

READ WHAT CLIENTS HAVE TO SAY

Dear Misha,

I just want to take a moment to say how deeply and forever grateful I am to you.

For years, I tried counselling and various talking therapies, but nothing ever seemed to reach the root of my trauma. Friends encouraged me to try private therapy, but honestly, after so many disappointing experiences, I had lost faith. I didn't believe healing was truly possible for me.

Then came 2024 - a year that brought me to my lowest point, I knew I couldn't keep living the way I was.

I still remember our very first consultation. Something about that session stayed with me. The techniques you used were unlike anything I had experienced before and they lingered. The way you brought me so calmly back to the present moment. I didn't realise it then, but now I know: that decision - and the one I made to come back to you - became the best investment I have ever made in myself. Truly.

One of the things that has stood out to me - and still means so much - is how you've built your practice with such care and innovation. Your Whats App community and the support you offer between sessions as part of your six-month package are unlike anything I've ever seen from a therapist. It's exactly what I needed. In those moments between sessions, when triggers arise and you're unsure where to turn - having your support has been a lifeline.

I've also found such deep value in your monthly workshops and trainings. Each one has added another layer of insight, healing, and growth. They've not only deepened my understanding of myself, but also allowed me to connect with others on this journey in meaningful and empowering ways. I genuinely look forward to them - they've become an anchor in my growth and healing.

Because of your guidance, I've begun to change my life in ways truly never thought possible. You've helped me understand why I feel the way I do - and, more importantly, where those feelings come from. You've helped me connect the dots in ways I never could before.

One of the most profound shifts I've experienced is in how I relate to others. I now find myself able to see beyond people's behaviours and recognise the pain or trauma behind them. I no longer internalise others reactions as a reflection of me. Instead, I can hold compassion and curiosity - understanding that what they project often comes from their own inner struggle. That shift alone has transformed how I navigate the world and my relationships.

Your workshops, your wisdom, your unwavering presence - they have meant everything to me. I've not only healed parts of myself I thought were beyond repair, but I've begun to see myself and my life with new eyes.

Thank you, Misha - from the bottom of my heart - for doing the work you do, for being who you are, and for helping me become who I'm meant to be. You have changed my life.

With so much love and gratitude

Love P (2025)

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Misha is an amazing person. She was extremely supportive and picked up on the childhood trauma I had experienced within a single conversation. She identified my triggers and gave me tools and techniques to support my recovery. She also gave me the confidence to believe that what I had been through was significant and I was not being "silly" as I had been made to feel over the years. Without her I would not have been able to start mending relationships whilst looking after myself too. Thank you Misha!

Mannie (2024)

Misha,

We haven't had a session for over a year, but yet the results of the deep work you did with me remain with me today – and I am still so grateful for all of the support and guidance you previously provided.

When I first started with you, I was facing a blocker with public speaking which was really hindering my performance at work. And it was also making me a nervous wreck outside of work because I didn't know what was causing it. The brainspotting activity you did with me was something I'd never even heard of but WOW, the results were incredible. Not only did it help me to unlock a childhood memory which explained why I often couldn't get my words out, but more importantly you helped me change my future by ensuring that memory stayed in the past. Because of the work that you helped me do, two weeks ago I was able to speak in a massive crowd full of leaders from global household name type companies using a microphone – something that was impossible for me this time last year!

I haven't told you this, but I also took a hiatus from scuba diving for the past 10 years – something I passionately love. I found myself in a constant freeze state underwater which prevented my breathing which was obviously very dangerous. However, last month I did it again! I had to quickly get back above water levels during moments of panic, but then the third time I managed to get back down under and stayed there for a full 40 minutes. What helped me was using the tools you'd previously guided me with to get myself out of the red/freeze state. Thank you!

