

Earth Wisdom Ecotherapy Community Interest Company (EWECIC)

One-to-One Counselling Impact Report

At Earth Wisdom, we believe the voices of the people who access our services are the most meaningful measure of the difference we make.

This report shares the findings from the completed evaluations received from clients accessing our reduced-cost one-to-one counselling service. As more feedback is received, this report will continue to be updated, helping us learn, improve and demonstrate the impact of accessible, community-rooted mental health support.

Overall Experience

All clients rated their overall experience of counselling with Earth Wisdom as **Very Positive**, and every client said they would **definitely recommend** our service to others.

Overall Experience

- **100%** rated their experience as **Very Positive**
- **100%** would **definitely recommend** Earth Wisdom

The Therapeutic Relationship

The quality of the therapeutic relationship emerged as the strongest and most consistent theme throughout the evaluations.

Every client strongly agreed that they:

- Felt listened to and understood.
- Felt emotionally safe during sessions.
- Felt respected and accepted.
- Experienced a supportive and professional therapist.

Clients repeatedly described the relationship with their therapist as central to the progress they had made.

Reported Outcomes

Following counselling, every client reported positive changes in their wellbeing.

Clients reported improvements in:

- **100%** Improved emotional wellbeing
- **100%** Increased self-understanding
- **100%** Improved confidence

- **100%** Better coping strategies

Clients also described developing healthier boundaries, greater self-awareness and a deeper understanding of both themselves and those around them.

What Clients Told Us

Clients described the impact counselling had on their lives in their own words.

"I feel I understand myself better than I ever have. I am aware of the pressure I put on myself and have learned to say no."

"The service provided has changed many aspects of my life."

"I feel that I understand myself and those around me better."

"I am genuinely delighted with my progress."

"A truly positive experience, in a calm environment."

Barriers to Accessing Support

Before finding Earth Wisdom, clients described a number of barriers that had prevented them from accessing counselling.

These included:

- Cost
- Long waiting lists
- Anxiety or lack of confidence
- Transport and location
- Previous negative experiences of support

One client also identified a deeply personal barrier:

"Belief that I did not deserve help."

These responses remind us that making counselling accessible is about more than affordability. For many people, reaching out for support is a significant step in itself.

What We're Learning

Although these findings are based on our first evaluations, a clear picture is already beginning to emerge.

Clients consistently describe feeling listened to, understood, emotionally safe and accepted. These qualities appear to provide the foundation for meaningful therapeutic change.

Alongside improvements in emotional wellbeing, confidence, coping strategies and self-understanding, clients describe developing healthier boundaries, understanding themselves more deeply and making positive changes that extend beyond the counselling room.

As Earth Wisdom continues to grow, we remain committed to listening to the people who use our services. We will continue to publish anonymised evaluation findings, helping us remain accountable, improve our practice and demonstrate the impact of accessible, person-centred mental health support.