



COMMUNITY RELATIONSHIP & WELLBEING SERVICE

Family, Couples & Individual Support Sessions

A confidential, culturally aware and faith-sensitive space for family, couples and individuals.



Open to everyone — Muslim, other faiths and no faith

Faith can be included when it matters to you. It is never imposed.

START WITH A FREE 15 MINUTE TELEPHONE CONSULTATION

Family, Couples & Individual Support Sessions

Understand patterns. Strengthen relationships. Move forward with care.

A confidential, culturally aware space for individuals, couples and families.

Sessions are informed by systemic practice: looking at relationships, communication, family history, life pressures, culture and values together – rather than treating one person as “the problem”.

Open to everyone

Muslim ■ Other faiths ■ No faith

Faith-sensitive reflection is available when it is meaningful to you; it is never imposed.

MRS MÜCAHIDE GÜNGÖRDÜ

**Family & Couples
Systemic Practitioner**

- Accredited professional training in Systemic Practice
- Advanced Family & Systemic Psychotherapy training in London
- Qualified & certificated 'Alimah (Islamic scholar)

Fully insured ■ English & Turkish

Start with a FREE 15 minute telephone consultation

Per session cost

- Wednesdays
- Edullect Academy, Romford
- £45 per 60-minute session
- Afternoon appointment by arrangement

Enquire and book free session

Wellbeing@EdullectEndowment.com

Free booking link:

<https://qrco.de/wellbeingssession>



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Relationships affect how we feel, cope and grow

Seeking support does not mean a relationship has failed. It can be a practical way to understand what is happening, reduce unhelpful cycles and make thoughtful choices before difficulties become entrenched.

10% of children in couple-parent families had at least one parent reporting relationship distress in the 2021–22 survey period. DWP, published 2025	20.3% of children aged 8–16 in England were classified as having a probable mental disorder in the 2023 survey. NHS England Digital	25 years of research reviewed by the UK professional association found strong evidence for systemic couple therapy across relationship distress and several related difficulties. AFSP/AFT
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What are Family, Couples & Individual Support Sessions?

A dedicated, confidential space to slow down and look at what is happening between people – and around them. Sessions can support an individual seeking clarity, a couple wanting to reconnect, or family members trying to navigate complex dynamics together.

Communication and relational support can help people name patterns that are difficult to see from inside the relationship, hear one another differently, develop communication tools and make more intentional choices.



You may come for support with:

- Communication that keeps breaking down
- Recurring arguments, distance or silence
- Trust, repair and emotional connection
- Parenting pressures or parent–child strain
- In-law, extended-family or intergenerational tension
- Marriage, separation, relocation, bereavement or other transitions

Who can benefit?

- Individuals exploring how family experiences affect current relationships
- Couples at different stages of a relationship or marriage
- Parents, children and young people, where appropriate
- Families of different structures and generations
- People who live together or apart but want to strengthen, develop or repair an important relationship

Areas we can explore together

Couples & marital relationships Communication, conflict, rebuilding trust, emotional connection, shared expectations and navigating change together.	Family dynamics & conflict Misunderstandings, household patterns, sibling or extended-family tensions, empathy and respectful ways of relating.
Parenting & youth support Parenting challenges, behaviour changes, developmental transitions, intergenerational differences and stronger parent–child connection.	Life transitions & stress Marriage, parenthood, loss, relocation, illness in the family, separation or other disruptions and adjustments.
Family of origin & intergenerational patterns How relationships with parents, in-laws, siblings and earlier family experiences may shape current expectations and reactions.	Individual relational wellbeing Emotional triggers, identity, self-understanding, boundaries, values and how you want to relate to others going forward.



Meet Mrs Mücahide Güngördü

Family & Couples Systemic Practitioner ■ Qualified Islamic Scholar ■ English & Turkish ■ Fully insured

Professional systemic training and clinical experience

Mrs Mücahide completed accredited professional training in Systemic Practice in London, recognised by the Association for Family Therapy and Systemic Practice (AFT, UK). This gives her a relational framework for working with individuals, couples and families by paying attention to communication, repeated interaction patterns, wider family relationships and the social and cultural contexts around a difficulty.

