

HOPE THERAPY & COUNSELLING SERVICES

PMDD Support

When two weeks of every month feel like a different life.

Qualified counsellors offering support for PMDD across England — online nationwide and face-to-face. Understanding the cycle's emotional impact is where things can begin to feel more manageable.

NCPS ORGANISATIONAL MEMBER

INDIVIDUAL & COUPLES SESSIONS

FROM £65

FREE 15-MIN CONSULTATION

UNDERSTANDING PMDD

You may have spent years wondering why you can feel so completely yourself — and then so far from yourself

"In the days or weeks before menstruation begins, emotional and physical symptoms can become severe enough to affect work, relationships, and the ability to function day to day. And then, as menstruation begins, the symptoms lift. Clarity returns."

This cyclical quality is one of the defining features of PMDD — and one of the most disorienting. Knowing, intellectually, that the feelings may pass does not make them easier to live with in the moment, or easier to explain to the people around you.

PMDD is a recognised condition listed in the DSM-5. It is not a weakness, an overreaction, or something you should simply push through.

WHY PMDD HAPPENS

An unusual sensitivity to normal hormonal changes

The exact cause is not fully understood, but current research points to an unusual sensitivity to fluctuations in progesterone and its metabolites, affecting serotonin systems in the brain during the luteal phase. This explains why symptoms are tied specifically to the two weeks before menstruation — and why they resolve once the cycle moves on.

The relationship between PMDD and counselling

Counselling cannot change the hormonal dimension of PMDD — that is a matter for your GP or specialist. What counselling can address is the significant psychological and relational weight that PMDD places on those who live with it, month after month: the grief of lost time, the impact on relationships, and the older patterns the luteal phase can activate.

Counselling works alongside medical treatment — such as SSRIs or hormonal therapies — rather than as an alternative. Your therapist will not advise on medication, but can complement whatever medical care you are receiving.

Professional registration: Hope Therapy & Counselling Services holds NCPS Organisational Membership. Hope Therapy does not diagnose PMDD — but our counsellors can offer a supportive space to explore the emotional and psychological impact of what you are experiencing.

BUILDING RESILIENCE AROUND THE CYCLE

The psychological and relational weight of living within the cycle

Many people find that the emotional intensity of the luteal phase activates older patterns — a heightened sensitivity to perceived rejection, a collapse in self-worth, fears of being abandoned or of being too much. These responses often have roots that go back further than PMDD itself. Counselling can help you understand why those responses arise and develop ways of relating to them differently, so they carry less weight when the cycle is at its hardest.

For those whose relationships are affected, working with a therapist can help both you and your partner move from a reactive, crisis-driven cycle to one where the pattern is understood, anticipated, and navigated together.

THERAPEUTIC APPROACHES

Three approaches — individually or with your partner

Counselling

A compassionate, non-directive space to explore the emotional experience of PMDD — including the grief, shame, or identity questions that living with a cyclical condition can bring. Develops self-awareness across the month. From £65.

CBT

Helps identify the thoughts and behaviours that intensify during the luteal phase and supports the development of practical coping strategies for managing emotional responses when symptoms are at their peak. From £65.

Couples Counselling

For couples navigating the relational challenges of PMDD together. Creates shared understanding of the cycle's impact and builds communication strategies for the harder weeks — reducing blame, building connection. From £85.

ALSO FROM HOPE THERAPY

PMDD Uncovered: Understanding the Storm Within

Written by Ian Stockbridge, founder of Hope Therapy, this guide offers clear explanations of PMDD, practical coping strategies, CBT and mindfulness tools, and personal stories from people living with the condition. A useful companion to therapy — or a first step before reaching out. Available at hopefulminds.co.uk.

HOW THE PROCESS WORKS

Taking the first step

1 Free 15-minute consultation

A brief, relaxed conversation. We listen to what is going on and explore whether counselling could help — for you individually, or as a couple. No pressure, no obligation.

2 Matched with a therapist

We carefully match you with one of our 90+ qualified therapists based on your needs. If the fit doesn't feel right, we'll find someone else at no extra cost.

3 Your first session

Your therapist takes time to understand your situation and what you are hoping to work on. There is no rush and nothing you have to share before you are ready.

WHAT OUR CLIENTS SAY

Client experiences

“

For the first time I felt like someone understood — not just the symptoms, but the grief of losing two weeks of every month. My therapist helped me make sense of the pattern and stop blaming myself for it.

CLIENT — PMDD SUPPORT

“

My partner and I did a few sessions together after my diagnosis. It changed how we both talked about the hard weeks. We stopped seeing it as a relationship problem and started managing it together.

CLIENT — COUPLES COUNSELLING FOR PMDD

“

Being able to do sessions online meant I could get support even during the worst days when leaving the house wasn't realistic. I'd recommend Hope Therapy to anyone struggling with PMDD.

CLIENT — ONLINE PMDD COUNSELLING

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

Is PMDD a real condition, or just severe PMS?

PMDD is a distinct, recognised condition listed in the DSM-5 — not simply a more intense version of PMS. The severity, cyclical pattern, and impact on daily functioning set it apart. Symptoms are severe enough to significantly affect relationships, work, and quality of life. Hope Therapy does not diagnose PMDD, but can offer a space to explore its emotional and psychological impact.

Can counselling help if I'm already receiving medical treatment?

Yes. Counselling works alongside medical treatment — such as SSRIs or hormonal therapies — rather than as an alternative. Many people find that developing coping strategies and understanding the emotional impact of PMDD is valuable in addition to medical support.

Can my partner attend sessions?

Yes. We offer both individual and couples counselling for people affected by PMDD. Many couples find it helpful to attend together — it creates shared understanding and a space to develop communication strategies for the harder weeks. Individual sessions are equally valuable if you would prefer to work on your own experience first.

Is PMDD counselling available online?

Yes. All our counsellors offer sessions online via Zoom or telephone. Many people find online counselling easier to access from home during the luteal phase, when leaving the house can feel particularly difficult. Support is available anywhere in the UK.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service. If in immediate danger: **999** · **Samaritans: 116 123** — Free, 24hrs · **SHOUT: text 85258**

Understanding the cycle's emotional impact is where things can begin to feel more manageable.

Hope Therapy & Counselling Services offers individual counselling, CBT, and couples counselling for PMDD — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

PMDD Uncovered: Understanding the Storm Within — written by Ian Stockbridge, founder of Hope Therapy. Clear explanations, CBT and mindfulness tools, and personal stories. Available at hopefulminds.co.uk. Also: **The Talk Room Podcast** on Spotify and YouTube.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Hope Therapy does not provide clinical diagnosis. Results vary between individuals; we do not guarantee specific outcomes.