

## CRAMOND MEDICAL PRACTICE



2 Cramond Glebe Road Edinburgh EH4 6NS

# COUNSELLING IN EDINBURGH

Contacts, Methods, Modalities & Information

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### **Counselling Methods and Modalities available in Edinburgh<sup>1</sup>**

#### **Introduction**

*Apart from an initial list of counselling ‘agencies’ in Edinburgh, this is also a summary of the main therapeutic orientations used in psychotherapy, counselling and the ‘talking therapies’, including those that may be used by these various Edinburgh agencies. The majority of voluntary agencies offer counselling that is called: ‘Person Centred’; however, you may also be offered: ‘Psychodynamic’, ‘Gestalt’ and/or ‘Integrative’ approaches: however, within the NHS, ‘Cognitive Behavioural Therapy’ (CBT) or variations of it, are more common.*

*It should be noted that due to the constraints of funding and waiting lists, many agencies are generally only in a position to be able to offer their clients a specific orientation, for a specific purpose, and only for an increasingly limited period of time.*

*It may be also worth noting that not one of these methods has been proven to be better than any or all of the others: some are good for some situations (and for some people); others work better in different situations, or with different client groups. What has been shown over and over is that the most effective factors in counselling and psychotherapy are: (a) the quality of the relationship between the client and therapist; and (b) the level of the client’s motivation.*

*This outline includes extracts from a draft publication by Mind (National Association for Mental Health), as well as information from the NHS Lothian L-PIN Guide to Self Help and Talking Therapies, and information from various other websites related to the different modalities. There is no significance to the order in which these methods or modalities appear.*

## Edinburgh Counselling Agencies

**24hr Crisis Centre:** Tel: 0808 8010414; Email: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)  
A crisis centre for people aged 16 and over, resident in Edinburgh

**Action for Children:** Tel: 0131 466 4600; Email: [hype@actionforchildren.org.uk](mailto:hype@actionforchildren.org.uk)  
Supporting young people experiencing difficulties with drugs, alcohol or volatile substance use. 18 or under; in/from Edinburgh; self-referral or by parent/friend/worker; one-to-one and family counselling & support. Free.

**Arkordia Counselling and Psychotherapy Service:** Tel: 0131 662 6512; Email: [mail@arkordia.org](mailto:mail@arkordia.org)  
General counselling to assist individuals to explore and resolve whatever difficulties are being experienced; negotiated donations from £10 upwards per session.

**Birthlink Adoption Counselling Centre:** Tel: 0131 225 6441; Email: [mail@birthlink.org.uk](mailto:mail@birthlink.org.uk)  
After Adoption services. Contact Registration £20; £0 If on benefits; First counselling appt: £35/hr; Court process: £35; Mediation: £50.

**Bright Light:** Tel: 0131 556 1527; Email: [askus@bright-light.org.uk](mailto:askus@bright-light.org.uk)  
Relationship/Marriage/Sex Counselling; Family therapy; young people's therapy (4-18); Contributions negotiable in line with income.

**CAMHS (Child & Adolescent Mental Health Service):** Tel: 0131 537 6364; CAMHS provides psychological, medical and psychosocial assessment and treatment for children and young people with mental health problems. CAMHS aims to promote health and well-being and to prevent relapse by offering a range of individual, family and group approaches. Free.

**Chalmers Sexual Health Centre:** Tel: 0131 536 1070:  
Lothian Sexual Health provides reliable and straightforward information about sexual health & services for people in Lothian. You can access support, services and information on contraception, pregnancy, sexually transmitted infections (STI) and sexual problems. You can find out more about the clinics provided in Chalmers Sexual Health Centre, including the new drop-in service for under 19's Healthy Respect+. Free.

**CoCo Counselling:** Tel: 07787000251; Email: [info@cocoed.org.uk](mailto:info@cocoed.org.uk)  
We offer indoor and outdoor person-centred counselling to all clients over 16. We ask all clients for a regular contribution for each session based on what they can afford.

**Contact Counselling:** Tel: 0131 466 4597  
One-to-one counselling; Children and Young People's Counselling; Family Counselling; Post Natal Depression Counselling. Fees depending on income from £25.

**Crew 2000:** Tel: 0131 220 3404; Email: [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)  
Drug Counselling; Free.

**Crossreach Counselling: Lothians:** Tel: 0131 552 8901; Email: [ccl@crossreach.org.uk](mailto:ccl@crossreach.org.uk)  
Generic Counselling for children and adults (excluding addictions). Contributions encouraged/negotiable in line with income. Fast track service available - £40 per session.

**Cruse Bereavement Care Scotland:** Tel: 0845 600 2227; Email: [edinburgh@crusescotland.org.uk](mailto:edinburgh@crusescotland.org.uk)  
Bereavement counselling; Contributions encouraged; can arrange home visits.

