

Counselling can help if you:

- are dealing with life changes
- want to gain a fuller understanding of yourself as a person
- have some problem that prevents you from getting on with your life
- wish to gain greater awareness of how you approach difficult situations and make choices
- feel you can't escape from unhappy past memories or patterns of behaviour

We listen to the best in you, even if you cannot hear it yourself.

Counselling offers you a place to discuss your dreams, dissatisfactions and difficulties with someone who is trained neither to judge nor advise. Our role is to create a supportive space where you can gain greater insight into your concerns and desires. We support you to find your own answers, and to become aware of which patterns of behaviour may be holding you back.

How much will it cost?

Our standard charge is £43 per individual session and £53 for couples work. We are also able to offer some concessionary places.

Other Rowan Services

- Mediation
- Supervision
- Coaching
- Workshops
- Counselling Skills Training
- Employee Counselling Services
- Young Persons' Counselling (8+)
- Group Facilitation

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Recognised
COSCA
Counselling
Organisation

Individual and Couples Counselling

rowan
people potential growth

How do we work?

- We offer one-to-one, confidential counselling, to individuals and couples in a safe and comfortable setting.
- Our specialist counsellors work with adults and with young people aged 8 upwards.
- We believe that it is the partnership built between the client and the counsellor which creates the basis of the helping relationship and provides an environment that is safe, supportive and challenging.
- We consider the client as expert about their own life.
- We offer an exploratory first meeting where you can discuss whatever concerns you have, before deciding about further sessions.
- Our service is flexible in terms of number of sessions.
- Counselling sessions last 50 minutes and are usually weekly at a fixed timee work from discreet and accessible premises in Perth and Dundee.

Issues we can help you with include:

- Feeling unfulfilled
- Relationship problems
- Bereavement
- Depression
- Anxiety
- Stress
- Addiction
- Sexual, emotional and physical abuse
- Sexuality
- Intimacy
- Personal development
- Workplace issues
- Nightmares
- Trauma

Who are we?

Established in 1997, ROWAN is involved in the support, training and development of people and organisations.

We are a team of professional counsellors with experience and training in a variety of fields within the educational and caring professions.

Working from a humanistic perspective that includes person-centred, Gestalt, and art therapy, we offer both short and long-term counselling and psychotherapy. See our website for more information.

Rachel Weiss
Carolyn Strobos
Vivien Campbell
Mark Hancock
Anna Hamilton

Julia Berry
Sheila Beare
Sarah Jauncey
Wendy Brown

All ROWAN counsellors are accredited or trained to at least diploma level and have extensive experience of working with a wide range of people and issues.

Rowan is on the COSCA register of recognised counselling organisations. COSCA is the professional body for counselling and psychotherapy in Scotland. Rowan abides by the COSCA code of ethics and that of the British Association for Counselling and Psychotherapy (BACP) .