FINDS HERSELF

Coaching Psychology & Peer Support · Perinatal, postnatal and beyond

A PRACTICE BUILT FROM EXPERIENCE

I'm Katie — a Coaching Psychologist and perinatal peer support practitioner. My work sits at the intersection of lived experience, psychological theory, and relational depth. With an MSc in Psychology, specialist peer support training, my own recovery from perinatal anxiety and depression, and years of voluntary mental health work, understanding and embodied insight are foundational to my practice. I am committed to offering support that is warm, boundaried, and psychologically informed — where women can think, feel, and make sense of their experience without judgement or pressure.

There are two approaches I draw from. Peer support begins from the belief that lived experience is its own form of knowledge — it asks what happened to you, not what is wrong with you. Coaching psychology is more structured and forward-looking, useful once a person is ready to trace the shape of their thoughts and find a way through them. Most women need some of each, in shifting measure, at different moments. We work out that balance together, as we go.

PERINATAL AND POSTNATAL MENTAL AND EMOTIONAL WELLBEING

Anxiety. Low mood. Depression. The loneliness of early motherhood, even in a full house. Identity that has quietly shifted underneath you, leaving you unsure who you are now. Fatigue, intrusive thoughts, a sense of distance from the people around you.

And alongside it, just as often, is what psychologist Paula Nicolson has called the paradox of loss and happiness in motherhood — love and joy held at the very same time as grief and depletion: both true, both real, both at once.

If any of this sounds familiar, you are not alone in it. This is a normal part of the transition into motherhood for many women — far more than the silence around it would suggest.

There is no shame here, and nothing has gone wrong with you. This is the work of Finds Herself: to say it plainly, so you don't have to carry it quietly.

HOW THE WORK HAPPENS

Fifty minutes at a time, weekly or as needed, in person or at a distance, at whatever pace fits the life you are actually living rather than the one you feel you should be living. This is a safe, non-judgemental space — to think without performing, to feel without apology, and at your pace, to recognise yourself again.

You don't have to do this alone.

A BIT MORE DEPTH

Peer support and coaching psychology are both forward-focused, strengths-based, and non-directive. Both foster autonomy — you set your own goals and determine what you want to achieve and how. Your needs are the foundation of the support, and together we co-create a path forward.

Peer support

Peer support is grounded in lived experience and the knowledge gained from it. It draws on a personal recovery model and is a unique, collaborative experience between practitioner and client — built on inclusivity, respect, mutuality, and reciprocity. It is non-directive: listening, exploring, and suggesting without imposing, on the belief that each person is the expert in their own experience.

It is also an evidence-based, safe, judgement-free space to talk through your experiences with curiosity and warmth, and to feel less alone. I create a compassionate space for these conversations, where you can speak honestly, feel safely, and know that you are not broken. Talking is part of how we make sense of experience and feeling — exploring it on your own terms, within the context of your own life, untangling thoughts and spotting patterns while staying connected to yourself.

Coaching psychology

Coaching psychology is underpinned by psychological knowledge, research, and theory of human functioning. It is a non-directive approach to self-learning and development, focused on the present and future — helping you explore and discover on your own terms, while being supported towards sustainable change through new ways of thinking.

Through supported self-management and shared understanding, we build capacity, clarity, and compassionate insight together — working towards slow, sustainable shifts that are practical, but never surface-level.

What a session looks like

I bridge the compassion of peer support with the forward focus of coaching — spending time building a therapeutic relationship of trust and safety, using active listening, accessible language, affirmation, and validation.

This is conversational, therapeutic support for the emotional, psychological, physical, and social transformations of the transition to motherhood — work that validates complex experience and helps normalise its challenges. With curiosity and self-compassion, this relationship can slowly guide you towards better self-knowledge — putting thoughts into words as a powerful way of making sense of your own experience, feeling less isolated, and more connected.

Together, we work towards a sense of control, satisfaction, hope, and wellbeing — encouraging activities that are meaningful to you, and developing coping and problem-solving skills along the way. Sometimes, we need the minds of others to help us find clarity, quieten the noise, and see a path forward.

What this can lead to

Feeling listened to and understood. Valuing yourself, and seeing yourself as someone you like — not restricted to who you're "supposed" to be, or the myths of motherhood. Empowerment and agency in yourself and in motherhood. Self-compassion, psychological insight, and the coping strategies and capacity to meet how you are feeling.

