

FEMALE FOCUSED PSYCHOTHERAPIST

CATHERINE ASTA LABBETT

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A licensed Psychotherapist (and ex senior NHS strategist) who has been in private practice for 4 years, working **exclusively with women**, to transform them to full on disco ball sparkle, at all different life stages, specifically women who are struggling with:

- Anxiety
- OCD (Obsessive Compulsive Disorder)
- Depression
- Pre and post natal mental health issues
- Loss of identity (Who am I?)
- Relationships (should I stay or should I go?)
- Divorce and blended family life
- Abuse (emotional, physical, sexual)
- Trauma (particularly unresolved childhood trauma)
- The transition into motherhood
- Loneliness
- Love sickness
- Grief and loss
- Self esteem and confidence
- Happiness
- Career transition
- Burn out and stress
- Self sabotage
- Perfectionism
- Life as an entrepreneur
- Imposter Syndrome
- Online Trolling/work place bullying
- Being in the media, fame and the public eye.
- Resilience

AS SEEN AND HEARD IN....



CATHERINE ASTA LABBETT

BA (HONS) PGCERT MNCP

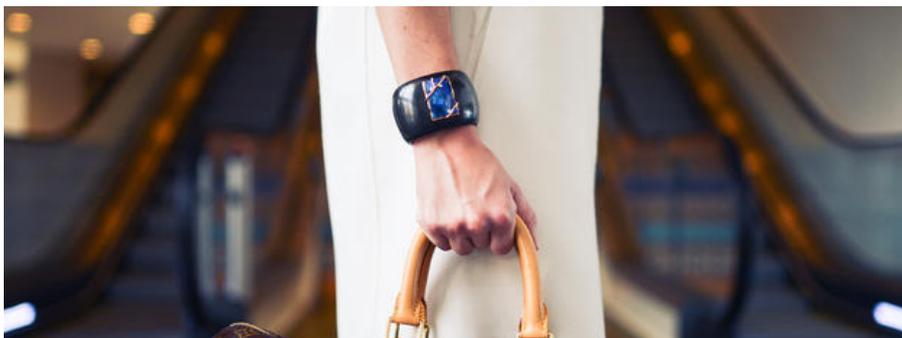
I have transformed 100's of women, and have clocked up 100's and 100's of hours inside the minds of women, and I love to share the fascinating insights of what I've learned across my social channels, over on my blog, on the radio and the media. I have featured on **BBC Business**, **CNN** and as an expert contributor in **Women's Health Magazine**, **Telegraph**, **Grazia**, **Boots Magazine**, **Huff Post**, **Virgin** and **BBC Radio**.

You can also find me as the **resident psychotherapist** on the Stephanie Hirst weekday show on BBC Radio Leeds and I was the **Founder of the award winning community 'Girl Tribe Gang.'** - I'm also mum and step-mum to 4 children ranging from a toddler, to one who is about to fly the nest to university.



ON THE BLOG

Insights from 100's and 100's of hours spent inside the minds of women.



HOW TO STOP GETTING IN YOUR OWN WAY



THE 2 WORDS THAT FEED YOUR ANXIETY



10 WAYS YOU CAN SUPPORT A DEPRESSED PARTNER



3 TIPS TO OVERCOMING PANIC ATTACKS



MEDIA

Whether it's talking about **shyness on BBC Radio 5 Breakfast** or a **live call in on BBC Radio Leeds about suicide**, after rocking up the air miles, this is my passion.

I've also guest contributed on issues such as **loneliness in Women's Health Magazine**, the **'sunday night dread' in Grazia** and have shared my **happiness hacks in Boots Health & Beauty Magazine**.

I've worked on campaigns with **Dame Kelly Holmes for national stress awareness week**, and offered my behavioural insights to agency **campaigns on subjects such as motivation**.

I've spoken on countless panels - my favourite one ever being at the **Marie Claire Magazine 'Future Shapers Live'** event in London in 2018.

Did I also mention that creating content that resonates is another thing I love to do. As a behavioural psychologist and a therapist who is a HUGE advocate of narrative psychology, telling stories, and curating content that connects with people is another passion of mine.

If you are looking for insight, or a speaker, or a contributor, or a content/campaign curator
I AM YOUR WOMAN.

Catherine Asta x

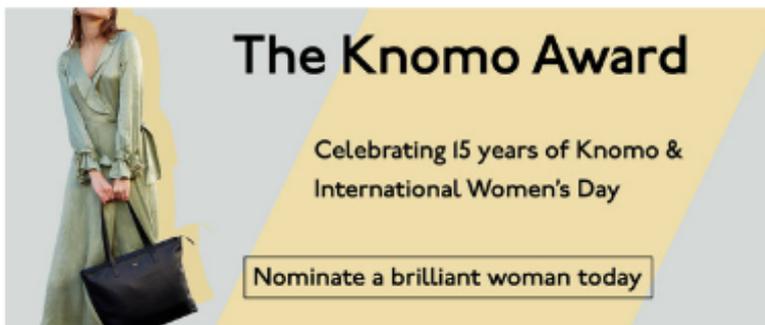
MY AWARDS



Yorkshire
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WOMEN'S
AWARDS 2018
- North
FINALIST



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The logo for FL National Awards & Summit 2019 features the letters 'FL' in a white box on a black circular background. To the right, the text 'SHORTLISTED REGIONAL FINALIST' is written in a small, pink font above 'NATIONAL AWARDS & SUMMIT 2019' in a large, bold, white font. Below this, the hashtag '#FLNationalAwards' is written in a small, pink font.

WORK WITH ME

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