

Counsellor/Psychotherapist/CBT/Psychology Practitioner (Aberdeen)

Location: First Psychology Aberdeen

Job description and person specification

Enjoy a rewarding, stimulating and busy independent practice as a self-employed practitioner working in partnership with a leading clinical organisation in Aberdeen.

First Psychology offers:

- Mentoring and support in running your own independent practice in partnership.
- CPD, peer support, and training opportunities.
- The opportunity to generate a stable and significant income from clinical work.
- The chance to become part of a growing practice in Aberdeen.

The role is suitable for:

- Qualified and experienced counsellor/psychotherapy/CBT/Psychology practitioners.
- Practitioners seeking senior roles with appropriate qualifications and experience.
- Those looking for full-time or part-time, in-person roles (commitment up to 16 hours including availability to work evenings and/or Saturdays).

Introduction

First Psychology Scotland is a leading independent provider of counselling and psychological therapies in Scotland. With 12 bespoke therapy centres located throughout the country as well as an established online portal, we deliver services to individuals and organisations. We work with over 120 practitioners from a range of backgrounds including counselling/psychotherapy, CBT, counselling psychology, and clinical psychology. We also have our First Psychology Institute which provides CPD and training opportunities to those working in partnership with us.

About the role

Based in our Aberdeen practice in Golden Square, this self-employed partnership role will provide the opportunity to offer a therapeutic role to self-referred and organisationally referred clients. Some online work may be required. The ability to offer specialist skills/expertise in the areas of complex presentation would be an advantage as well as working with children, couples and families.



Who should apply

We will accept applications from any practitioner with counselling/CBT/psychology qualifications along with significant clinical experience. We would normally expect practitioners working with us to hold accreditation with an appropriate professional body or to be significantly advanced in their pursuance of this. Membership with a professional body would be required.

Applicants should be able to demonstrate an outstanding ability to integrate clinical practice and professional learning, and to engage professionally within a highly reputable organisation. We are looking for practitioners with the following competencies:

- **Highly developed clinical skills**
- An ability to understand clinical presentations and needs, and to develop an effective approach to meeting these using established counselling and/or psychotherapeutic models.
- An ability to undertake both short-term and longer-term therapeutic work with clients
- An ability to work independently but also within a pluralistic, multi-profession 'psychological community'
- Highly developed personal management and communication skills, including the effective use of IT.
- Flexibility and adaptability in approach, with an advanced ability to learn and develop new skills and understandings.
- A mature and highly professional approach in working with clients from a range of backgrounds.

How to apply

To apply, please complete our [online application form](#). Please note that we will ask you to provide the following:

- Your CV
- A brief statement detailing your relevant experience/qualifications and suitability for this role and any days of the week you would be unavailable to work due to other commitments
- A summary of your ongoing clinical, professional, learning and other work activities at present and as envisaged should your application be successful

To find out more or to express an interest, please email hello@firstpsychology.co.uk or you can also call us on 01224 452848.

This advert will remain open until suitable candidates have been appointed.

