

## 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

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 charge is £55 per individual session and £68 for couples work and £73 for Family Therapy.

## Other Rowan services

- Mediation
- Supervision
- Coaching
- Staff Development
- Counselling Skills Training
- Employee Counselling Services
- Facilitation

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## Counselling Service

adults  
couples  
young people  
families

**rowan**  
live better

## How do we work?

- We offer one-to-one, confidential counselling, to individuals, couples and families in a safe and comfortable setting.
- We also have specialist counsellors who work with young people aged 4 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 both 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 time
- Face-to-face counselling available throughout Scotland
- Telephone counselling available

## Issues we can help you with include:

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

## Who are we?

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

All ROWAN counsellors are accredited 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.

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



Recognised  
COSCA  
Counselling  
Organisation