

AWARD-WINNING SUPPORT FOR
THE LEGAL PROFESSION

Bespoke support for lawyers...

because we've walked in your shoes.

Working in a high-pressure legal environment takes a toll. It's why organisations seeking the highest possible standards from their legal teams always prioritise them with the highest standards of support.

And that's exactly where TCC comes in.

Founded by Annmarie Carvalho - author, therapist and former lawyer - we're a team of therapists, coaches and trainers. Most of us are former lawyers working with solicitors and barristers across family, medical negligence, catastrophic injury, private client, employment, criminal and corporate law.

We've lived the pressures of the legal world, and built a practice around supporting the people who bear them.

Now we work in partnership with the UK's top law firms and chambers, delivering support that understands your people and the dynamics of the legal world.

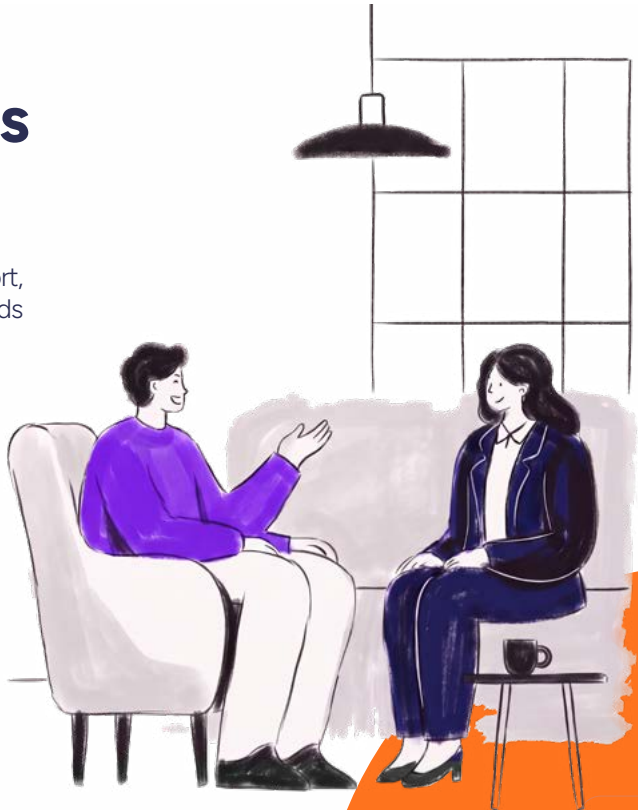


Therapy for Individuals and Couples

Well-known across the profession for flexible, practical support, we know only too well that working in the legal sector demands resilience, precision and performance, often at a real cost to your own wellbeing.

Our therapists and coaches each bring a different style and specialism, united by a single mission: supporting the 'copers' - legal professionals whose careers leave little room to ask for help.

Our therapeutic practice also includes couples work and specialist support for children, teenagers and neurodivergence.



Reflective Practice

The pressures of legal work don't stop when you close the files - working with stressed, distressed or traumatised clients takes its own toll. Reflective practice gives you a dedicated space to discuss and process what you take on.

Reflective practice is a vital mental health maintenance service for lawyers - helping your people work ethically and effectively, while staying balanced. Sessions run individually or in groups, in close partnership with law firms, chambers and charities.





Coaching

Coaching gives you the space to step away from the pace of day-to-day work, zoom out, and think clearly about where you are and where you're heading - often at transitional moments, like the lead-up to partnership or a return from parental leave.

There's no fixed formula, and no expectation that a coach will simply hand you answers. As former lawyers ourselves, that's not what we're about. Instead, the process builds better thinking, greater awareness and more considered action.

We also offer specialist ADHD and ASC coaching, helping clients harness their strengths at work.

Training

Vulnerable or suicidal clients. Trauma. Difficult supervision scenarios. Resistant clients. Neurodiversity. Whatever your people are facing, our award-winning, CPD-accredited training gives them the psychological understanding and practical tools to manage it - and stay sane themselves.

Led by former lawyers, our training is tailored to your people and the specific challenges they face. Delivered remotely or in person, our interactive tools and real experience make sure your people are always engaged.



One Consultancy. Multiple Ways to Support Your People.

Therapy • Reflective Practice • Coaching • Training

"As one delegate said, 'I need Annmarie in my life!' She manages to cover really difficult subjects with compassion and humour – it made our roles seem more doable, and all the more important."

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Why TCC?

Every organisation's needs are different. Our support team will help you combine therapy, coaching, training and reflective supervision into whatever mix works best.

Support Made Easy

Flexible booking, online or in person. Sessions don't need to fall at the same time each week - we work around your schedule.

It Starts With a Conversation

If you'd like to explore the options, get in touch.

support@carvalhotherapy.com →

Book a Session →