

Counselling

We offer counselling to people who are facing a wide range of difficulties or challenges such as:

- bereavement or loss.
- isolation, anxiety or depression.
- stress of work or in the home.
- difficulties in family or intimate relationships.

Counselling is also available for people who want to explore their own potential for personal change or growth.

How can counselling help?

Counselling gives you the opportunity to:

- talk over your situation in confidence
- reach a better understanding of your difficulties
- decide on the best way forward for yourself

Who are the counsellors?

All our counsellors have completed or are undergoing advanced counselling training—and have supervision and support for their practice. They are trained in a variety of counselling and psychotherapy models. The counsellors give their time voluntarily.

The Service

Mindspace pk is an organisational member of COSCA (Counselling and Psychotherapy in Scotland), works to its code of ethics and practice, and is proud to be on their register of recognised organisations.

Appointments

The counselling service has an appointment system. We aim to offer the initial appointment soon after you contact us.

You would then have the opportunity to:

- Discuss your concerns
- Hear about what counselling and psychotherapy could offer you
- Find out how the service works
- Talk over whether you think counselling or psychotherapy is for you.
- Discuss suitable appointment times for you.

If both you and we consider that counselling would be helpful for you your name would be placed on our waiting list.

We generally offer up to 20 sessions, although you can return for further sessions after a break of 6 months. The sessions last for 50 minutes and ideally you should be prepared to be available on the same day/time each week for the duration of the counselling. Sessions are held at our premises in York Place.

How much will it cost?

Your initial appointment will be free of charge. Should you decide to opt in for counselling you will be invited to make a donation as a contribution towards the professional expenses of our volunteer counsellors.

Choice Service

We also have a Choice Service, with little or no waiting list, that costs £25 per session.

We can also provide a list of counsellors in private practice in the area.

Cancellations

We know that it is sometimes necessary to cancel appointments. However as far as possible we expect and hope that appointments will only be cancelled or changed when absolutely necessary. Regular attendance for counselling sessions is an important part of the commitment to the counselling process especially if the issues being discussed are difficult ones for you. If you cancel or fail to attend appointments on several occasions your counsellor will want to discuss the situation with you.

Office hours

Our counselling hours are:

Monday to Friday 9.00 a.m. - 5.00 p.m

Later appointments may be available.

To book your initial appointment, please fill in the enclosed form and return to:

Mindspace pk
51 York Place
Perth
PH2 8EH