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## Forums for Counsellors and Psychotherapists in Scotland

This is a list of Forums for counsellors and psychotherapists in Scotland.

It has been compiled by COSCA (Counselling & Psychotherapy in Scotland) to enable counsellors and psychotherapists to be able to access a forum in their local area, if they so wish.

Under each of the forums on the list below there is information about its purpose and how to join it.

If you have information about a forum for counsellors and psychotherapists in your area that you would like posted on the COSCA website, please contact Brian Magee, Chief Executive, COSCA (Counselling & Psychotherapy in Scotland).  
[brian@cosca.org.uk](mailto:brian@cosca.org.uk)

## Forums for Counsellors and Psychotherapists in Scotland

[West Lothian Forum for Counsellors and Psychotherapists](#)

[The Highlands and Islands Counsellors Forum](#)

[The Counselling Forum in Aberdeen](#)

[The Black and Asian Therapist Network](#)

[Ayrshire Counsellors' Network Group](#)

['brains trust' Counsellors' Network](#)

Brian Magee  
Chief Executive  
COSCA (Counselling & Psychotherapy in Scotland)

## Forums for Counsellors and Psychotherapists in Scotland

### **1. West Lothian Forum for Counsellors and Psychotherapists**

The West Lothian Forum aims to raise the profile of counselling & psychotherapy in the local area. It welcomes counsellors, psychotherapists (including trainees) who wish to be in touch with other practitioners in their local area.

The Forum met for the first time in July 2011. Future meetings are being planned and will be held in Livingston. It is hoped that gradually the Forum will become more established.

There are no fees charged for joining the Forum. Instead, a donation of around £2-4 depending on numbers is requested at meetings from all participants to cover the cost of room hire.

#### **Contact details:**

Janine Stenhouse at: [janine.stenhouse@gmail.com](mailto:janine.stenhouse@gmail.com) Tel 07745 821 523

### **2. The Highlands & Islands Counsellors' Forum**

The Forum is open to all counsellors, psychotherapists and students of counselling and psychotherapy in the Highlands and Islands and is not limited to membership of a particular professional association.

The Forum meetings are based on the 'coffee shop model', where ideas for topics emerge from the group in an organic way, and the group decides what topics they wish to concentrate on in the meeting. The topics discussed so far have been diverse and very interesting.

There is a great deal of cross-fertilisation and energy in the meetings because members are all from very different backgrounds, work in different settings and practice in different ways.

The Forum:

- meets on the first Tuesday of the month from 3pm-5pm at Inverness College, please check for any updates on meeting point. It's good to check in advance just in case there is a change to these details We will soon be able to include people from remote areas in its meetings by Video Conferencing, an option that was generously offered by Inverness College.
- provides a summary of each meeting and sends it by email to its growing mailing list (over 60 people are on it currently) together with an invitation to the next meeting.
- regularly passes information on CPD, other relevant topics and information from members onto Forum members. This came about in response to requests from members out of recognition that they do not all belong to the same groups and are not always exposed to the same information.

**Contact Person:** Avigail Abarbanel at: [avigail@fullyhuman.co.uk](mailto:avigail@fullyhuman.co.uk)

### **3. The Counselling Forum in Aberdeen**

The Counselling Forum in Aberdeen aims to provide a forum for anybody interested in counselling and the counselling approach, where personal and professional development can be nurtured, diversity respected and commonality embraced.

Evening, Saturday and week-end workshops are held. Events are open to non-members (for a small increased fee) unless otherwise stated.

Please see the Forum's website for further information on what membership offers, joining fees, and all the interesting talks, visits and workshops coming up. The website also provides information about contact details.

[www.thecounsellingforum.co.uk](http://www.thecounsellingforum.co.uk)

## **4. The Black & Asian Therapist Network**

The Black, African and Asian Therapy Network

Therapist Directory / Online Articles / Personal Development groups / Training

Email: [eugene@baatn.org.uk](mailto:eugene@baatn.org.uk)

Web: [www.baatn.org.uk](http://www.baatn.org.uk)

The BAATN Podcast [eugenebaatn.wordpress.com/podcast/](http://eugenebaatn.wordpress.com/podcast/) also available on iTunes

FaceBook: <https://www.facebook.com/baatn/>

Twitter: <https://twitter.com/baatnman>

BAATN Blog: <https://eugenebaatn.wordpress.com>

## **5. Ayrshire Counsellors' Network Group**

This group meets every 3 months in Ayrshire. The meetings are informal and gives folk a chance to meet up with fellow counselling and psychotherapy practitioners who live and/or work in Ayrshire. The meetings take the form of networking – who's doing what in the world of therapy, swapping information on training events and discussion of issues affecting those working in the talking therapies to give a few examples.

For more details about the venue and time or for more information on the network group, please call Karen Barclay on 07940 166 123.

## **6. 'brainstrust' Counsellors Network**

The UK charity 'brainstrust' provides support to people with brain tumours and their families. We would like to make contact with qualified counsellors who would be interested in joining our counsellors' network. If you are based in the East, North or South of Scotland and are interested please contact Irene Clark by emailing [clarkir63@gmail.com](mailto:clarkir63@gmail.com). For further information about the charity see our website at <http://www.brainstrust.org.uk>.