Clarity on your own values — recognising what is inherited and what is chosen — and the ability to act in alignment with them: reflecting how you want to live, parent, and grow. This understanding creates consistency, frees up mental energy, and reduces overwhelm.

Together, we draw on recovery and coping strategies, clarifying exercises, and grounding techniques — finding the ones that are right for you. We work on the ability to hold difficult thoughts and feelings at a distance, while staying curious about why they feel hard. This is genuinely hard work. We also look for language that helps you express yourself more easily, and for the flexibility to let your self-image shift as you do — choosing intentions over expectations, and aiming for purposeful ease and self-compassion.

MY WORK EXPLORES

What happened to me? Change of identity. Not feeling like yourself. Postnatal depression and anxiety. Feeling untethered. Nicolson's paradox of loss and happiness. Feeling broken.

Depression arises within the context of an individual's life — our responses to it differ, shaped by personal history, personality, and the relationships that surround us. The perinatal period is full of upheaval; it is no wonder, and very normal, to feel differently during it. Depression is often treated as an individual problem, when situational factors, experience, and a lack of social support are often major contributors to a woman's vulnerability to postnatal depression and anxiety.

Depression can feel like loneliness — a sense of being nothing, of losing yourself, untethered and fragmented. A distance from others. Little sense of enjoyment. Fatigue. Upsetting, intrusive thoughts. Sometimes, a void where the care should be.

Anxiety can feel like overwhelm — emotionally numb, constantly on edge, battling negative thoughts, self-critical, guilty, depleted.

Feeling untethered can feel like having to redefine yourself socially — a loss of self and confidence, an unfamiliar and shifting identity, fragmentation, demoralisation.

Nicolson's paradox of loss and happiness in motherhood can bring intense emotion — frustration, feeling trapped, a lack of confidence, ambivalence, mourning a version of yourself. Motherhood can mean a series of losses: sleep, time to yourself, independence, self-esteem, belief in your abilities, the shape and familiar feelings of your body, your sexuality, your work, money, friendships, the patterns of your relationships — romantic, family, professional — and a fundamental sense of who you are. These changes are not all permanent, but they are integral to becoming a mother.

A healthy grief reaction recognises these losses and the things that have changed. Grief is a natural, adaptive process — one that helps us heal emotionally and rebuild a sense of who we are, while integrating everything that has changed.

Outlining your values can bring clarity, confidence, and a sense of control — helping you judge whether a decision is moving you towards, or away from, the life and the qualities you want to live by. It can also help quieten the external noise and judgement that can feel so loud and intense in an increasingly individualistic world — and help in questioning the internal judgements, shame, and fear of that berating voice that says you should be doing better, or trying harder. Reducing stigma, and reducing shame, is at the heart of this work.

A LITTLE ABOUT ME

I'm grateful to be building a practice that brings together my training, scholarship, professional and lived experience, and systemic understanding.

As a perinatal mental health peer support practitioner, I understand the mental health impact of the fragmentation, disconnection, and paradox of loss and happiness that this transitional phase can bring. I understand the vulnerability in personal disclosure, and I value the privilege of listening to your experience — and the quiet resilience of sharing it aloud. I want to create an environment that helps women feel safe and confident, and that humanises this experience, removing the stigma around it.

My approach is shaped by continuous learning. I hold an MSc in Psychology, underpinning my practice with knowledge, theory, research, and evidence. I am 'With-You' AIM-accredited in Peer Support — an evidence-based approach to perinatal mental wellbeing that is compassionate, safe, and person-centred. I have volunteered with PANDAS Foundation across several services, including as a community facilitator, with training spanning safeguarding, birth trauma, family dynamics, relationship difficulties, self-harm, culturally and faith-sensitive care, hyperemesis gravidarum, baby loss awareness, and suicide awareness.

Alongside my peer support and coaching psychology work, I contribute to Patient and Public Involvement and Engagement (PPIE) within perinatal mental health — supporting services and research to be shaped not only by clinical knowledge, but by lived experience. My background in psychology, combined with my own recovery and peer support work, allows me to offer thoughtful, boundaried insight into what women truly need during the perinatal period. I am committed to co-producing compassionate, accessible systems of care that honour both evidence and experience.

I have never met a woman who isn't doing her best. That is good enough.

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