CLIENT EXPERIENCES

What clients say

23
REVIEWS

23 selected reviews and reflections about working with Aaron Whalen.

Somatic Experiencing · Folkestone, Kent · Online

These testimonials are presented in their original wording, including informal spelling and punctuation. The order is editorial: more detailed reflections on safety, trust, nervous-system regulation and personal experience come first.

These are individual experiences; people respond to therapeutic work in different ways. Reviews were drawn from the practice website and Google review screenshots.

aaronwhalen.co.uk

01 Jason Richard Lawrence

GOOGLE REVIEW / 5 STARS

“Working with Aaron has been one of the most supportive steps I’ve taken for my C-PTSD, anxiety, and chronic body pain.

From the first session, Aaron created a safe, calm environment where I felt listened to and understood. He has a grounded, gentle presence that made it easy for me to build trust — something I’ve always struggled with in therapy.

Aaron’s Somatic Experiencing work has helped me reconnect with my body in a completely new way. Instead of pushing through tension or feeling overwhelmed by anxiety, I’ve learned how to notice and gently unwind the patterns my body has held for years. As a result, I’ve experienced less pain, fewer anxiety spikes, and a deeper sense of stability and safety within myself.

I’ve felt real progress — not just mentally, but physically and emotionally. Aaron is compassionate, skilled, and truly dedicated to trauma-informed healing.

I’m grateful for his support and would recommend him to anyone dealing with trauma, dysregulation, anxiety, or chronic pain.”

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02 Lynn Chilcott

CLIENT TESTIMONIAL

“I arrived at Aaron's office in a state of high anxiety. After 18 months of feeling like this almost constantly, 3 therapists, psychiatry appointments, numerous doctors and doing all the right things (exercise, drinking water, nature, yoga, meditation, eating right etc etc etc) I felt desperate and was well past breaking point. I didn't really understand what was going on in my own body, I just knew I needed it to stop. Within minutes I felt a shift in my system, not a miracle, a small but important shift. Aaron seemed to pinpoint what was happening for me, and why, within just a few short conversations. There is still a way to go, but for the first time I feel, not just hope, but certain I will get well. Aaron is hugely knowledgeable but also incredibly human, HIGHLY RECOMMENDED.”

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03 Tom Eldon

CLIENT TESTIMONIAL

“I would highly recommend Aaron! I've been going through a difficult few years and have tried a few types of therapy, without much sustained benefit. However I've found Somatic Experiencing much more helpful in learning to regulate my nervous system. In a fairly short period of time, I've found myself much more comfortable with difficult sensations and this has given me enough resilience to start to make other lifestyle changes, such as exercising more frequently and eating more healthily. Most importantly, I've found it really easy to connect with Aaron, which I think is one of the most important things to consider when looking for a therapist. I've found it easy to share whatever I'm thinking / feeling, which hasn't always been the case with other therapists.”

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04 Rose Perry

CLIENT TESTIMONIAL

“Aaron has a deep understanding of trauma. He manages to gently acknowledge the tumult of thoughts and emotions then focus on the body and, through some alchemy, allow release of long held burdens, leaving you feeling clearer and lighter. He gave me safe space to understand what needed healing in me and then to let it go without having to tell all the painful old stories. I went to him after a traumatic car accident and ended up releasing a lifetime of reaction to abandonment and unmet needs. Highly recommended!”

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05 Victoria Smith

CLIENT TESTIMONIAL

“Aaron is both very knowledgeable & empathetic and I've found my sessions honestly invaluable. Having gone to him with some difficult stuff, deep rooted trauma and the resulting effect on my nervous system, I was only hoping to feel a bit better, but though it is a process, I feel stronger, calmer and more in touch with myself. I'm learning ways to calm my nervous system, increase my capacity to deal with life past and present, to notice and sit with the feelings in my body. I can't recommend him enough. He's a nice guy who really knows his stuff.”

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06 Stacie Collis

GOOGLE REVIEW / 5 STARS

“I am really pleased I found Aaron! I was struggling a lot with how reactive I was being with my children and how triggered I was all the time. In just a few sessions Aaron gave me a safe space to really feel what was underneath my reactive behaviour and to lean into it and feel all of it. I have tried every kind of therapy over the years but learning how to tune into all the stress from the past locked into my body has been the most transformative for sure. I feel much calmer and have space to chose my reactions to my children. I dont let other people's emotions effect me as much and most importantly I do not need anyone else to validate how I feel either. Thank you Aaron”

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07 Matt Black

CLIENT TESTIMONIAL

“I've tried a variety of different modalities of therapy over the years and felt that, while they helped flatten out some bumps at the time, they didn't really identify or address the root problem. Working with Aaron over the last twelve months has been truly eye-opening as I can literally feel things changing during our sessions and I've been encouraged by my ability to finally see things more clearly. Aaron's patient support has helped me to be able to regulate and ground my system more easily both during our sessions and when I'm on my own.”

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08 Mike Gillespie

GOOGLE REVIEW / 5 STARS

“I have worked with Aaron for 18 months now and can honestly say that he, and the work we've done together, has produced an incredible and truly transformational change in me and my ability to navigate life, addiction and my feelings. I can't recommend Aaron high enough.”

