

## **Earth Wisdom Ecotherapy Community Interest Company (EWECIC)**

### **Emerging Presenting Problems & Client Themes Report**

**Based on Assessment Session Analysis (June 2025 – June 2026)**

Earth Wisdom Presenting Problems Analysis Report

#### **Introduction**

This report summarises the recurring presenting problems, emotional themes, relational patterns, and wider psychosocial factors emerging across a large sample of assessment sessions completed through Earth Wisdom Ecotherapy CIC during June 2025 – June 2026.

The purpose of this analysis is to:

- identify common themes within the client population accessing Earth Wisdom.
- better understand the kinds of needs currently presenting within the local community.
- support service development and future funding applications.
- inform clinical governance and practitioner support.
- evidence gaps within mainstream mental health provision.
- articulate the distinct role Earth Wisdom appears to hold within the wider mental health landscape.

The findings suggest that Earth Wisdom is attracting a client population with significant relational, emotional, and nervous-system-based distress, often linked to trauma, chronic overwhelm, caregiving pressures, neurodivergence, grief, and long-term unmet emotional needs.

Importantly, many clients appear to be seeking support that feels relational, humane, holistic, and non-pathologising, particularly after experiences of feeling underserved or unsupported by more traditional or medicalised services.

## Key Presenting Themes

### 1. Trauma, Relational Wounding & Complex PTSD Themes

One of the strongest recurring patterns across the assessment sessions was the presence of trauma-related experiences and long-term relational wounding.

Many clients described histories involving:

- domestic violence
- sexual abuse
- emotional neglect
- coercive control
- emotionally unavailable caregivers
- addiction within family systems
- chronic criticism
- bullying
- abandonment
- unsafe childhood environments
- ongoing feelings of emotional unsafety

A significant number of clients demonstrated features commonly associated with complex trauma or chronic nervous system dysregulation, including:

- hypervigilance
- dissociation
- emotional shutdown
- chronic anxiety
- panic
- shame
- fear of abandonment
- emotional numbness
- low self-worth
- relational distrust
- difficulties regulating emotions

Many clients appeared highly psychologically aware and frequently used language associated with trauma-informed and nervous-system-informed frameworks, including:

- “fight or flight”
- “freeze”
- “shutdown”
- “masking”
- “burnout”
- “dysregulation”
- “nervous system”
- “rejection sensitivity”

- “hypervigilance”

Several clients explicitly connected current difficulties in relationships, identity, self-esteem, and emotional regulation to unresolved childhood trauma.

## **2. Neurodivergence, Sensory Overwhelm & Late Identification**

Another significant theme across the assessments was neurodivergence.

Many clients:

- identified as autistic or ADHD
- were awaiting assessment
- suspected neurodivergence in themselves
- were beginning to reinterpret their experiences through a neurodivergent lens.

Commonly described experiences included:

- sensory sensitivity
- overwhelm
- burnout
- rejection sensitivity
- masking
- social exhaustion
- executive functioning difficulties
- emotional processing difficulties
- emotional shutdown
- difficulty identifying feelings
- a strong need for predictability, routine, or control.

A particularly notable pattern was the number of adults - especially women - experiencing later-life identification or questioning of ADHD and/or autism.

For many clients, this appeared to create both:

- relief and self-understanding
- grief, anger, shame, or sadness regarding years of misunderstanding and self-blame.

Several clients linked neurodivergence with:

- addiction histories
- relationship difficulties
- chronic shame
- social isolation

- burnout
- a sense of never fully fitting within mainstream environments.

### **3. Anxiety as Chronic Hypervigilance Rather Than Simple Worry**

Although anxiety was one of the most commonly recorded presenting problems, the assessments suggest this anxiety is often more accurately understood as chronic nervous system activation linked to trauma, relational insecurity, overwhelm, and emotional unsafety.

