

## What to Expect from Therapy with Kevin Deyna-Jones

Clients consistently describe therapy with me as calm, clear, and purposeful. Some are new to counselling, others have tried it before. My approach is collaborative, offering practical ways to manage thoughts and emotions, space to reflect on patterns and past experiences, and support to shift what no longer works. We focus on building insight, developing tools, and working at a pace that feels manageable and relevant.

Here's what clients have said about the work:

- **A space that feels safe**

*"I've tried counselling before and I wasn't listened to or heard... You made me feel safe and able to trust."*

*"Even from the consultation, I was never made to feel judged or uncomfortable."*

- **Connection and trust, without pressure**

*"I never looked forward to counselling before. It felt like a chore. I've not felt like that with you."*

*"You made it OK to feel everything without spiralling."*

*"I don't find it easy to open up—but I have."*

- **Real change, in outlook and direction**

*"I have gained my life back."*

*"I've learnt to stick up for myself... I now know I deserve respect."*

*"I've let go of guilt I didn't know I was carrying."*

*"You helped me move from circling to acceptance."*

- **Practical language that stays with you**

*"You gave me phrases that stuck—I've become more mindful because of them."*

- **Sustainable outcomes, not short-lived highs**

*"It's empowering."*

*"It is sustainable."*

*"I think I'm going to be fine now."*

My approach is integrative and responsive, drawing on a range of models including **Compassion-Focused Therapy (CFT)**, **Cognitive Behavioural Therapy (CBT)**, **Mindfulness-Based Cognitive Therapy (MBCT)**, and some elements of NLP. I work collaboratively with each client to find a pace and style that suits them.

Many of my clients feel that this is the first time therapy has *worked*—not because we did something dramatic, but because we found a steady, thoughtful rhythm that

allowed real insight to land. If you're someone who doesn't rush into things, who wants a therapist who listens without pretense and helps you make sense of what's actually going on, I might be a good fit.

Clients often end by saying things like:

*"I couldn't have come this far without you."*

*"This has been the best experience I've had in therapy."*

*"I'm gutted this is over, but I'm glad you're helping someone else next."*