**Dads Rock Free Counselling:** Tel: 07542074165; Email: [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk)  
Counselling service for mums, dads and other care givers. Free.

**Edinburgh and Lothian Council on Alcohol:** Tel: 0131 337 8188; Email: [elca@btconnect.com](mailto:elca@btconnect.com)  
One-to-one counselling for people concerned about their alcohol intake or another's use of alcohol. Free. Donations welcomed.

**Edinburgh Gestalt Institute:** Tel: 0131 228 3841; Email: info@egi.uk.com  
Gestalt Psychotherapy, counselling and supervision. Variable according to practitioner. £40/£50 per hour. Some reduced rate therapy offered.

**Institute for Counselling & Psychotherapy:** Tel: 0131 667 5251; Email: enquiries@eicp.org.uk  
Individual and couple counselling; Counselling and Psychotherapy for individuals. Fees: £45: Individual; £65: Couples.

**Edinburgh Women's Aid:** Tel: 0131 315 8110 / 0131 315 8111; Email: info@edinwomensaid.co.uk  
No Counselling but listening and Information Service. Free.

**FENIKS Counselling, Personal Development and Support Services Ltd:** Tel: 075 101 224 25  
Email: info@feniks.org.uk. Provides psychological support in Polish and English for Central Eastern European community in Edinburgh. From £25 per session: For people who cannot afford That, we ask from 0 to £15

**Gay Men's Health:** Tel: 0131 558 9444; Email: counselling@gmh.org.uk  
Individuals and couples therapy for gay and bisexual men on any issue.  
Short and long term. Free / By donation.

**Gingerbread Edinburgh & Lothian Project Ltd:** Tel: 0131 478 1391 / 07825 925 846  
Email: gingerbread@wwmail.co.uk. Lone Parent Families. No counselling, but listening and information service. Free.

**Health All Round:** Tel: 0131 337 1376; Email: info@healthallround.org.uk  
Drop-in/self-referral for short term counselling. Gorgie/Dalry and wide surrounding area. We request a minimum contribution of £5 per session.

**Health in Mind:** Tel: 0131 225 8508 Email: information@health-in-mind.org.uk  
**Craigmillar counselling** – this is a general counselling service for people living in Greater Craigmillar, who are finding life difficult to cope with and would like some emotional support.  
**Trauma counselling** – this is for people in Edinburgh who have experienced childhood sexual abuse.  
**Telephone Counselling Line Scotland** – telephone counselling for adults anywhere in Scotland who have experienced any type of childhood abuse, including emotional abuse and childhood neglect.  
**Information service** – signposting to help people find services, information, and activities to help them keep well. Free; donations gratefully accepted. Ability to pay does not affect your eligibility.

**Health Opportunities Team:** Tel: 0131 468 4600; E-mail: info@health-opportunities.org.uk  
Drop-ins to young people between the ages of 13-18 in Gracemount at The Mansion (Thurs 7-9pm), at The Inch Community Sports Club (Wed 4:30-6:30pm), in Portobello Library (Wed 4:30-6:30pm) and in Craigmillar at the HOT Office, 1a Queen's Walk (Thurs 3:45-6:00 pm).

**Hope Park Counselling Centre:** Tel: 0131 650 6696; Email: counselling@hopepark.org.uk  
Individual Counselling for Adults in Edinburgh; Contribution £20-£30 per session and initial appointment

**Human Development Scotland:** Tel: 0131 229 5465; Email: counselling@hdscotland.org.uk  
Psychodynamic counselling and psychotherapy services for individuals and couples. Adults, children and young people. Self-referral. Assessment and Sessions £40-£50.

**LGBT Health & Wellbeing Counselling Service:** Tel: 0131 523 1106; Email: admin@lgbthealth.org.uk  
One to one counselling/psychotherapy for LGBT people. Therapeutic workshops and group work. Free (Donations welcome).

**Lifeline Scotland:** Tel: 0131 557 2060 / 07904 499 320; Email: info@lifelinescotland.org.uk  
Counselling for pregnancy, miscarriage, termination and fertility issues. Free.

**Link Living:** Tel: 0845 002 0819:

We offer a range of counselling services, including art therapy & person-centred counselling, to: Young people; People with mental health needs; People with learning disabilities; Homeless people; People with addictions; Offenders; People with physical disabilities; Older people; & Self Directed Support and we work in Edinburgh, Kirkcaldy & Fife. Sessions are £30.

**Mental Health Assessment Service:** Tel: 0131 537 6000

Emergency mental health assessment service at the Royal Edinburgh Hospital. Free.