She is currently completing advanced clinical training in Family and Systemic Psychotherapy at the Institute of Family Therapy in London, on a programme accredited by the UK Council for Psychotherapy (UKCP). As part of that training, she gains supervised clinical experience within NHS Child and Family Services and specialist family therapy clinics, alongside private practice work.

Her systemic work is especially relevant to family and community settings. It includes work with parents and family groups, one-to-one support, parent education, staff consultation and strengthening school-home collaboration. Her role materials also emphasise confidential record keeping, professional boundaries, preparation, reflective practice and working within training scope under clinical supervision.

She works with people experiencing couple and marital strain, parenting and youth difficulties, intergenerational tensions, family-of-origin patterns, life transitions and the impact of culture, values or faith on relationships. She is fully insured for her professional practice.

Relevant professional strengths

- Accredited Systemic Practice training recognised by AFT
- Advanced Family & Systemic Psychotherapy training at the Institute of Family Therapy
- Supervised clinical experience in NHS child/family and specialist family therapy settings
- Experience working with individuals, couples, parents and family systems
- Parent education and school-family consultation experience
- Confidential records, professional boundaries and reflective practice
- Works within scope and clinical supervision
- Fully insured professional practice



Islamic education, teaching and faith literacy

Alongside her systemic training, Mrs Mücahide is a qualified and certificated Islamic scholar. She holds both a Bachelor's and a Master's degree in Islamic Theology and brings nearly 15 years of experience teaching Islamic sciences to children, young people and adults. This background gives her a strong understanding of how faith, family expectations, identity, community, marriage and intergenerational relationships may interact – while recognising that each person, family and faith journey is different.

Relational expertise

Looks at patterns between people, not just symptoms within one person.

Cultural & faith literacy

Can understand religious and cultural language without making assumptions about what a client believes.

Inclusive practice

Works with Muslim, other-faith and non-religious clients, adapting the conversation to what matters to them.



What “faith-sensitive” means in practice

Faith-sensitive practice means that beliefs, values and spirituality can be included when they are meaningful to you – without turning the session into religious instruction or assuming that faith is the cause of a difficulty. The same respect applies to clients who are not religious.

For Muslim clients

You can bring questions about faith, marriage, family expectations, modesty, religious practice, identity or community context without having to explain basic Islamic concepts. Where helpful, Islamic values can be part of reflection. Mrs Mūcahide's Islamic scholarship helps her understand the language and context, while the therapeutic conversation remains focused on your relationships and goals.

For clients of other faiths

Your beliefs and spiritual practices can be treated respectfully as part of your identity, meaning and relationships. Mrs Mūcahide's theological background supports curiosity about faith and sacred values without assuming that different traditions are the same or imposing Islamic interpretations.

For non-religious clients

Systemic practice does not require religious content. Sessions can focus entirely on relationships, communication, family history, culture, values and practical change. Faith is included only if you want it to be.

What you can expect from Mrs Mūcahide’s way of working

Curiosity, not assumptions Your story is explored rather than fitted into a cultural or religious stereotype.	More than one perspective Where several people attend, each voice can be heard and the relationship pattern considered as a whole.	Values with consent Faith, spirituality or values are included only to the extent that you find them useful.
Practical relational focus Sessions can translate insight into clearer communication, boundaries, repair and new responses.	Respect for difference Different beliefs within the same couple or family can be discussed without requiring agreement.	Professional accountability Work is within her current systemic training scope, under clinical supervision, with confidential records and full insurance.
Professional transparency: Mrs Mūcahide is a Systemic Practitioner undertaking advanced qualifying-level training in Family and Systemic Psychotherapy. Sessions are delivered within her current scope of training and professional/clinical supervision. She is fully insured for her professional practice.		

What to expect

You do not need to arrive with the “right words” or a complete explanation. The first task is simply to understand what you hope will be different and whether this service is a suitable fit.

