes. I have extensive experience supporting children and young people through NHS CAMHS, schools and therapeutic services. My approach is adapted to each young person's age, needs, personality and preferred way of communicating.

What is EMDR?

EMDR can help the brain process difficult or traumatic experiences that may continue to feel emotionally stuck. You can find out more on the dedicated EMDR page.

What is Hypnotherapy?

Hypnotherapy uses guided relaxation and focused attention and can support difficulties including anxiety, stress, confidence and unhelpful patterns. You remain aware and in control throughout.

Will you tell me what to do?

No. I believe you are the expert in your own experiences. My role is to work alongside you, helping you understand yourself, recognise patterns, explore possibilities and find ways forward that feel meaningful and manageable.

What if I feel nervous about starting therapy?

Feeling nervous or unsure is completely understandable. My approach is warm, down-to-earth and non-judgemental. There is no expectation to share everything immediately. We will move at your pace.

How do I know if you are the right therapist for me?

Qualifications and experience matter, but so does the relationship you have with your therapist. Our first session gives us the opportunity to meet and see whether working together feels like the right fit.

How do I book a session?

You can get in touch through the website enquiry form and tell me as much or as little as you feel comfortable sharing. I will then contact you to discuss availability and what happens next.

I'm glad you're here.