**Midlothian Young People's Advice Service (MYPAS):** Tel: 0131 454 0757: Enquiries@mypas.co.uk

Generic counselling and Art Therapy within Midlothian for young people ages 12-18; Self-referral or by agreement with young person. Free.

**North East Edinburgh Counselling Service:** Tel: 0131 557 4478; Email:

neescounselling@btconnect.com. This is: a general counselling service for adults resident in North East Edinburgh area. Self-referral: We also offer a service for 16-25 year olds at risk of harm. Sessions provided by individually agreed voluntary contribution or free of charge as required.

**One Parent Families Scotland:** Tel: 0131 556 3899 Helpline: 0808 801 0323; Email: info@opfs.org.uk

No funding for Counselling; Offers a listening service for Lone Parent Families. Free.

**Open Secret:** Tel: 01324 630 100; Email: info@opensecret.org

One-to-one counselling for adult (18+) survivors of childhood abuse/trauma, including sexual abuse, physical abuse and neglect. Free.

**PF Counselling Service:** Tel: 0131 447 0876; Email: info@pfcounselling.org.uk

General counselling: Individuals over the age of 18; No set fee. Contribution negotiated and encouraged based on what client genuinely can afford.

**Pilton Community Health Project:** Tel: 0131 551 1671; Email: admin@pchip.org.uk

Counselling for adults resident in Greater Pilton. Self-referral, free crèche. Counselling for students at Broughton and Craigroyston High Schools.

**Postnatal Depression Services:** Tel: 0131 538 7288; Email: pnd@crossreach.org.uk

Counselling & support for families with a baby under 2 years of age where a parent suffers from Postnatal Depression. Services include: Individual, Group & Couples Counselling; Art Therapy; Family Therapy; Infant Massage; Fathers' Groups; Telephone Support; With crèche facilities at all. Sliding scale with £10 min charge. NB. No one will be turned away due to inability to contribute.

**Saheliya:** Tel: 0131 556 9302; Email: info@saheliya.co.uk

Individual Counselling and Art Therapy for Black and Minority Ethnic girls/women aged 12 plus in different BME languages. Free Crèche. Free. Donations welcome.

**Samaritans:** Tel: 0131 221 9999 / 08457 90 90 90; Email: jo@samaritans.org

Telephone counselling and support, especially for those who feel suicidal or at risk. Open door 9am - 10pm, 7 days a week. Free.

**Simpson House Counselling and Recovery Service:** Tel: 0131 225 6028/ 225 1054 Email:

simpsonhousecounselling@crossreach.org.uk: We counsel adults affected by past or present drug use or adults affected by a family member/friends' drug use. We have one SMART group per week and a weekly Choose Life Group. Free.

**Simpson House Sunflower Garden:** Tel: 0131 225 6028/ 220 2488; Email:

sunflower@crossreach.org.uk: Children age 0-12 years affected by family drug and alcohol use. Free.

**Simpson House Training:** Tel: 0131 220 5996; Email:

simpsonhousecounselling@crossreach.org.uk

COSCA Certificate in Counselling Skills - Children & Young People, DipHE Counselling Children and Young People; COSCA Certificate in Counselling Skills - Substance Use &

Dependency; Short courses.: Post Qualifying Diploma in Counselling Children & Young People (30 hrs).

**Social Work Mental Welfare:** Tel: (For ringing outside of normal work hours) 0800 731 6969

**TalkTime Edinburgh:** Tel: 07774 210104: Email: talktimeedinburgh@gmail.com  
Young people with physical disabilities age 12-25: Free, donations welcome.

**Tara Trust Edinburgh:** Tel: 0131 667 3723: Email: taratrust1@gmail.com  
General Counselling/Stress Management/Tara Rokpa Psychotherapy - Individual and Groups.  
Charges vary according to the counsellor.

**The Health Agency:** Tel: 0131 453 9400: Email: joyce@thehealthagency.org.uk  
Person-Centred Counselling - 12 weekly sessions; Cognitive Behavioural Therapy - 16 weekly sessions; Alcohol Counselling Service – 12 weekly sessions of Person Centred Counselling, 1 block of 6 free massages (1 per week) and access to acupuncture group (if desired). Accessible to individuals aged 16 years upwards living in Wester Hailes and neighbouring areas. Free.

**The Junction:** Tel: 0131 553 0570: Email: info@the-junction.org  
Counselling for Young People aged 12-21 living in Leith and NE Edinburgh.  
Drop ins, one-one support and alcohol support available. Free.

**The Spark:** Appointments Telephone: 0845 271 2711: The Relationship Helpline: 0808 802 2088  
Webchat: www.thespark.or.uk/webchat: A well-established charity with 15 different centres across Scotland, delivering a range of relationship support, education and counselling services. £45 per session: Cost is flexible based on couples/individuals financial circumstances, we make sure cost is never a barrier to counselling.