Your route into support

01	Free consultation A complimentary 15 minute telephone conversation to hear what is happening, answer questions and consider whether these sessions are appropriate.
02	Agree a focus Together you identify what you want to understand, repair, strengthen or change. You can discuss whether sessions are individual, couple or family-based.
03	60-minute sessions Sessions explore patterns, perspectives, emotions, values and context, and may include practical communication, boundary or reflection work between meetings.
04	Review progress Goals are revisited. You consider what is changing, what remains difficult and whether to continue, pause, conclude or seek a different kind of support.

What sessions may help you build

Emotional clarity Recognise needs, triggers and the influence of earlier family experiences.	Stronger communication Express concerns more constructively and listen with greater understanding.	Healthier boundaries Find respectful limits that protect wellbeing without automatically cutting off connection.
Cultural & values harmony Navigate expectations around heritage, faith, identity and contemporary life with more choice.	Relational resilience Develop ways of problem-solving together during future change or stress.	Repair & reconnection Create space for accountability, empathy, trust-building and new relational patterns where possible.
Safety and suitability This is not an emergency or crisis service. If there is domestic abuse, coercive control, fear or an immediate safety concern, please raise this at consultation so safe options or specialist support can be considered. If someone is in immediate danger, call 999.		

Booking and session information

Initial consultation FREE 15 minutes by telephone	Paid session £45 60-minute each session	Main availability WEDNESDAYS 10:00am – 2:00pm
Afternoon option BY ARRANGEMENT 4:30pm – 5:30pm	Venue ROMFORD Edullect Academy London Melville Court, Spilsby Rd, Romford, Essex, RM3 8SB	Cancellation 24 HOURS Less notice: full fee

Booking for initial consultation session

BOOK A FREE CONSULTATION

Telephone consultation only

- Email: Wellbeing@EdullectEndowment.com
- Free Booking Link:
<https://qrco.de/wellbeingssession>



 **Scan Me**

Booking for regular family, couples and individual sessions

SUPPORT SESSION BOOKING

Face-to-face onsite session

Foundation contact: Mrs Aysha Rahman

- Wellbeing@EdullectEndowment.com
- **Location:** Edullect Academy Independent School, Melville Court, Spilsby Road, Romford, Essex RM3 8SB

Regular bookings are organised directly with Mrs Mucahide Gungordu after the free consultation. Payments are organised by Edullect Endowment Foundation

Community partnership

About Edullect Endowment Foundation



Edullect Endowment Foundation (EEF) is a UK-registered Charitable Incorporated Organisation (Charity No. 1210673) with a community-focused mission: using education, partnership and practical support to strengthen people, families and communities. Its work is organised through

projects and collaborations that improve access to education, support families facing financial hardship, develop learning opportunities and community infrastructure, and promote ethical, faith-informed service and social cohesion.

The Foundation works with partners such as Edullect Academy to turn that mission into accessible community services. Current and developing initiatives include school development and hardship support, adult learning, community engagement and networking, educational and technology projects, and wellbeing-focused services. Families, Couples & Individual Support Sessions sit within this wider commitment to healthier families, stronger relationships and resilient communities.

About Edullect Academy Independent School



Edullect Academy London is the first school in Edullect Academy's planned expanding network. It is an exclusive academically focused school with strong universal (Muslim) ethos. The London school launched its first cohort in September 2025, with Phase 1 focused on Nursery, Reception

and Primary provision. It is a mixed independent (Islamic) faith school in Havering, open to families from all backgrounds and built around academic ambition, character, values and partnership with families. The school is now developing Phase 2 of its project to establish Secondary School and Sixth Form provision, while the wider Edullect vision is to grow into additional branches and communities.

Edullect Academy London

- Melville Court, Spilsby Road, Romford, Essex RM3 8SB
- Info@EdullectAcademy.co.uk
- 017 0820 0622
- <https://London.EdullectAcademy.uk>



“The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever.”

(Prophet Muhammad, pbuh)



Edullect Endowment Foundation

Serving the community in partnership with



Edullect Academy Independent School

ENQUIRE AND BOOK

Wellbeing@EdullectEndowment.com

www.EdullectFoundation.com