

“ She helped me get unstuck and gave me tools to
build a better life for myself.”

Trauma Survivor - Age 49, lady from Somerset

When I came to see Rachel I was feeling very stuck but couldn't put my finger on what was making me feel so unhappy with where I was in my life, I knew I had had quite a difficult childhood but it wasn't until I worked with Rachel that I was able to untangle all the threads of my life so they made sense.

Rachel helped me process the emotional and physical abuse I experienced as a child and understand how because of my past experiences I had developed subconscious core beliefs that had led me to make choices that were not in my best interests.

Rachel used various different tools and techniques to help me

Rachel helped me re build my self- esteem and sense of self worth and I learnt to be kinder to myself and prioritise my own needs. Rachel helped me grow and evolve and I came to realise that trauma did not mean I was broken, it meant that I was resilient and brave and capable of change.

She helped me get unstuck and gave me tools to move forward and build a better life for myself.

Rachel is kind and funny, firm and assertive as well as compassionate and warm. I would highly recommend her to anyone looking for a trauma therapist to help, support and empower them.



For more information contact
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