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SPECIALISMS; Neurodiversity, ADHD Coaching, Disordered eating, grief and suicide loss, self-harm, depression, anxiety, relationships.



Kerry Rath
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SPECIALISMS; Domestic abuse, depression, anxiety, stress.



My name is Mia Monroe, I am here to support you with your challenges in life. I will work with you through your stumbling blocks and support you to find solutions to help you find your feet and move forward.

I am a Lincoln based person-centred Integrated Holistic Therapist and Creative Counsellor, this means that I am a qualified mental health practitioner who puts the focus on the unique needs of each person and take into account not only mental health but all other areas of life. I have a relaxed, straightforward and positive approach with which I support clients, either 1:1 or in small groups.

In addition to offering talking therapies I can work with images and creative arts to explore issues with clients. It is an effective way of working through issues when words cannot be found, but this is very much optional and driven by the clients preferences and individual needs.

I have a special interest in supporting the Neurodiverse community and ADHD coaching is an area I am passionate about. I also have gained additional qualifications in nutrition and eating disorders through NFED (National Federation of Eating Disorders) and have lived experience of recovery to enable me to support those struggling with this area.

I am a professional member of the International Association of Therapists and also the International Meditation Teachers and Therapists Association. I am fully insured and follow the BACP code of ethical practice and safeguarding.

As always, please just get in touch for a chat. I tend to prefer face to face conversations but am happy with telephone or zoom if that is better for you.



My name is Kerry Rath, I am an International Society of Psychotherapy and Counselling (ISPC) student member currently studying level 5 Advanced Diploma in Counselling having already completed levels 1- 4 at Ridgeway College, Lincoln. Alongside this, I am completing a Diploma in Cognitive Behavioural Therapy.

I have a wealth of life experience both personally and professionally and my career has included hairdressing, self-employment, and over 16 years of working as a Specialist Domestic Abuse Worker in outreach and refuge supporting people in crisis who are living with or have fled domestic abuse. I have recently set up a peer support group with two former colleagues in the field of domestic abuse to support those who are no longer in an abusive relationship but still live with the long-lasting effects.

As part of my Diploma, I have to gain experience in person-centered therapy to support people who are experiencing difficulties and I receive monthly supervision to ensure I am working to the code of ethics of ISPC.

I can help you to explore and work through your worries so that you can feel happier moving forward. I work with a confidential, empathic and non-judgemental ethos and I strive to provide a respectful and anti-discriminatory service and endeavor to ensure this commitment is reflected in the counselling process.

Counselling will help you explore your thoughts, feelings and behaviours so you can develop a better understanding of yourself and others. Please get in touch to book an initial session.