Many clients described:

- always feeling “on edge”
- anticipating danger
- intrusive thinking
- catastrophising
- replaying conversations
- chronic overthinking
- emotional flooding
- panic symptoms
- dissociation
- shutdown
- fear of rejection or abandonment.

For several clients, anxiety appeared rooted in:

- long-term relational unpredictability
- emotional invalidation
- bullying
- chronic criticism
- unsafe family environments

The assessments frequently suggested that clients were not simply struggling with “worry,” but with chronic survival responses.

### **4. Shame, Low Self-Worth & Identity Difficulties**

A profound and recurring theme throughout the assessments was shame.

Many clients described:

- feeling fundamentally “not good enough”
- feeling burdensome

- fear of rejection
- low self-esteem
- emotional self-criticism
- feelings of worthlessness
- impostor syndrome
- difficulty receiving care or compliments
- chronic self-blame

Several clients appeared outwardly highly functioning while internally struggling with:

- emotional collapse
- self-doubt
- loneliness
- deep feelings of inadequacy

Many also questioned:

- who they are outside caregiving
- who they are outside survival
- whether they are allowed to have needs
- how to develop an authentic sense of self

A repeated theme was:

“I have spent my life surviving or caring for others, but I don’t know who I am underneath that.”

## **5. Relationship Difficulties & Attachment Wounds**

Difficulties within relationships emerged strongly across almost all assessments.

Clients frequently described:

- struggles trusting others
- fear of intimacy
- fear of abandonment
- co-dependency
- emotional isolation
- emotionally unavailable relationships
- difficulties communicating needs
- people-pleasing
- fawning
- repeated patterns of unhealthy or emotionally unsafe relationships.

Several clients identified:

- strong caregiving patterns
- over-functioning within relationships
- becoming responsible for the emotional wellbeing of others.

Others expressed difficulty tolerating emotional closeness or vulnerability.

Many clients also described:

- suppressing emotions to avoid burdening others
- avoiding conflict
- struggling to identify and communicate their emotional needs.

## **6. Caregiver Burnout, Emotional Labour & Chronic Exhaustion**

A substantial proportion of clients appeared emotionally exhausted from caregiving and long-term emotional labour.

This included:

- unpaid carers
- parents supporting children with additional needs
- individuals supporting ill partners
- people emotionally holding families together
- clients carrying responsibility for multiple generations simultaneously.

Common experiences included:

- exhaustion
- resentment
- loneliness
- emotional depletion
- feeling trapped
- guilt around prioritising self
- chronic overwhelm

Many clients described being viewed externally as “coping,” while privately feeling emotionally overwhelmed or close to collapse.

A repeated underlying narrative was:

“I hold everyone else together, but nobody is holding me.”

## **7. Grief, Loss & Anticipatory Grief**

Grief and bereavement were highly prevalent themes across the assessments.

Clients described:

- bereavement
- anticipatory grief
- terminal illness within families
- traumatic loss
- infertility grief
- relationship breakdown
- loss of identity
- loss of health
- loss of stability
- grieving the childhood or life they feel they never had.

Several clients appeared to be carrying cumulative grief from multiple simultaneous losses.

In many cases, grief was closely intertwined with:

- anxiety
- trauma
- loneliness
- existential concerns
- questions around identity and meaning

## **8. Men & Emotional Expression**

A notable theme within male presentations was difficulty expressing and accessing emotion.

Several male clients described:

- emotional numbness
- inability to cry
- fear of vulnerability
- social isolation
- shame around emotion
- emotional suppression
- and lack of emotional language

Many reflected on childhood environments where:

- emotions were criticised
- vulnerability was unsafe
- emotional needs were minimised

Some male clients also expressed:

- fear of becoming like abusive fathers
- uncertainty around masculinity
- struggles connecting emotionally
- or a desire to parent differently from how they themselves were parented.

## **9. Dissatisfaction with Mainstream or Medicalised Services**

A particularly strong and consistent theme was clients reporting dissatisfaction with previous therapeutic or mental health support.

