

Our mind and body workshops

Explore a holistic approach to wellbeing with our engaging workshops:

1. Emotions & the Mind-Body Connection

Understand how your emotions affect physical health.

2. Navigating Life Challenges & Menopause

Support through transitional times.

3. Work-Life Balance

Strategies for harmony in daily life.

4. Managing Stress & Anxiety

Practical ways to cope and thrive.

5. Calming Techniques

Tools to soothe both body and mind.

6. Emotional Freedom Technique

Tap into emotional healing.

7. Understanding the Inner Critic

Quiet self-doubt and build confidence.

8. Reconnecting with the Inner Child

Heal past wounds and rediscover joy.

9. Using Anchors for Stability

Grounding techniques for everyday resilience.

*Integrative therapy that fits
your pace and needs.*



Remember, asking for
help is a brave step.
Whatever you're facing,
Your Shoes Counselling
is here to listen, support,
and guide you.

You're not alone.

Book now
Call: 07813 125 443 | info@your-shoes.co.uk

www.your-shoes.co.uk



**Counselling within the
Black Country, West Midlands**



www.your-shoes.co.uk

Your Shoes offers personalised counselling UK wide, face-to-face in the Black Country and Birmingham, or remotely by phone, online, or text. In a safe, empathetic, and confidential space.

How We Can Help

Life's challenges can feel overwhelming. At Your Shoes we provide the space to explore your thoughts and emotions. Whether you're feeling anxious, low, or struggling with relationships, our personalised, non-judgemental support helps you gain clarity, build confidence, and move forward with strength and understanding.

Our approach

Your Shoes offers therapy in an integrative way, which means we draw on a range of techniques to suit your individual needs, personality, and preferences. Everyone is unique, and your journey is personal. That's why we tailor our counselling to support you in the most effective way possible.

How Does Integrative Counselling Work?

It's a bit like having a toolbox full of different tools. Each tool is a method or approach that can be used depending on what works best for you.

No judgement. Just support.

Our Therapies



Psychodynamic therapy explores how early relationships, and unconscious patterns shape current thoughts, feelings, and behaviours.



Person-centred therapy values each individual's uniqueness, focusing on strengths, self-growth, and empowering change through empathy, respect, and understanding.



Behavioural therapy uses practical techniques to replace unhelpful behaviours with healthier ones, focusing on learning, action, and positive behavioural change.



EMDR helps process traumatic memories using guided eye movements or tapping, reducing emotional distress and supporting recovery from PTSD, anxiety, phobias, and related conditions.



NLP uses gentle, non-intrusive techniques to treat trauma and phobias, helping reprocess distressing memories, reduce anxiety, and restore emotional balance and control.



Integrative psychotherapy combines approaches to suit individual needs, aiming to unify emotions, thoughts, behaviours, and body for holistic personal growth and healing.



Relationship therapy helps individuals, couples, or families improve communication, resolve conflict, and rebuild trust, fostering stronger emotional bonds and more respectful, fulfilling connections.



Family mediation helps resolve disputes confidentially, improving communication and avoiding court, with the goal of fair, mutually agreed resolutions in a supportive setting.



Compassionate therapy promotes empathy, emotional safety, trauma healing, resilience, and self-acceptance, supporting mental well-being bereavement and stronger relationships.



Gestalt therapy focuses on personal responsibility, present experiences, the therapist-client relationship, and social contexts, encouraging self-regulation and adjustment to life situations.



Creative therapy uses artistic expression, like painting, music, or drama, to explore emotions, reduce stress, build self-awareness, boost confidence, and improve mental well-being in a supportive environment.



EFT (Emotional Freedom Techniques) is a therapeutic method combining talk therapy and acupressure, helping reduce anxiety, stress, trauma, and emotional blocks effectively and gently.

Therapy is for children, teens, adults,
carers, elderly, employees & employers.

We offer therapy within the home.