**The Stafford Centre:** Tel: 0131 557 0718: Email: info@staffordcentre.org.uk  
Drop-in centre for adults with mental health problems: Offers information, support, group and recreational activities. Free.

**The Whole Works:** Tel: 0131 225 8092: Email: enquiries@thewholeworks.co.uk  
General. A variety of counselling approaches available. One hour initial consultation to determine appropriate support. £35-£50; concessions available.

**Vocal:** Tel: 0131 622 6666: Email: counselling@vocal.org.uk  
Counselling for carers in Edinburgh and across the Lothians. Sessions provided by individually agreed voluntary contribution, or free of charge if income is very limited.

**Wellspring:** Tel: 0131 553 6660: Email: mail@wellspring-scotland.co.uk  
Psychotherapy for individuals and families. Fees negotiable by income level. Minimum £25.

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**Individual Counsellors and Psychotherapists are usually listed as ‘registered’ or ‘accredited’ on their professional associations’ websites:** There you can search by name, post-code, orientation, type of therapy, etc. All such individuals have been properly trained; should be practicing professionally; will have to abide by the Code of Ethics of their professional association; and should be professionally insured.

**British Association for Counselling & Psychotherapy (BACP):** www.bacp.org.uk

**Counselling & Psychotherapy in Scotland (COSCA):** www.cosca.org.uk

**United Kingdom Council for Psychotherapy (UKCP):** www.psychotherapy.org.uk

## **What are the different methods of counselling?**

There are several very different methods of counselling that follow similar lines to the various different types of psychotherapy. Each method (or model) has its own particular theory of human development and its own particular way of working. Some counselling practitioners work in an ‘eclectic’ way, which means that they draw on elements of several different models when working with their clients. Others practise a form of ‘integrative’ counselling, which draws on and blends two or more specific types. Others just stick to the one particular method they were trained in.

From the Edinburgh-based client’s point of view, beside the counselling being “supportive” – perhaps the most obvious difference between the types of counselling is whether the counsellor is “directive” (giving support and suggesting possible courses of action, and perhaps giving some sort of ‘homework’ exercises) or is “reflective” (giving support in a very non-directive fashion, essentially by listening and affirming): and both have the client taking the main lead as to what is discussed, etc.

While it's not possible to include all the various methods available, the most popular ones are mentioned below. They are mostly fairly non-directive, except (perhaps) for CBT counselling. The other significant difference is – of course – whether the counselling is “free” (i.e. paid-for by the NHS, or by an Employee Assistance Programme (EAP)); or whether you access counselling through a Voluntary Agency (which may or may not charge); or whether it is “private” and you (as the client) have to pay – usually about £40-60 per hourly session.

There is also available a list of Edinburgh Counselling Agencies, which gives contact information for many of these.<sup>2</sup>

## **Training and Registration as a Counsellor**

All counsellors and psychotherapists should have to have completed a significant level of education, training and supervised practice work, usually from an approved or recognised training course in counselling. They may also have to have been in receipt of the type of therapy or counselling that they are providing. Additionally, they should have undertaken a specific number of supervised practice hours, and/or probably been on at least one placement in a mental health setting.

The minimum recommended standard for training in **any** counselling approach is at least to Diploma level (2-3 years), though many people have done much more: for a psychotherapist (post-graduate and to Master’s degree level), the minimum length of training is usually 4 years; for a Clinical or Counselling Psychologist probably longer still. There seems to be no great difference in efficacy between the different levels or lengths of training. Moreover, all professional counsellors should be open to informing patients or clients about these on request.

All practising counsellors should also belong to a professional association, ascribe to a professional code of ethics, be open about these, utilise supervision and continuous professional development appropriately, and should be insured to work with clients: again – just ask for details. A counsellor or therapist without any registration with (or accreditation by) an appropriate professional association is probably best avoided.

Most counsellors and psychotherapists will be registered with a professional association: the main professional associations are – BPS<sup>3</sup>, COSCA<sup>4</sup>, BACP<sup>5</sup>, UKCP<sup>6</sup>, or a specific modality-based professional body (like BACBP<sup>7</sup>), which is often itself a member of one of the four or five national ones. All of these professional associations have websites and registers, and you should be able to find a listing of that particular therapist or counsellor’s name on these sites. If you cannot find them, ask the therapist or counsellor why not, or which professional association they belong to, and/or check with the professional association involved. Therapists also often have their own web-sites and they should list their various affiliations on their personal website.

