

Donations

Couple Counselling Lothian is a registered charity and a not-for-profit organisation. We offer a professional service that costs over £200,000 each year to run. Only 15% is funded by grants from the local authorities in Edinburgh and West Lothian. This leaves Couple Counselling Lothian with approximately £170,000 to raise each year for the running costs of the service - your donation contributes to this.

As a charitable organisation, we invite you to donate whatever you can towards this cost and we will produce a sliding scale according to your income for guidance. You can donate by cheque, credit or debit card or by cash (please don't send cash through the post). However, the service you receive will not depend on the amount you donate.

If you have to cancel an appointment, please give us 48 hours' notice, in order that we may have a chance to fill the vacated appointment slot.

Complaints/open access

Couple Counselling Lothian strives to provide a caring, efficient and effective service. We operate both a complaints procedure and an open access policy to records. Further details may be obtained from Couple Counselling Lothian, 9a Dundas Street, Edinburgh EH3 6QG.

Equal Opportunities

Couple Counselling Lothian is committed to a policy of equal opportunities in the provision of its services and in its employment practices. We recognise the need to address the barriers that could prevent people accessing our services. We aim to reach out and to be sensitive to the different needs of minorities of all kinds. We have experience of working with families where ill-health, both physical and mental, or disability is an issue, with same sex headed families and with families from many different ethnic religious and cultural backgrounds.

Information about the service can be made available in a range of other languages and an interpreter present at a counselling session.

Where can I make an appointment?

The Family Therapy Service is currently available on Thursdays between 10am and 6pm and Mondays and Fridays between 9am and 1pm at our main office, 9a Dundas Street.

We are also developing the service in other venues in Lothian. For an update timetable of when and where the service is available please call 0131 556 1527.

Families may refer themselves or be referred by a Couple Counselling Lothian counsellor or by another agency. Couple Counselling Lothian asks for questionnaires to be completed to ensure the most appropriate service is available. A first appointment will take up to ninety minutes, while further appointments last about an hour.

The address and contact numbers of Couple Counselling Lothian are as follows:

Telephone: 0131 556 1527
Email: admin@cclothian.org.uk
Website: www.cclothian.org.uk

Address of our main office;
Couple Counselling Lothian
9a Dundas Street
Edinburgh
EH3 6QG



Family Therapy Service



A counselling service for Families
Information for Families & Referrers

What is Family Therapy at Couple Counselling Lothian?

Family Therapy at Couple Counselling Lothian is a counselling service for people of all ages with family concerns.

These may be about individuals, family members, or their relationships.

Sometimes worries are to do with conflict, family breakdown, general parenting, stepfamily, or extended family issues.

Family Therapy interviews can be with one, some, or all family members



Confidentiality

Why is Family Therapy needed?

Family life can be hard work. Separated, divorced and step-families are particularly likely to face unexpected and complex problems and strong feelings.

For more than 50 years Couple Counselling Lothian has been working with people whose marriages and relationships are facing difficulties. Often working with the couple is key to helping the distress and concerns of the wider family. But sometimes the children and/or the extended family need some help too and need to be involved. That's where Family Therapy can come in.

Generally, Family Therapy can be a help for families wanting to improve relationships which have got into difficulty.



What do Family Therapists at Couple Counselling Lothian do?

Family Therapists at Couple Counselling Lothian see people from all kinds of families, including adult families.

They will give members of a family a chance to talk. This may be several people together, or separately. Bringing up a family and being part of one can be difficult at times and Family Therapists take care to ensure that the views of all family members are heard and respected.

Discussion may focus on present day problems, about who says and does what and when. Sometimes it is useful to talk about peoples' past experiences and deeper values.

The question of how much is confidential and how much can be shared will always be agreed clearly. There are often two therapists in the room with the family as we find two heads can be better than one.

Family Therapists at Couple Counselling Lothian are experienced professionals. Their work is supervised and regulated both by the professional standards and structures within Couple Counselling Lothian and the UK Council for Psychotherapy. The Family Therapy team may include experienced Family Therapy trainees.

Everyone who works at Couple Counselling Lothian is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Couple Counselling Lothian without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm.