

About Rowan

Rowan is involved in the support, training and development of people and organisations. We are a team of professional counsellors, trainers, and facilitators with experience in a variety of fields including education, management and caring professions.

As well as staff counselling, Rowan provides

- Individual and couples counselling and psychotherapy
- Employee counselling schemes
- Coaching
- Supervision
- Inhouse Training
- Workplace mediation

Rowan is an organisational member of COSCA, the professional body for counselling and psychotherapy in Scotland. We also abide by the ethical framework of the British Association for Counselling and Psychotherapy (BACP).

Our focus is on providing a quality service to organisations and individuals in Scotland.

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**Recognised
COSCA
Counselling
Organisation**

Staff Counselling Service

rowan
people potential growth

Business Benefits

- Increased productivity and quality of work
- Improved employee well-being and reduced sickness absence
- Enhancement of the organisation's reputation with employees
- Support for line managers – having somewhere to refer distressed employees can free up management time
- Protection from litigation – if an employer offers confidential counselling then they will rarely be held in breach of their responsibilities

A professional counselling service for Scottish organisations

Our staff counselling service offers employees the opportunity to talk about the difficulties they are facing in their personal or professional lives with someone who is trained to help them explore their concerns and options.

People come to staff counselling for many different reasons. They don't need to be in crisis to benefit, nor do their concerns need to be purely work related; personal difficulties often lead to stress that may be adversely affecting them both at home and work.

Rowan Staff Counselling offers

- Self-referral or management referral
- An initial introductory session to explore whether counselling is appropriate for the employee
- Weekly counselling sessions each lasting 50 minutes (up to an agreed number of sessions, usually six)
- A confidential service to the individual, with agreed feedback to the employer
- Private and comfortable settings throughout

Current customers include:

Tayside Police

Perth College

University of Abertay, Dundee

Capability Scotland

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