I first came to you following the breakup with the narcissist, and at that time I thought he was to blame for all of my problems. But now I realise that it was previous wounds that made me remain in an unhappy relationship with him. With you I was able to realise that my previous models of love and healthy marriages were almost non-existent, and I have been able to spend the last couple of years really reflecting on what I want, don't want, who I want to be like, adapting my attachment styles and, most importantly, healing those childhood wounds so that they don't bleed into my future. The work is not finished, and I don't think it ever will be, but I am grateful to have the right tools from you, as well as my own positive mindset, as I continue on my path. And, ironically, I am actually grateful for the narcissist too; without him, I think I would have coasted through life thinking all was okay without realising the impact of my childhood issues, and thus I wouldn't have ever sought a therapist to help me. Instead I would have continued to coast through life as opposed to finding the path towards thriving!

*Thank you!
Anon (2024)*

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I recently was a member of the be invincible community, and due to some personal issues, I left the group and now I am greatly missing your online sessions, missing you and the other group members. I've been through a lot of trauma and abuse for 14 years in my abusive marriage, and I'm glad that I spoke to you about my past, you were always helpful whenever I needed help, and you always explained everything in depth and answered any questions I had. In this short period of time that I've known you, I really feel you have looked after me, and made me realise I am worthy. You've taught me to believe in myself and to have boundaries and now I'm working on myself and setting my priorities. Thank you Misha for all the tips, advice and support you have given me. I would give you 10/10 because you are amazing, friendly, caring and very supportive. X
Anon (2024)

Submitted by Chandni on Sunday, Jun 11, 2023

Changes for the better

Overall Rating



Service



Responsiveness



Expertise



Results



Communication



Misha has been incredible, I came to her as she came very highly recommended and I automatically felt comfortable after our first chat. She has helped me in ways that will stay with me a lifetime, I am still going through the changes and ups and downs of my own issues, however I am now able to deal with and approach the situations that arise in a much better way. I am more aware and educating myself through her has been a huge help. When I have had some time away from sessions and have a bad day or go through something, I always feel comfortable to reach out to her for help knowing she will be there for me and to help me. Honestly can't recommend Misha enough. Thank you so much xx

I approached Misha to help me heal from a long term narcissistic relationship. Misha immediately detected where I was struggling and explained why I was attracted to this individual. Misha taught me how to regulate my nervous system to help me handle my panic attacks. I was blown away by her ability to powerfully connect me with my inner child who needed healing. The brain spotting technique Misha used was another method to release trauma in a certain area of the brain.

Misha was nonjudgemental and provided clear, logical explanations to behaviours I've questioned most of my life! Misha created a safe environment that allowed natural flow of conversation and took my confidentiality seriously. Coming across Misha's services was a game changer!

With Misha's relatable support, detailed knowledge and credible insight, I am now in a stronger place, better able to recognise signs and certain behaviours, and where I need to focus my healing.

DK (2024)

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Submitted by RK on Thursday, Jun 08, 2023

Misha transformed my life!

Overall Rating



Service



Responsiveness



Expertise



Results



Communication



I've taken sessions with Misha since Feb 2022 when I was suffering from anxiety and stress from narcissistic and emotional abuse in my marriage and I can say that she is the best I've come across after trying so many different counselling services and therapist. She goes the extra mile and truly cares for all her clients. After every therapy I've seen myself evolving into a transformed version of myself. I feel so much stronger, resilient and confident. I can regulate my emotions and feel very calm. She will introduce you to the true authentic version of yourself!

Submitted by Kuljeet Sohal on Thursday, Jun 01, 2023

Amazing experience

Overall Rating



Service



Responsiveness



Expertise



Results



Communication



Misha has helped me so much to regulate my feelings as I was in complete overwhelm with my two boys, running a business and just general day-to-day life! Honestly, I feel so much more in control and getting to the happiest version of myself. I cannot recommend her highly enough. Kuljeet

Submitted by P Patel on Thursday, Apr 13, 2023

The best!

Overall Rating



Service



Responsiveness



Expertise



Results



Communication



Misha was an absolute godsend, she was very supportive, accommodating and responsive (even responding to whatsapp's when I felt unstable). I've learnt so much about myself, reactions, thoughts and behaviours and she has a unique talent for explaining things simply. I always leave my sessions feeling optimistic, she makes the session feel so comfortable and judgement free. My relationships and interactions in life have improved as a result of these sessions. As I explained to my friends, Misha is your biggest cheerleader until you become your biggest cheerleader. Thank you so much!!! Highly recommend!

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