



BRIGHT LIGHT
relationship counselling

What do we do?



When you don't talk...

...there's a lot of stuff that ends up not getting said.

What will Bright Light offer you?

We have been providing a professional counselling service since 1947. We offer a safe and confidential space to share and explore experiences, often difficult feelings, to recognise what you are finding challenging, together we will identify and build on your strengths, agree a practical plan to try and improve things and develop strong resilient relationships so that you and your loved ones cope better with life's challenges now and in the future - getting the most out of your life and relationships with people who matter to you.

We are not here to impose our values on anyone nor judge. We will not tell you how to live. We are here to talk with you and work together, to listen and help to listen and communicate with loved ones.

Who do we work with?

We see people who value what they have and want to get the most out of relationships. We help people who are thinking of staying together, separating, going through divorce or experiencing loss of a loved one. We support people where relationships have ended and want to explore issues around making new relationships. We support positive parenting apart. We do not put people into boxes. Everyone's experiences

and challenges are different. Whether you are in a civil partnership, married, living together, in a less formal relationship, divorced, separated, bereaved. You may be disabled, a carer, someone experiencing mental and/or physical health issues, or addictions that are impacting on your life and quality of family life.

Our doors are open to you whatever your age, race, personal beliefs, sexual orientation, or social background.

However you define your gender.

We see individuals, couples, children of all ages, grandparents, siblings, adult children with their parents, looked after children, aunts, uncles, friends, carers and other professionals.

Our range of services

- Individual Counselling.
- Couple Counselling.
- Children and Young Peoples Service.
- Family Therapy.
- Restorative Practice.
- Sexual and Relationship Therapy.
- Sex Addiction.
- Counselling and Family Therapy support to employers and other agencies.
- Professional supervision to other agencies.
- Room hire facilities within New Town, Edinburgh.

How much time will it take?

Sometimes it doesn't take much to help a person, couple, or family free up their strengths and sometimes difficulties are complex and it can take longer to find solutions that work. Sessions often start weekly or fortnightly and then reduce to monthly. We try to be flexible to suit your needs.

Call us on 0131 556 1527

We value each person enquiring about our services and you can expect a warm professional welcome when you contact us. Visit our website for full details of all our services. www.bright-light.org.uk

How do I make an appointment?

You can refer yourself or be referred by another agency. Just call and talk to us. Take that first step.

We will invite you to come in for a welcome meeting which will help us clarify your needs and goals. You will be asked to pay £29 to book this initial meeting.

After that, sessions with our professional counsellors usually last an hour and we ask you for a contribution of £60 to help cover our costs. If you feel you can't afford this, please speak to us in confidence and we can

agree an affordable amount. We will not turn you away.

If we decide together that our family therapy service would help your needs then you may be invited to our Wednesday family therapy clinic where we use a team approach so that clients have the benefit of a number of views and ideas. In order to use the team to its full potential we work with a one way screen. This enables the other team members to observe the sessions from an adjoining room.

The family then has an opportunity to swap places and observe the team as they share their ideas for ways forward. Most clients find this very valuable.



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RELATIONSHIPS **SCOTLAND**

Bright Light is a Member
of Relationships Scotland



COSCA

Counselling & Psychotherapy
in Scotland

CONFIDENTIALITY

Everyone who works at Bright Light is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Bright Light without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm or where we are legally obliged to do so.

CONTRIBUTIONS

As a not-for-profit agency Bright Light asks for a contribution to the cost of therapy. We will provide a sliding scale so that you are able to decide how much you can contribute to the wellbeing of the charity. If you have to cancel an appointment, please give us 48 hours' notice.

Bright Light is a company limited by guarantee with charitable status SCO11989
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