

PF *Fast Track* Service

We have a limited *Fast Track* service which is normally restricted to appointments on Friday afternoons and Saturdays, when the PF is otherwise closed. This enables those able to pay a full fee to be seen quickly by a qualified counsellor without impinging on our core service.

If you would like to apply for counselling under the *Fast Track* Service please complete the registration form confirming that you are willing to pay the stated *Fast Track* fees for the assessment and all future sessions.

You will be contacted by phone to arrange an assessment appointment with one of our *Fast Track* counsellors as soon as possible. If together it is agreed that counselling would be helpful, you will be offered ongoing weekly appointments for the duration of the counselling.

With our *Fast Track* service, cancellation of an arranged appointment would require full payment for the session.

The PF Website

www.pfcounselling.org.uk

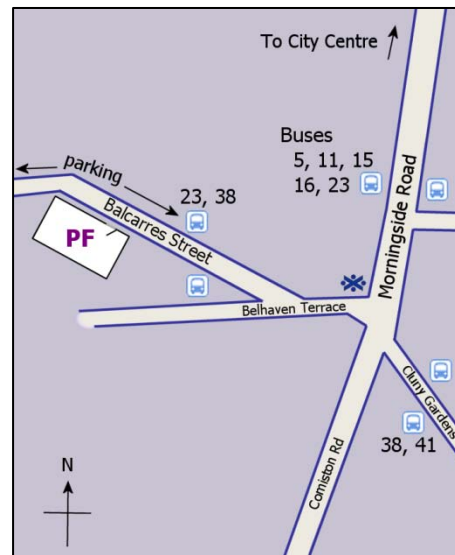
Please visit our website for information about counselling and the PF, for a range of self-help literature and links to useful websites, and for our Registration form.

How To Find Us

PF Counselling Service
8 Balcarres Street
EDINBURGH
EH10 5JB

T: 0131 447 0876
E: info@pfcounselling.org.uk
W: www.pfcounselling.org.uk

Monday – Thursday 9.00am - 9.00pm
Friday 9.00am - 2.00pm



The Pastoral Foundation is a registered Scottish charity SC008875 and company limited by guarantee SC122762



Whoever you are, we offer a unique and effective personal counselling service for adults

0131 447 0876

www.pfcounselling.org.uk

info@pfcounselling.org.uk



**A COSCA Recognised
Counselling Service**

The PF holds a Certificate of Recognition from COSCA, the leading professional body for counselling and psychotherapy in Scotland

How can we help you?

You can access counselling at the PF if you are an individual or couple over the age of 18. You may be facing personal difficulties or challenges, or may want to explore your potential for change or personal growth.

Counselling at the PF can help with a wide range of issues, including:

- relationship difficulties (family, social or intimate)
- bereavement or loss
- isolation, anxiety, depression
- self-confidence and self-esteem
- stress management
- abuse or violence
- childhood issues

Counselling gives you the opportunity to:

- talk through your situation in complete confidence
- be supported to reach a better understanding of your difficulties
- explore and decide the best way forward for yourself

Who will be your Counsellor?

All our counsellors offer their time on a voluntary (unpaid) basis. However, they are all professionally qualified to at least diploma level, or in the final stages of training with an accredited institution. All receive regular ongoing professional development to support their work, as well as professional supervision provided by the PF. All adhere to the COSCA Statement of Ethics and Code of Practice.

Our counsellors have a wide variety of backgrounds and training, and may use, or draw from, approaches such as:

- Person Centred
- Transactional Analysis
- Psychodynamic
- Gestalt
- Psychosynthesis
- Counselling Psychology
- Transpersonal
- Core Process (Karuna)
- Process Work
- Integrative

How often will you see your counsellor?

You will usually meet with your counsellor every week, at our premises in Morningside. Each session will last for 50 minutes and take place on the same day and time each week, for the duration of the counselling.

We offer 12 sessions initially, and this can usually be extended up to two years.

Will it cost you anything?

We will welcome you to the PF *regardless of your ability to pay*. However, we do ask all clients to make a regular donation at each session, according to their genuine ability to do so. Donations range from less than £5 up to the full professional fee of £40 or more per session.

A small and efficient team of staff supports the work of the volunteers, and our main costs are administration, premises, and professional supervision of our counsellors. We have to fundraise over £100,000 every year to balance the books, so every pound donated by clients and other supporters is essential to our survival.

How do you get started?

If you would like counselling at the PF, the first stage is to complete a registration form. The form can be completed online on our website (www.pfcounselling.org.uk) or we can send one to you by post on request.

After we have received your registration form, you will be invited for an initial assessment appointment as soon as one becomes available.

At the assessment appointment, you will have the opportunity to:

- discuss why you are seeking counselling, hear about what it could offer you, and find out how the service works
- assess your needs and discuss together whether counselling might be suitable for you
- discuss any donation you may be able to make for your counselling sessions (including the assessment session)
- discuss your availability for a regular weekly appointment

If we agree together that counselling could be helpful, your name will be placed on our waiting list for a regular weekly session, and you will be offered one as soon as we have a suitable counsellor available.

The length of time you will have to wait for both the assessment appointment and regular session depends greatly on your availability. The more flexible you can be, the more quickly we will be able to find a suitable first appointment.