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09 Ella Clarke

GOOGLE REVIEW / 5 STARS

“I’m so glad I booked an appointment with Aaron & genuinely think it might have changed the trajectory of my life...for the better. I saw Aaron after the death of my mum & after realising I had a problem with alcohol. He was warm & welcoming but also constructively challenging. He helped me analyse my patterns of behaviour & change them. Can’t recommend him highly enough.”

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10 Prakriti Arora

CLIENT TESTIMONIAL

“Aaron is a very kind soul who is easy to talk to and feel comfortable with, he creates a very safe space in sessions which means you really get the most out of them. I have found that engaging in somatic work has helped me massively in maintaining a regulated system whilst working through uncomfortable and difficult situations. Aaron has helped to support through some difficult times whilst also encouraging and guiding me to make better choices for myself, which I’m very grateful for.”

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11 Tom Hilton

GOOGLE REVIEW / 5 STARS

“I’ve worked with Aaron on and off for a couple years and the improvements I’ve seen in my general wellbeing has been vastly noticeable since starting somatic therapy for complex ptsd. Aaron is very professional but also friendly and easy to get along with and we generally share some laughs in our sessions. Would not hesitate to recommend Aaron if you are struggling with nervous system dysregulation, emotional repression or any other somatic issues!”

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12 Alison Barker

CLIENT TESTIMONIAL

“I recommend somatic experiencing as a therapy, particularly for anyone dealing with identified or unidentified trauma. Aaron makes you feel safe and heard during the treatment. He’s using a powerful method of releasing trauma from the body and helps you to build resilience as part of the process. I found him to be expert, compassionate and a deep listener. I highly recommend him.”

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13 Sarah Jane

GOOGLE REVIEW / 5 STARS

“I had a course of SE with Aaron early this year. I felt safe in his presence. He attuned well to my nervous system. He has a wealth of practice and understanding to offer; and as I work deeper I shall return to attend to those early experiences I hold in my soma.”

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14 Katie Gudgeon

GOOGLE REVIEW / 5 STARS

“I had a couple of online sessions with Aaron during quite a challenging time. He made me feel at ease straight away, and I found the sessions to be quite powerful. Would recommend for anyone interested in exploring somatics as a way of processing trauma.”

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15 Jeremie Rodger

GOOGLE REVIEW / 5 STARS

“Aaron is a fantastic practitioner. I enjoyed working him, and he helped me out enormously. I was in a phase of my life where I was uncovering very difficult feelings, memories, and sensations, and Aaron's support in the sessions really helped me process and move through my experiences. Very healing. Very transformational. Very helpful. Aaron is a great guy with a great vibe. Thanks again Aaron!”

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16 Carmen Stoica

CLIENT TESTIMONIAL

“I met Aaron after a number of difficult years in which I struggled with a dysregulated nervous system. Aaron has kindly and gently guided me to reconnect to my body. During the sessions he has also helped me to identify unhealthy behavioural patterns that were sabotaging my well-being and happiness. I am extremely grateful to Aaron and highly recommend him!”

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17 Zuhair Mehrali

CLIENT TESTIMONIAL

“I've been working with Aaron for around a year now and my Somatic Experiencing journey has been really enlightening. My nervous system is certainly shifting in various ways and I appreciate Aaron's ongoing guidance, patience and kindness towards helping me feel more embodied and present. Highly recommend!”

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18 Katy Lewis

GOOGLE REVIEW / 5 STARS

“Aaron is kind, gentle yet firm and unlike many therapists I've previously worked with, he knows when I'm avoiding and guides me back to the uncomfortable places I need to revisit. Would highly recommend!”

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19 Emma Hanwell

CLIENT TESTIMONIAL

“I have tried so many therapies to help me deal with my past trauma that affects my life so badly and few have really helped .. but Aaron has been a shining light from the beginning. He truly creates such a safe supportive space. I feel already there have been shifts in my perception of things and so many wins that I would not have thought possible ... highly recommend him without hesitation xx”

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20 Maggie Boyle

CLIENT TESTIMONIAL

“Thank you Aaron for the patient, gentle and caring support. A life changing journey. I have learned how to regulate my autonomic nervous system. This has helped me overcome prolonged distress, made me more resilient and helped me enjoy life again!”

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21 Kathy Carter

CLIENT TESTIMONIAL

“Aaron kindly agreed to offer me some ad hoc Somatic Experiencing sessions, which shows his flexibility and customer focussed ethos. I found our sessions enjoyable and thought-provoking, and an important part of my self care process at the moment. I would fully recommend Aaron, and can vouch for his warm, non judgemental and welcoming manner.”

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22 Dh Manidhara

GOOGLE REVIEW / 5 STARS

“Although I only worked with Aaron for a few weeks, I found him to be very effective in what he does. I also felt very ‘seen’. For anyone wanting to discover more of what their body is holding from the past, I can wholeheartedly recommend him. I also appreciated his flexibility regarding the frequency of sessions etc.”

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23 Paul Simpson

GOOGLE REVIEW / 5 STARS

“Working with Aaron was really helpful through a time of struggle. Aaron is warm, listens well and adapted his approaches depending on my needs. I highly recommend.”

Thank you to everyone who has taken the time to share their experience.

If you would like to share feedback, visit aaronwhalen.co.uk.