

Earth Wisdom Ecotherapy Community Interest Company (EWECIC)

CORE 10 Intake Distress Profile Report

Based on Assessment Session Data
June 2025 – June 2026

Introduction

This report summarises the CORE-10 scores recorded during assessment sessions completed at Earth Wisdom Ecotherapy CIC between June 2025 and June 2026.

The CORE-10 is a recognised clinical outcome measure used within counselling and psychotherapy services to assess current psychological distress.

The purpose of this report is to:

- Understand levels of emotional distress within the client population accessing Earth Wisdom.
- Identify patterns of emotional need emerging across the service.
- Support reflective service development.
- Provide evidence for funding, partnership and community mental health discussions.

The findings suggest that many individuals accessing Earth Wisdom are presenting with significant emotional distress, often alongside experiences of:

- chronic overwhelm
- trauma-related difficulties
- grief and loss
- neurodivergent overwhelm
- relational strain
- caregiving pressures
- burnout
- long-term emotional exhaustion

Dataset Overview

CORE-10 assessments were analysed from assessment sessions completed between June 2025 and June 2026.

The recorded CORE-10 scores ranged from:

- Lowest score: 4
- Highest score: 32

The average CORE-10 score across all completed assessments was: 20.4

This average falls within the: Moderate-Severe Distress Range

CORE-10 Severity Bands

CORE-10 Score and Clinical Interpretation

- 0–5 Healthy
- 6–10 Low level difficulties
- 11–14 Mild distress
- 15–19 Moderate distress
- 20–24 Moderate-Severe distress
- 25–40 Severe distress

Severity Breakdown

Severity Range	Percentage
• Healthy	6%
• Low	6%
• Mild	11%
• Moderate	26%
• Moderate-Severe	17%
• Severe	34%

Key Findings

Most Clients Presented Within Moderate to Severe Distress Ranges.

The majority of clients accessing Earth Wisdom presented within:

- Moderate
- Moderate-Severe
- Severe distress ranges

Combined:

77% of clients fell within these higher distress categories.

This suggests that many individuals are accessing support whilst already experiencing substantial emotional and psychological strain.

Severe Distress Was the Largest Single Category

The largest severity category within the dataset was: Severe Distress (25 - 40) representing: 34% of all assessed clients.

This is significant.

The findings suggest that many individuals are reaching support after prolonged periods of coping with:

- emotional overwhelm
- relational difficulties

- chronic stress
- burnout
- grief
- trauma-related distress
- nervous system dysregulation

Average Distress Levels Were Clinically Significant

The average CORE-10 score across the dataset was: 20.4 placing the average client presentation within the: Moderate-Severe clinical range.

This suggests that many clients are arriving already carrying substantial emotional distress prior to beginning therapy.

Low Distress Presentations Were Comparatively Uncommon

Few clients fell within the:

- Healthy
- Low-level difficulty ranges

This suggests that Earth Wisdom is not primarily functioning as a low-level wellbeing or self-development service.

Instead, the assessment data indicates that the service is frequently supporting individuals experiencing significant emotional, relational and psychological difficulties.

Hidden Distress & Emotional Labour

One particularly notable pattern emerging across the assessment data is that many individuals presenting within moderate-severe and severe distress ranges were simultaneously:

- parenting
- caregiving
- working
- supporting others
- maintaining relationships
- functioning externally within day-to-day responsibilities

This suggests that significant emotional distress is often being carried privately and may not always be visible within outward functioning.

Many clients appeared to have spent prolonged periods coping alone before accessing support.

Relationship to Wider Assessment Themes

The CORE-10 findings strongly align with the wider presenting themes emerging across Earth Wisdom assessment sessions.

Recurring themes identified across the wider assessment analysis included:

- chronic anxiety and nervous system overwhelm
- trauma and relational wounding
- burnout and emotional exhaustion
- grief and loss
- neurodivergent overwhelm and masking
- loneliness and emotional isolation
- caregiving pressures
- shame and low self-worth
- difficulties accessing emotionally safe support

The quantitative CORE-10 data reinforces the qualitative assessment findings, suggesting a high level of coherence across the dataset.

Wider Implications

Preventative & Accessible Mental Health Support Appears Important.

The findings suggest many individuals are accessing support after prolonged periods of distress, overwhelm or emotional survival.

This reinforces the importance of:

- accessible counselling
- reduced-cost support
- trauma-informed practice
- neurodiversity-affirming approaches
- preventative community-rooted mental health support

Distress Frequently Appears Relational & Systemic

The wider assessment data suggests emotional distress is often connected not only to individual symptoms, but also to:

- trauma
- caregiving burden
- financial pressure
- relational difficulties
- emotional isolation
- neurodivergent exclusion
- long-term emotional labour

This highlights the importance of approaches that move beyond purely symptom-focused understandings of mental health.

Conclusion

The CORE-10 assessment data suggests that many individuals accessing Earth Wisdom are experiencing significant emotional distress at the point of referral and assessment.

Key findings include:

- an average CORE-10 score of 20.4
- 77% of clients presenting within Moderate to Severe distress ranges
- Severe distress representing the single largest severity category
- comparatively few clients presenting within low-level distress ranges

Taken alongside the wider assessment themes, the findings suggest that many individuals accessing Earth Wisdom are carrying:

- chronic overwhelm
- trauma-related distress
- burnout
- grief
- relational strain
- neurodivergent overwhelm
- emotional exhaustion
- long-term nervous system dysregulation

The data reinforces the importance of accessible, relational, community-rooted and trauma-informed mental health support that allows people to access meaningful therapeutic support before distress reaches crisis point.