



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 & Saturday 9.00am - 5.00pm

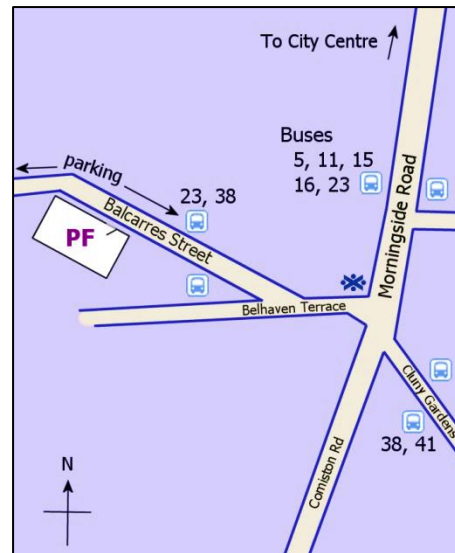
Whoever you are, we offer an affordable personal counselling service for all adults



0131 447 0876

www.pfcounselling.org.uk

info@pfcounselling.org.uk



PF Counselling Service is the everyday name for The Pastoral Foundation, a registered Scottish charity SC008875 and company limited by guarantee SC122762

How do you get started?

If you would like counselling at the PF, the first stage is to complete a Request 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 request form, you will be invited for an initial assessment appointment as soon as one becomes available, usually after a wait of some weeks.

At the initial 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 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 initial appointment and regular sessions depends greatly on your availability. The more flexible you can be, the more quickly we will be able to find a suitable first appointment.

How can we help you?

You can access counselling at the PF if you are an individual aged 18 or over. 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:

- depression, anxiety, stress
- self-confidence and self-esteem
- relationship difficulties (partner, family, friends or colleagues)
- bereavement or loss
- trauma, abuse or violence

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 dedicated premises in south Edinburgh. 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. In the Young Adults service, any extension is usually limited to a further 12 sessions only.

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 if you can, according to your genuine ability to do so. Donations range from less than £5 up to the full professional fee of £50 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 the professional supervision of our counsellors. We have to fundraise every year to balance the books, so every pound donated by clients and other supporters is essential to our survival.

PF Young Adults Service

PF Young Adults is a service specifically for those aged 18 to 25 years old. It runs on a Saturday and offers time-limited counselling to young adult clients. The counsellors are all part of the team of experienced, professional counsellors who also work on a voluntary basis within the PF core service.

The PF Website

www.pfcounselling.org.uk

Please visit our website for information about counselling and the PF, and for our Counselling Request form. It also has a range of self-help resources and links to websites that may be of help, including:

iThrive – ithriveedinburgh.org.uk – Your online space for mental health and wellbeing information in Edinburgh.

Edinburgh Crisis Centre – 0808 801 0414
Practical and emotional support for people experiencing crisis, available 24/7.

GetSelfHelp – www.get.gg – Free CBT self-help information, resources and downloadable worksheets and audio files.



COSCA
Counselling & Psychotherapy
in Scotland
Registered Counselling Organisation

A COSCA Recognised Counselling Service

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