

## Therapists' Trainings

### Include:

Solution-Focused Brief Therapy

Person Centred

Psychodynamic

Hypnotherapy

Transpersonal

Play Therapy

Core Process

Art Therapy

Integrative

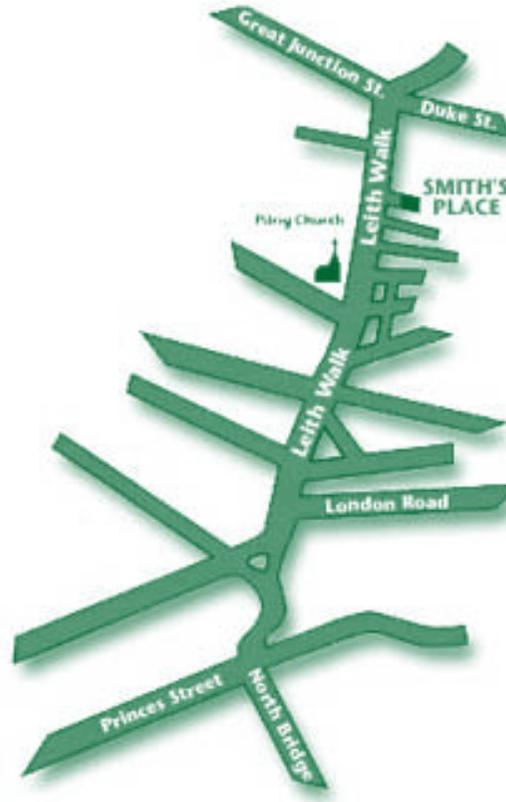
Humanistic

Gestalt

EMDR

CAT

## How to get to Wellspring



Buses 7, 10, 12, 14, 16, 22, 25, 35, 49

# Wellspring

centre for psychotherapy and counselling

**COUNSELLING  
PLACEMENTS**

**13 Smith's Place,  
Edinburgh  
EH6 8NT**

**Tel 0131-553 6660**

**[www.wellspring-scotland.co.uk](http://www.wellspring-scotland.co.uk)**

**[mail@wellspring-scotland.co.uk](mailto:mail@wellspring-scotland.co.uk)**

**Wellspring (Scotland) Ltd  
Reg No: 168948 Charity No: SCO 12522**

## What is Wellspring?

Wellspring is a centre for psychotherapy and counselling which aims to make therapy available to all, irrespective of income. It is a place where people can come when they need help or when they want to make changes in their life. Here, someone will listen without judging, and clients can be helped to find their own source of insight and healing, and more effective ways of coping.

Help can be offered to individuals, couples and families, and to people meeting in groups. However, Wellspring is not a crisis centre and does not offer an emergency service.

We are a team of therapists holding a common purpose, which is to provide a high standard of professional practice that both honours and respects the individual. All Wellspring therapists are experienced practitioners who have undergone their own personal therapy.

## Arranging a Placement

Wellspring can provide a few placements for students on a Diploma in Counselling training course.

Students will be considered for interview for a placement when they complete and submit an application form, available from the Wellspring office.

It is *essential* that students on placement at Wellspring have undergone or are currently receiving personal counselling or therapy.

For an application to be accepted there must be a suitable, qualified supervisor available on the Wellspring staff who is prepared to take the student.

## Supervision at Wellspring

Wellspring supervisors undertake supervision provided that the philosophy and approach of both course and student are compatible with those of Wellspring. Clients are asked if they are willing to work with a counsellor in training and in supervision with a Wellspring therapist. The supervisor is responsible for clients seen by the student.

In the past students have requested that group supervision be offered to run alongside their individual supervision, as this provides supportive contact with other students at Wellspring, and the opportunity to look at their client work from different therapeutic perspectives. Wellspring therefore now offers groups supervision as part of its package for trainees and expects that they will attend this regularly.

## Fees

The current supervision fee is £40 per session. Students pay £20 of this and Wellspring contributes the balance.

Counsellors in training negotiate counselling fees (on a sliding scale) with clients. These fees go to Wellspring.

## To Apply

Request a Placement Application Form from:

Moira Armstrong  
Wellspring  
13 Smith's Place, Edinburgh EH6 8NT  
Tel 0131-553 6660  
mail@wellspring-scotland.co.uk