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## HOW TO FIND A PERSON CENTRED COUNSELLOR IN YOUR AREA

**Our Website** includes a section "Looking for a Person Centred Counsellor or Supervisor?" which identifies counsellors throughout Scotland within seven geographical regions. Each individual entry includes details of qualifications, services offered, availability, accessibility and fees. Our website address is:

[www.pctscotland.co.uk](http://www.pctscotland.co.uk)

**Our Directory of Counsellors** lists by region the name of each counsellor, their post code and telephone number. Further information can then be obtained by contacting the counsellor direct.

To obtain additional copies of this leaflet and/or the Directory of Counsellors, contact:

 **0870 765 0871**

If you get an answering service, please leave your name, address and telephone number together with details of your requirements.

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## ABOUT PCT SCOTLAND

The Association for Person Centred Therapy Scotland was founded in 1987 and has grown to a membership of over 250 counsellors based throughout Scotland.

Our counsellors have all had an extensive training in Person Centred Therapy and have met our strict criteria for membership. They are also required to be members of the British Association for Counselling and Psychotherapy (BACP) or COSCA (the Professional Body for Counselling and Psychotherapy in Scotland) and to adhere to the relevant codes of ethics and practice.



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## FINDING A COUNSELLOR IN SCOTLAND



PCT  
SCOTLAND

The Association for  
Person Centred Therapy

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## WHY COME TO COUNSELLING?

Most people at some time in their lives experience difficulties or problems and feel they are going through a rough patch. It is often hard to speak to family and friends about these worries and there is a need at these times to speak to someone who will listen and understand and accept us as we are.

There are many reasons why people come for counselling. A few examples are:

**Depression**  
**Stress**  
**Relationship problems**  
**Low self esteem**  
**Bereavement**  
**Major life changes**

Counselling offers you the opportunity to find out more about yourself and how to deal with your problems. Through listening and responding in a caring, accepting and honest way, the counsellor creates the conditions for you to explore those difficulties and issues that are causing your anxiety.

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## THE PERSON CENTRED APPROACH

There are many different approaches to counselling and therapy. The Person Centred Approach is based on a deep respect for the person and the belief that the relationship between the counsellor and the client is of primary importance.

It is the client who knows what hurts and has the capacity within the safety of a therapeutic relationship to begin a healing process.

The essential qualities which we believe create a safe, supportive and challenging therapeutic environment include:

- 🍷 A deep acceptance of the person
- 🍷 A desire to understand that person
- 🍷 A commitment to being genuine in the relationship

These qualities, offered professionally and consistently, are the central and distinctive characteristics of the Person Centred Approach.

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## WHAT DO PRACTITIONERS OFFER?

Practitioners offer some or all of the following:

- 🍷 Individual counselling & therapy
- 🍷 Couple, family and group counselling
- 🍷 Brief counselling
- 🍷 Supervision (individual & group)
- 🍷 Group facilitation & training

Practitioners work in a variety of settings including:

- 🍷 Private Practice
- 🍷 GP Practices
- 🍷 Hospitals
- 🍷 Social Work Departments
- 🍷 Voluntary Organisations
- 🍷 Academic Institutions
- 🍷 Workplaces
- 🍷 Specialist Counselling Agencies

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## PRACTITIONERS FEES:

Counsellors in private practice set their own fees which vary between £20 and £50 per hour, although some also operate a sliding scale. It is advisable to discuss fees when you first make contact.

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