As with all non-medical practitioners, counsellors and therapists should not advertise a “cure” or a “treatment” for a specific medical condition: they may have had experience working with people with such conditions; The Code is clear: *“Advertisers should not offer treatment for serious medical conditions unless that treatment is conducted under the supervision of a doctor or suitably qualified health professional.”*

## Different Methods or Modalities of Counselling and Psychotherapy

### **Psychodynamic counselling**

This method is based on the concept that past experiences have had a significant bearing on how you perceive experiences and feelings in the present, and that significant relationships, perhaps from early childhood, may be being re-played, or acted out, in some way with other people later on in life. It translates the principles and insights of psychoanalysis and psychoanalytic psychotherapy into regular (once/twice-a-week) counselling.

The counsellor – in this modality - usually aims to be as neutral a figure as possible, giving little information about him or herself, making it more likely that important relationships (past or present) will be reflected in or “transferred” to the relationship between the client and the counsellor. This relationship is therefore an important source of insight for both parties, and this then helps the client to ‘work through’ some of their difficulties in their life. Developing a trusting and reliable relationship with the counsellor is therefore essential for this work.

### **Client-centred or person-centred counselling**

This method is based on the principle that the counsellor provides three ‘core conditions’ (or essential attributes) that are, in themselves, therapeutic. These are:

- empathy (the ability to imagine oneself in another person’s position)
- unconditional positive regard (warm, positive feelings, regardless of the person’s behaviour)
- congruence (honesty and openness).

Again, the counsellor uses the relationship with the client as the primary means of healing and change. This is perhaps the most ‘reflective’ and the most non-directive form of counselling.

**Humanistic Counselling** can be understood as the “third force” – coming after psychoanalysis and cognitive behavioural therapy advancing a more holistic vision of a person, focused more on their uniquely human issues, such as the self, self-actualization, health, hope, love, creativity, nature, being, becoming, individuality, and meaning – in short, understanding more about what it means to be fully human. The goal of the counselling is therefore to help the person ‘actualize’ more of these faculties.

### **Transactional Analysis counselling**

Transactional Analysis counselling emphasises that people are basically OK; and that people are personally responsible for their feelings, thoughts and behaviour. It believes people can change, if they actively decide to replace their usual patterns of behaviour and types of ‘transactions’ with better ones. The TA counsellor offers:

- ‘permission’ (for new messages about yourself and the world)
- ‘protection’ (when changing behaviour and thoughts feels risky)
- ‘potency’ (to deliver what he or she promised).

Planning the goals of the counselling is part of the process. The focus is on uncovering the ‘life scripts’ (life plans) that reflect on the messages the client was given as a child. The counselling helps the client to identify in which of the following modes he or she is operating, at any given time:

- the ‘child’ (replaying their childhood patterns)
- the ‘parent’ (copied from their parents or parental-type figures)
- the ‘adult’ (more appropriate to the present situation)
- as well as the interplay (transactions) between these three modes.

### **Existential counselling**

This method helps people to clarify, to think about and to understand their life better, so that they can live it more fully. It encourages them to focus on the basic assumptions that they make about the world that we live in, about other people and about themselves, so they can come to terms with life more - ‘as it is’.

This process thus helps them to make sense of their existence. The counselling focuses the client on how much they already take charge of their life, and not on whether they are doing things rightly or wrongly. At the same time, it takes note of any real limitations, so that they can make better choices based on a wider view of the options available.

### **Personal construct counselling**

This method is based on the idea that nobody can know absolute truth. Instead, each person ‘constructs’ their own idea of a ‘truth’, or constructs the nature of their ‘reality’, from their own life experiences, and this ‘construct’ affects the way that they see the world: is it (life) safe? Friendly? Opportunistic Involving a lot of hard work?

The problem is that people can get stuck with an outdated, or redundant view of things that prevents them from living life to the full, because they can’t ‘see’ and thus find any alternative ways of perceiving their reality. Personal Construct counselling helps people to look at different ways that may be useful in changing (or challenging) the way that they see the world.

### **Gestalt counselling**

This is a slightly more directive type of counselling, focusing on the ‘gestalt’ (overall patterns of thought, feeling and activity). It encourages people to have an active awareness of many different aspects of their present situation, and also incorporates communication that goes beyond words. A key part of gestalt counselling is the dramatisation, or acting out, of certain important conflicts in a person’s life, so as to understand them better and appreciate the ‘whole’ picture, from different perspectives. This could involve using objects like cushions or two or more chairs, for instance, so that the client can take up different physical positions to represent different aspects of themselves or other peoples’ perspectives.

### **Cognitive-behavioural therapy (CBT) or counselling**

This is another directive model, concerned with the way people’s beliefs about themselves shape how they interpret experiences. The objective is to change self-defeating or irrational beliefs and behaviours by altering negative ways of thinking. Clients learn to monitor their emotional upsets and what triggers them, to identify self-defeating thoughts, to see the connections between their beliefs, feelings and behaviour, to look at the evidence for and against these thoughts and beliefs, and to think in a way that is more realistic and less negative.

