



Bupa | Aviva | G.P. | Referral Sheet

Trauma-Informed Psychotherapeutic Counsellor • Maidstone, Kent • Online UK-wide

Name: Stania Frances Missing;

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Website: staniafrances.com;

Address: 8 Buckingham Drive Maidstone ME17 1GF;

Insurance Recognition:

- Bupa-recognised provider 30064046;
- Aviva-recognised provider 15503351;

About My Practice

I work with adults who are navigating trauma, abuse, and complex psychological presentations; My approach is relational; trauma-informed; and grounded in advanced clinical TA psychotherapy; with extensive CPD across trauma modalities; I provide a calm, steady therapeutic relationship where clients can understand their internal world, regulate distress, and rebuild psychological safety; Clients are often referred to me when they need:

- Stabilisation and safety-building;
- Support with trauma processing;
- Longer-term relational work;
- Help with complex, overlapping symptoms;
- A therapist experienced in abuse recovery;
- Structured, paced therapy beyond brief interventions;

Working With Adults (18+) who:

- Hold Bupa or Aviva insurance;
- Require trauma-informed therapy;
- Present with complex or layered symptoms;
- Benefit from weekly or twice-weekly sessions;
- Need depth-oriented, relational work;
- I also support employees accessing therapy through Bupa/Aviva corporate pathways;

Clinical Specialist Focus Areas

- Trauma (single-incident, developmental, complex);
- Abuse (domestic, sexual, emotional, childhood);
- Dissociation and fragmentation;
- Hypervigilance, panic, and anxiety;
- Depression linked to trauma;
- Workplace stress, burnout, and role-related distress;
- Attachment patterns and relational difficulties;
- Long-term recovery and stabilisation;

Therapeutic Approach

- Transactional Analysis psychotherapy (advanced clinical training);
- Trauma-informed and relational;
- Attachment-aware;
- Psychoeducation and stabilisation work;
- Modular, client-friendly resources;
- Collaborative pacing and safety-first practice;

Referral Pathways I welcome Client self-referrals using their insurance details and also Direct referrals from;

- GPs and Primary Care Networks;
- Private hospitals & medical centres (KIMS, Nuffield, Spire);
- Occupational health teams;
- Insurance case managers;
- Corporate wellbeing team;

Insurance Information Recognised and registered, I can invoice insurers directly once pre-authorised with:

- Bupa 30064046;
- Aviva 15503351;

Availability

- In-person sessions in Maidstone;
- Online sessions UK-wide;
- Daytime and limited evening appointments;
- Short-term and long-term therapy options;

Contact

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