

Craig Stasiuk | Integrative Counsellor

MSc Counselling & Psychotherapy, MSc Environmental Psychology, NCPS

I am an integrative counsellor with experience working within the NHS Primary Care Mental Health Counselling Service in North Wales. I offer a calm, compassionate space where you can speak freely and explore whatever you are carrying, at your own pace. Clients I work with often bring concerns around anxiety, low mood, identity, relationships, grief, health, or simply feeling stuck in their lives. My approach is thoughtful, steady, and rooted in the belief that therapy works best when it feels safe, honest, and collaborative.

As an integrative counsellor I draw on Person-Centred, Psychodynamic, Cognitive, and behavioural. My therapeutic philosophy leans more towards compassion-focused and emotion-focused therapy to support clients in understanding their emotions and building the kind of inner strength that comes not from pushing through, but from listening more closely to themselves. I often introduce ideas which can help clients develop emotional clarity and regain a sense of personal agency.

Clients have described me as calming and grounding. Many have said they felt truly heard for the first time, that they could breathe more easily by the end of a session, or that counselling helped them feel less alone. One client told me, “You are a miracle that came into my life,” while another said, “It was more helpful having a male counsellor. You understood what I’ve been through.” This feedback means a great deal to me and reflects what I hope to offer: presence, understanding, and the space to be real.

I am LGBTQ+ affirmative and welcome people from all backgrounds and identities. As a gay man, I understand how unspoken experiences can shape how we move through the world. Whether you want to talk about identity or not, you are welcome to bring your full self into the room.

Before becoming a counsellor, I studied Environmental Psychology, a field that explores how our surroundings affect how we think, feel, and relate to others. This continues to influence my work, especially when supporting people who feel out of place, overwhelmed, or disconnected in their lives or environments.

If you are looking for someone to walk alongside you through a difficult time, or if you want to begin understanding yourself more clearly, I offer a warm, confidential space where that work can begin.

What clients have said about working with me:

“You are a miracle that came into my life at the right time.”

“I’ve gained tools I didn’t know I had – now I know how to use them.”

“You’ve made me feel calm and much more positive.”

“It helped just to talk to someone who truly understands.”

“You’re grounding. I feel like I can talk about anything.”

“I’ve gained more confidence, better coping mechanisms, and a more positive outlook.”

“You are brilliant, made me feel safe, understood, and never judged.”

“My counsellor has been incredible; I feel comfortable and able to talk about things.”