The counsellor usually gives the client tasks or homework to do between sessions. This could mean recording thoughts and feelings, or doing something that tests out a basic assumption about themselves. This might mean, for instance, going to the shops when their fear is that they may panic. (See Mind’s booklet, *Making sense of cognitive behaviour therapy*.) There are various different labels connected with CBT: Cognitive therapy, behaviour therapy, Acceptance & Commitment therapy (ACT), Dialectic Behaviour Therapy (DBT)<sup>8</sup>, rational emotive behaviour therapy<sup>9</sup>.

### **Dialectical Behaviour Therapy (DBT)**

DBT was developed out of CBT and has been adapted to include various meditation techniques. It also involves individual therapy and group therapy. NICE recommends DBT for persistent binge-eating disorders and also for people with personality disorders who self-harm. It can suit the specific needs of people with Borderline Personality Disorder and is available mainly through the NHS or specialist services.

### **Rational-emotive behavioural counselling**

This takes the view that people have two main goals in life: to stay alive and to be happy. It aims to remove the obstacles that people place in their own way, and also to achieve a healthy balance between short-term and long-term goals.<sup>7</sup>

### **Brief Solution Focussed Therapy**

A structured form of counselling, usually carried out over one to about five or six sessions. Unlike most other talking therapies, therapist and client usually spend little time on the details and causes of the client's problems. The client is helped to define their own goals and therapy focuses on finding the best way towards the goals in the briefest time possible. It helps the client to recognise their own strengths, resources and abilities: to focus on what is getting better and to build on this.

### **Interpersonal Therapy (IPT)**

IPT is a semi-structured therapy that examines how problems in relationships contribute to emotional difficulties, such as depression, and vice versa. It explores how to link mood with the way you relate to the people close to you. NICE recommends this for people with eating disorders and various forms of depression. IPT primarily focuses on working and improving relationships with the aim of bringing about change, leading to improvements in mood, or other troubling symptoms. IPT is usually offered over the course of up to 16 sessions: available mainly through the NHS, but only in some areas.

### **Transpersonal counselling**

This is an integrative and holistic approach that utilises creative imagination. It assumes a spiritual dimension to life and human nature. It also presupposes the interconnectedness of all beings with a higher spiritual power, and specifically addresses the bridge between the two. Transpersonal counselling emphasises personal empowerment. It takes account of the client's past experiences, but also looks to the future and what is likely to unfold for them, the challenges they may face and the qualities that need to emerge in them to meet those challenges. Its basic belief is that whatever the hardships of human experience, the core essence, or the person's soul, remains undamaged.

### **Psychosynthesis**

This is a holistic approach to self-realisation and the development of potential, which includes creative approaches such as artwork, metaphor and imagery, visualization, therapeutic writing, etc. It acknowledges that each person has a 'higher self' or 'core' aspect of themselves and looks at how we can attain greater communication with this part.

### **Core Process (Karuna Institute)**

A gentle contemplative approach to exploring our life struggles, relationships, and inner process, it usually includes Mindfulness Meditation, underpinned by Buddhist principles.

In Core Process work, a depth awareness of what is happening in the present moment is used to explore our inner processes. This awareness encompasses our energies, sensations, feelings, mental processes and their expressions in the body. The aim is not to alter our experience, but to sense how we relate to it, so that it becomes possible to move with greater creativity and flexibility in our lives. Core Process work is based on the understanding that within the conscious mind there is a deeper wisdom that moves naturally towards healing. Integration and healing come from insight into the ways in which we hold onto our suffering, and from a deeper connection with the openness, compassion and wisdom at the heart of our human condition.

### **Integrative Counselling & Psychotherapy**

Combines ideas from more than one theoretical approach (usually including person-centred and psychodynamic, as well as others), drawing on elements of each as appropriate for the client's issues.

### **Process Work (from Process Oriented Psychology)**

An emphasis on awareness over specific interventions, Process Work, developed by Arnold Mindell, that has its roots in Jungian Psychology and Taoism. Its methods reflect a dedication to accurately following the way of nature, while bringing awareness into the patterns structuring our lives; including those parts normally unseen, unappreciated, disturbing or marginalized. Bringing awareness into this interaction, a surprising wisdom emerges and a creative way forward, even in the most difficult situations.

### **Counselling Psychology**

Integrating psychological theory with therapeutic practice. An active collaborative relationship which can both facilitate the exploration of underlying issues and can empower people to confront change. Counselling Psychologists are usually members of the British Psychological Society and registered under the Health Professions Council.

### **Mindfulness-based therapies**

Counselling that combines the talking therapy with a form of meditation: mindfulness practice. It can be particularly helpful for people with anxiety. It focuses on how you are feeling, physically and emotionally, precisely in this moment of time. This can help people reduce stress, switch off from difficult thoughts and feelings and make changes in their life. NICE recommends this treatment to prevent people who have had depression from experiencing the same problems again. Other versions of this treatment include mindfulness-based stress reduction and mindfulness-based cognitive therapy.

### **Eye movement desensitisation and reprocessing (EMDR)**

This is a technique of stimulating the brain through eye movements, which seems to make distressing memories feel less intense. It is used for a range of traumas, including past sexual, physical or emotional abuse, accidents and injuries, phobias, addictions and fear of performing in public. NICE recommends for post-traumatic stress disorder.

### **Motivational counselling**

A way of talking about things you may be sensitive about that doesn't feel threatening. The therapy focuses on your hopes and ambitions and problems that could stop you reaching your goals. NICE recommends this for people with a mental health problem, who have problems with alcohol or substance misuse.

### **Life coaching**

This uses empowering, motivational methods to help you reach goals or make changes.

### **Arts therapies**

These therapies encourage you to express how you feel through art (painting, drawing, music, theatre or dance). Art can help you work out how to tackle difficulties, release emotions and understand yourself better.

### **Telephone counselling**

This offers an easy way of talking to a therapist if you do not want to meet a face-to-face counsellor or if you can't find one. It is sometimes provided by employers and charities. On-line or e-mail counselling is another option.

### **Computerised cognitive behavioural therapy**

No talking required! You work through a series of exercises on your computer screen and learn self-help techniques for managing problems in your life. NICE recommends 'Beating the Blues'<sup>10</sup> for mild to moderate depression, and 'FearFighter'<sup>11</sup> for panic and phobia.

### **Alcohol, drugs and addictions**

Many of the NHS Trusts and Local Governments run specific services for alcohol, drugs or behavioural addictions (e.g. gambling).<sup>12, 13</sup> There are also 3<sup>rd</sup> sector facilities – specially focussed charities and support groups for people with these, and for their families. Many adopt (or adapt) the basic 12-Step model of self-help therapy – found to be reasonably effective for a reasonable majority (65%) – especially as all of the people in those 12-Step meetings have “been there” and thus can give informed help and support. There are Alcoholics Anonymous groups and meetings all over Edinburgh and its

environs.<sup>14</sup> Narcotics Anonymous (Edinburgh) also have their meetings;<sup>15</sup> as do Gamblers Anonymous Scotland.<sup>16</sup>

### **Bibliotherapy**

Health professionals often 'prescribe' certain self-help books, which they may provide or that you can often borrow from your local library. They will usually offer you these alongside other treatments. NICE recommend these for anxiety and obsessive compulsive disorder, and sometimes for depression. There is a list of many of books available, listed under the different 'topics', on the Cramond Medical Practice website.<sup>17</sup>

### **NICE & SIGN**

As indicated, the National Institute for Health and Clinical Excellence (NICE)<sup>18</sup> (for England & Wales) and the Scottish Intercollegial Guidelines Network (SIGN)<sup>19</sup> (for Scotland) recommends certain therapies or counselling for certain problems, but there is – of course – no guarantee as to what might work for you. Additionally, in order to qualify for such a recommendation, there have to be Randomised Controlled Trials (which is a form of 'distortion' not really suitable for therapies) for a single 'diagnosis': i.e. depression only, and not depression and anxiety: and many people have more than one condition. Unsurprisingly, they come up with CBT for most things. However they also recommend a form of "stepped-care", with low-levels of intervention (self-help and bibliotherapy), first; counselling or medication second; counselling *and* medication third; and then a referral to clinical psychology or psychiatry last.

### **Complementary Therapies**

There are an increasing number of other therapies or complementary treatments (e.g. homeopathy, reiki, yoga, etc.) that might work for you and be just as effective (for you) as counselling and/or psychotherapy. However, as above, there is no guarantee: there are also a number of 'quacks' and 'charlatans' and so-called 'therapies' that often make extravagant claims. Many of these 'therapies' are unregulated; some have active professional associations (membership of which guarantees a degree of training and reasonable professional practice); very few have validated research for efficacy and effectiveness.

So, by all means, try them – many of them are very pleasant; few of them do any harm – but check out carefully, especially for any contraindications; some will give lifestyle insights and specific health information; but – don't spend too much money unless the results are worth it.

