

Minds Matter by FSK Therapy

FSK: Minds Matter is a Therapeutic Service based in Stockton, Teesside, providing a range of therapy services, as well as consultancy, counselling and specialist assessments, to clients across the North East.



A word

From Fran

As a qualified and accredited Integrative Psychotherapeutic Child and Adult Therapist, Clinical Supervisor, EMDR practitioner, senior Hypnotherapist, Belief Code Practitioner and former Managing Director of post adoption therapy service 'NEATS', I have a passionate commitment to bring my 23 years of experience working with children, adults and families to FSK: Minds Matter. I specialize in therapeutic assessments, attachment and trauma.

"Whatever the Weather, Feel Good, Think Better"



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Want to enquire or learn more about our services?
Then contact me using the details above, or connect
with me on online by scanning the QR code below:



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WWW.FSKMINDSMATTER.CO.UK

01 | Reiki

Fran is a certified Reiki Master. Reiki is a healing technique delivered using gentle hand movements, positioning and grounding to guide flows of healthy energy through the body. Reiki supports pain management, improved sleep, working with chakras, lowered blood pressure, anxiety and depression.



02 | Belief Coding

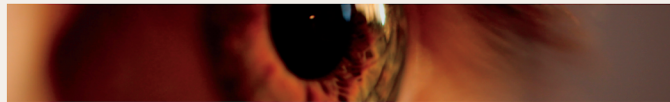
What if I told you, you've been living a life that's been determined by programs that might not even be yours? Like a computer, we have these programs running our lives that we have taken on from traumatic events, and beliefs we created when we were just tiny humans, soaking up everything like a little sponge; being conditioned by teachers, parents or even family and friends projecting their opinions and beliefs onto us.

Fran is an accredited Belief Coding practitioner, and she is now excited to deliver this service to clients. Belief Coding® is a wonderful and clever therapy that can transform these programs and beliefs into the ones which you want and deserve! This life changing modality is taking the world by storm and changing lives one belief at a time.



03 | EMDR

Fran is an EMDR practitioner in Level 3 and (Child) Level 2. Eye Movement Desensitization and Reprocessing Therapy is a proven model used to treat trauma, and is founded on the basis that our emotional well-being is entwined with our physical somatic ("of the body") state. Therefore, EMDR employs a body-based technique called bilateral stimulation.



04 | Hypnotherapy

Fran is a senior, accredited and qualified hypnotherapist. Hypnotherapy empowers each individual to unlock the information held in their subconscious mind, helping break unwanted habits and behaviours. Sessions are offered in a friendly environment alongside a bespoke treatment plan.



05 | Supervision

Fran holds a diploma in person-centred supervision. Supervision supports professional development and service delivery. Fran has supervised since 2011, providing individual and group supervisions.



Kind Words



From personal experience I simply can't rate Fran highly enough. She is a wonderful therapist who has helped me move forward in my life to a degree I never thought possible.

- *Stephanie, Client*



I am so grateful for the support I have received from FSK Therapy. From my personal experience I unreservedly recommend them.

- *Karenza, Client*



Fran in my opinion is simply the best therapist around. She is the most effective therapist I have seen. It has been a life changing experience. And she is such a lovely lady too!

- *Joanne, Client*



Fran has been my supervisor for over 6 years. Knowledgeable, compassionate and caring, I know that without her behind me, I wouldn't be where I am today.

- *Melanie, Supervisee*