



## **Edinburgh Institute for Counselling and Psychotherapy**

### **Introduction**

Richard Reynolds founded the EICP in 1993 with the objectives of providing counselling and psychotherapy within an effective and ethical framework and to provide accredited training in Transactional Analysis counselling and psychotherapy.

From modest beginnings the service has grown so that now a team of ten therapists led by Peter Kravitz our clinical director, offers counselling and psychotherapy one-to-one, with couples and with therapy groups. All EICP therapists work within the Transactional Analysis modality and are bound by the codes of ethics and professional practice of the Institute of Transactional Analysis. All support their work by being in supervision and by a commitment to continue their personal and professional development.

We are always willing to discuss our work and guide potential clients in deciding that our counselling and psychotherapy approach is right for them.

The accredited psychotherapy training programme together with a series of professional and personal development workshops is now provided by EICP's sister organisation, The Counselling & Psychotherapy Training Institute (CPTI). This programme is now validated as a degree course offering MSc in TA Counselling and TA Psychotherapy.

If you would like more information on any of our services **contact** us by e-mail, telephone or post.

### **Counselling and Psychotherapy**

As families and communities have become more scattered and stress in daily life has increased, counselling has gained recognition as a safe way for individuals to find different or new ways to resolve the problems in their lives. It is also accepted as an effective way for couples to look at the problems between them.

Psychotherapy is a powerful tool for helping individuals to find new direction and fulfilment in their lives. At the Edinburgh Institute for Counselling and Psychotherapy (EICP), we offer counselling and psychotherapy from a base of safety and ethical practice. We believe that there should be an open process where the clients always understand their goals and how they will reach them. Therapists at EICP work with clients within a clear framework of mutual agreement and confidentiality

All prospective clients are invited to an initial free meeting for them to decide that this is an appropriate way to find a resolution to their issues.

### **Why turn to counselling or psychotherapy for help?**

- Are you struggling to cope at work?
- Are you stuck in a relationship that seems to be going nowhere?
- Do you often feel anxious or depressed?
- Do you often experience the same bad feelings and wonder why?
- Are you grieving a loss and unable to move on?
- Do you suffer from low self-esteem?
- Are you suffering from trauma, such as abuse or loss of a loved one?
- Do you want to stop destructive behaviours such as smoking or excessive drinking?
- Do you want to grow and develop?
- Do you want to live a more fulfilling life?

If you answer 'yes' to any of these questions, counselling or psychotherapy may provide a safe and effective answer to the problem.

### **Some of the issues we work with include:**

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|-------------------------|-------------------|-----------------------|
| • Anxiety               | • Bereavement     | • Assertiveness       |
| • Depression            | • Stress          | • Workplace problems  |
| • Life changes          | • Self confidence | • Family difficulties |
| • Relationship problems | • & Self image    | • Abuse               |

### **What do we offer?**

#### **• Individual & couple counselling**

Counselling can help you change and adjust to your current social situation by empowering you to respond differently to stressful situations whether at work or at home. The counsellor will work with you, for you to make changes in your behaviour and response to others. Resolving stress can lead to the resolution of problems and a healthier life. Counselling is usually of limited duration of between 6 to 20 sessions. This methodology can work well with couples given that both partners are seeking genuine alternatives in how they relate.

#### **• Psychotherapy for individuals**

Psychotherapy is usually a longer process, requiring the client to commit to the process of working through the issues that prevent them from getting what they want in life. Often dealing with problems from the past, the client engages with the therapist to understand and change unhelpful patterns of behaviour, beliefs and feelings in order that their life may be more fulfilled and complete and often to answer the question "who am I?". The therapist will be willing to agree a time limited contract, usually for six weeks, for you to explore whether you wish to commit to the process of psychotherapy.

#### **• Group Therapy**

Group therapy is a powerful alternative to working one to one. In a group you can take the space to work on resolving your issues in a supportive and enhancing place. You can experiment with responses and behaviours that might seem too great to risk in the outside world. You can then use this experience to respond and behave differently at home and at work. We expect clients to have done some individual work before joining a group.

We currently offer on-going weekly groups and occasional weekend groups. Please enquire as to whether there is currently vacancies in a group.

### **Availability**

Our client work is based at New Sciennes House in Causewayside, Edinburgh where our practitioners work with individuals and couples at various times Monday – Sunday. A limited number of evening appointments are available. Individual clients may also be seen in the Borders at Lauder. We can also refer clients to Associate Counsellors in many other parts of Scotland.

### **What will it cost?**

Individual counselling and psychotherapy	Fee for 50 minute session: £45 - £55
Couple counselling	Fee for 50 minute session: from £45
Weekly Groups	Fee for 2 two-hour groups: £28
Low Cost Counselling Scheme	Fee for 50 minute session: £18 - £25

### **About the therapists**

All our therapists are experienced practitioners, in regular supervision for

- the work they do.
- All subscribe to the codes of ethics of the Institute of Transactional Analysis, which is a member organisation of the United Kingdom Council for Psychotherapy.
- All believe that people can change, grow and develop to lead more fulfilling lives.
- Richard Reynolds is the Director of the Edinburgh Institute for Counselling and Psychotherapy
- Clinical Director of the Institute is Peter Kravitz, a Certified Transactional Analyst and a Provisional Teaching & Supervising Transactional Analyst.

### **What about concessions?**

Some of our therapists offer concessionary rates. If paying the full fee is a problem for you please discuss this at the time of your initial meeting

### **Low Cost Counselling Scheme**

We have now agreed with our sister organisation the Counselling & Psychotherapy Training Institute to offer lower cost counselling provided by advanced trainees who are endorsed to practice, all Counsellors working in this scheme are in regular supervision.

For more information on the Low Cost Counselling Scheme see the separate leaflet.

### **Appointments**

To make an appointment for an initial free meeting telephone our reception on 0131 667 6173, Monday-Friday 10:00 – 5:00.