Further useful information about Counselling and Talking Therapies can be found on sites like:

- Mental Health Foundation<sup>20</sup>
- MoodJuice - for mental health advice and self-help<sup>21</sup>

There are also several different 'websites' and 'directories' of information about what is available in and around Edinburgh in relation to mental health issues: e.g. 'Health in Mind'<sup>22</sup>; 'Support in Mind'<sup>23</sup>; 'Edinburgh Association for Mental Health'<sup>24</sup>; 'Scottish Association for Mental Health'<sup>25</sup>; 'Edspace'<sup>26</sup>; 'North East Edinburgh Counselling Service'<sup>27</sup>; The Whole Works' Edinburgh Counselling Agencies list<sup>28</sup>; etc.

## Endnotes & References:

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- <sup>1</sup> Adapted and updated from the Edinburgh Voluntary Sector Counselling Services Forum:  
<http://www.bruntsfieldmedicalpractice.co.uk/documents/Counselling%20Modalities%20Information%20Leaflet.pdf>
- <sup>2</sup> Edinburgh Counselling Agencies: <http://edinburghcounsellingagencies.co.uk/>
- <sup>3</sup> BPS: British Psychological Society: [www.bps.org.uk](http://www.bps.org.uk)
- <sup>4</sup> COSCA: Counselling & Psychotherapy in Scotland: [www.cosca.org.uk](http://www.cosca.org.uk)
- <sup>5</sup> BACP: British Association of Counselling & Psychotherapy: [www.bacp.co.uk](http://www.bacp.co.uk)
- <sup>6</sup> UKCP: United Kingdom Council for Psychotherapy: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)
- <sup>7</sup> BABCP: British Association for Behavioural & Cognitive Psychotherapies: [www.babcp.com](http://www.babcp.com)
- <sup>8</sup> DBT: [https://en.wikipedia.org/wiki/Dialectical\\_behavior\\_therapy](https://en.wikipedia.org/wiki/Dialectical_behavior_therapy)
- <sup>9</sup> REBT: [https://en.wikipedia.org/wiki/Rational\\_emotive\\_behavior\\_therapy](https://en.wikipedia.org/wiki/Rational_emotive_behavior_therapy)
- <sup>10</sup> Beating the Blues: <http://www.beatingtheblues.co.uk/>
- <sup>11</sup> FearFighter: <http://www.nhs.uk/Conditions/online-mental-health-services/Pages/fearfighter.aspx>
- <sup>12</sup> Edinburgh & Lothian Council on Alcohol (ELCA):  
[http://www.midlothian.gov.uk/info/1406/alcohol\\_drugs\\_and\\_substance\\_abuse/386/elca\\_edinburgh\\_and\\_lothian\\_council\\_on\\_alcohol](http://www.midlothian.gov.uk/info/1406/alcohol_drugs_and_substance_abuse/386/elca_edinburgh_and_lothian_council_on_alcohol)
- <sup>13</sup> Edinburgh Council: Advice on Alcohol & Drug issues:  
[http://www.edinburgh.gov.uk/info/20081/mental\\_health\\_and\\_addiction/241/recovery\\_from\\_alcohol\\_and\\_drug\\_problems](http://www.edinburgh.gov.uk/info/20081/mental_health_and_addiction/241/recovery_from_alcohol_and_drug_problems)
- <sup>14</sup> Alcoholics Anonymous (AA) Edinburgh: <http://aa-edinburgh.org.uk/>
- <sup>15</sup> Narcotics Anonymous (NA) Edinburgh: <http://ukna.org/na-meeting/edinburgh-53>
- <sup>16</sup> Gamblers Anonymous (GA) Scotland: <http://gascotland.org/>
- <sup>17</sup> Cramond Medical Practice: <http://www.cramondmedicalpractice.com/>
- <sup>18</sup> NICE: <http://www.nice.org.uk>
- <sup>19</sup> SIGN: <http://www.sign.ac.uk>
- <sup>20</sup> Mental Health Foundation: <http://www.mentalhealth.org.uk/help-information/mental-health-a-z/T/talking-therapies>
- <sup>21</sup> Moodjuice - <http://www.moodjuice.scot.nhs.uk/>
- <sup>22</sup> Health-in-Mind, Edinburgh: <http://www.health-in-mind.org.uk/>
- <sup>23</sup> Support-in-Mind: <https://www.google.co.uk/url?url=https://www.supportinmindscotland.org.uk/>
- <sup>24</sup> Edinburgh Association for Mental Health: <http://www.self-help.org.uk/search/?entryid54=30388&char=E>
- <sup>25</sup> Scottish Association for Mental Health: <https://www.samh.org.uk/>
- <sup>26</sup> Edspace: <http://www.edspace.org.uk>
- <sup>27</sup> North East Edinburgh Counselling Service (NEECS): <http://www.neecscounselling.org.uk/>
- <sup>28</sup> The Whole Works: Edinburgh Counselling Agencies list: <http://edinburghcounsellingagencies.co.uk/>