Many clients described:

- CBT as too surface-level
- feeling unseen or unsupported
- difficulties accessing long-term support
- poor relational experiences with therapists
- feeling pathologised
- long waiting lists
- or services ending before clients felt ready

Several clients specifically sought Earth Wisdom because they wanted:

- relational depth
- trauma-informed work
- holistic approaches
- somatic awareness
- nature-based support
- walk-and-talk therapy
- creativity
- embodiment
- a less clinical environment

This appears to be a significant distinguishing factor within the Earth Wisdom client population.

## **The Role of Nature-Based & Relational Approaches**

Across the assessments, there was repeated interest in:

- outdoor work
- ecotherapy
- walk-and-talk sessions
- somatic approaches
- mindfulness
- creativity
- grounding
- nervous system regulation
- working in a way that felt more human and relational.

Many clients described nature as:

- calming
- regulating
- emotionally safer
- less pressured
- easier than sitting in formal therapy rooms.

This suggests that Earth Wisdom’s nature-based and relational approach is not simply an “alternative setting,” but may actively improve accessibility and emotional engagement for clients who struggle within more traditional clinical environments.

## **Emerging Understanding of Earth Wisdom’s Client Population**

Overall, the assessment data suggests that Earth Wisdom is increasingly attracting clients who:

- have often experienced long-term emotional or relational distress.
- may feel underserved by mainstream mental health systems.
- are psychologically reflective and insight-oriented.
- are seeking deeper relational work.
- frequently present with trauma-related or nervous-system-based difficulties.
- are often neurodivergent or questioning neurodivergence.
- are carrying significant caregiving responsibilities.
- are seeking support that feels relational, humane, flexible and non-pathologising.

Many clients appear to be looking not simply for “symptom reduction,” but for:

- emotional safety
- relational repair
- self-understanding

- nervous system regulation
- authenticity
- identity integration
- meaning
- connection

### **Implications for Service Development**

The assessment themes suggest several important implications for Earth Wisdom's ongoing development.

### **Key Areas of Need**

The data indicates growing need for:

- trauma-informed therapy
- neurodiversity-affirming practice
- grief and bereavement support
- caregiver support
- relational and attachment-focused work
- nervous-system-informed approaches
- long-term relational support rather than solely short-term interventions

### **Potential Future Service Areas**

Emerging areas that may warrant further development include:

- ADHD/autism-informed groups
- men's emotional wellbeing spaces
- caregiver burnout support
- trauma-informed ecotherapy groups
- bereavement and loss groups
- support around identity, self-worth and boundaries
- community-based preventative mental health work

### **Wider Social Context**

The assessments also suggest that many clients are struggling not only with internal emotional difficulties, but with:

- social isolation
- financial pressure
- housing stress
- relationship instability
- caring responsibilities

- wider systemic pressures

This reinforces the importance of community-rooted, accessible, preventative mental health support.

## **Conclusion**

The assessment sessions analysed within this report suggest that Earth Wisdom is meeting an important and growing need within the community.

Clients accessing the service frequently present with:

- complex emotional histories
- chronic nervous system overwhelm
- relational trauma
- neurodivergent experiences
- grief
- caregiving exhaustion
- loneliness
- long-term unmet emotional needs

Many appear to have reached the limits of coping alone, while also feeling underserved by more traditional therapeutic or medicalised systems.

The findings suggest that Earth Wisdom's distinctive combination of:

- reduced-cost accessibility
- relational depth
- trauma-informed practice
- neurodiversity-affirming values
- and nature-based therapeutic approaches

is resonating strongly with individuals seeking support that feels emotionally safe, humane, flexible and genuinely responsive to their lived experiences.

Ultimately, the assessment data points towards the importance of community-rooted, preventative, relational mental health support that allows people not simply to manage symptoms, but to reconnect with themselves, others and the wider world in more meaningful and sustainable ways.