



## Counselling and Psychotherapy

**Edinburgh**

### Contact us

e-mail us at  
[\*\*mindworkcounselling@gmail.com\*\*](mailto:mindworkcounselling@gmail.com)  
for an introductory appointment

[\*\*www.mindworkcounselling.com\*\*](http://www.mindworkcounselling.com)

**+44 (0)7491 382 822**

## MINDWORK COUNSELLING

### A Caring Service

Sometimes things trouble us and we need help to resolve them. If we do not make time to seek help, things that trouble us can become part of our everyday lives, part of who we are, making us unhappy or anxious and stop us functioning as we might.

We all feel overwhelmed at times, with a profound effect not just on ourselves but also those around us. If you want to reach out because you feel you need help to make a positive change in your life, Mindwork Counselling offers a caring, warm, empathic, non-judgemental, safe and confidential environment to explore what you wish to talk about.

### A Personal Service

No two people are identical. We are truly individuals. We will neither stereotype nor judge you. We will work with you to help you get a clearer understanding of yourself and your life. We offer a service tailored to your needs. We work mainly in person-centred counselling which means we believe we all have the inner drive to find the best solutions for our own problems, but we may need the right conditions to get us on the right path. We offer a flexible, collaborative approach using a range of disciplines, e.g. cognitive behavioural therapy (CBT), mindfulness and other therapies to adapt to your individual requirements.

However, at the core of our work it is the relationship and trust which underpin what we do.

## An Expert Service

Our professional counsellors are highly qualified and experienced.

We are committed to the highest standard of care and regularly attend training courses and conferences for continual professional development.

as registered Members of the British Association for Counselling and Psychotherapy (BACP) (see [www.BACP.co.uk](http://www.BACP.co.uk) for additional information) our counsellors work to the BACP Ethical framework for the Counselling Professions.

Find out more about BACP



## Therapies we offer include

Cognitive behavioural therapy (CBT)  
Exposure and response prevention therapy (for OCD cases)  
Integrative therapy  
Mindfulness  
Person-centred therapy  
Play therapy  
Psychodynamic therapy  
Solution focused brief therapy

Counselling can be one to one, in couples or families. We work with all age groups, with specialist training for working with young people, for whom therapy can often mean nipping in the bud problems that might otherwise emerge and harm them later in life.



## Areas we deal with include

Abortion  
Abuse  
Anxiety  
Bereavement  
Bullying  
Cancer  
Career  
Carer support  
Child related issues  
Disabilities  
Passive aggressive behaviour  
Dissociation  
Domestic violence  
Eating disorders  
Low self-confidence  
Low self-esteem  
Obsessive compulsive disorder (OCD)  
Post-traumatic stress disorder (PTSD)  
Postnatal depression  
Pregnancy and birth  
Redundancy  
Relationship issues  
Seasonal affective disorder (SAD)  
Self-harm  
Sexuality  
Stress  
Suicidal thoughts  
Trauma  
Work-related stress  
Young people's issues: may include social anxiety, exam stress, bullying, cyber-bullying, weight, image and eating/food issues.

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