

Personal Stories

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Complimenting the therapist

How chats with a St Michael's counsellor transformed the life of Katherine Preece

When Katherine Preece sought the guidance of a counsellor a year after her mum died at St Michael's, she couldn't have imagined the positive impact these chats would have on her life. "I was introduced to counsellor Polly Freer and we quickly built up a rapport, although after just three weeks our conversations had to be over the phone because of lockdown," said Katherine.

"These phone calls were probably my most profound experiences of that period. She helped me look at things from a different angle, and I really looked forward to our chats."

As a result of these conversations, Katherine felt brave enough to change her career path, leaving behind a stressful job where driving 1,000 miles a week was the norm, to one which allowed her to rediscover her love for art.

"Polly didn't tell me to do this, or do that, but her guidance has proved invaluable. It's been an incredible journey and I can't thank her enough. "I then had the confidence to retrain as a Holistic Massage Therapist and now have my own business in Malvern. I cannot imagine ever having achieved what I have without the support of St Michael's Hospice."

Katherine's link to St Michael's has since strengthened after she joined the Hospice's Complementary Therapy team, offering treatments including hand massage to patients. Polly's experience at St Michael's, meanwhile, has led to her setting up a counselling private practice called 'Here and Present'.

"If I hadn't worked with St Michael's for three years, I wouldn't have had the confidence or experience to go it alone, so I'm incredibly grateful," she said.



“ I cannot imagine ever having achieved what I have without the support of St Michael's Hospice. Katherine ”

For more about the Bereavement Support provided by St Michael's Hospice, call 01432 851 000

Polly Freer (left) and Katherine Preece