**COUNSELLING SERVICE**

**for General Practitioners and their families and GP Registrars and their families in the Highlands**

* Confidential counselling of a non-medical nature for individuals, couples or families.
* Support through a team of professionally qualified and experienced counsellors.  An appointment as early as possible, and no longer than two weeks from initial contact.
* Telephone counselling by appointment for those unable to travel regularly to Inverness
* Confidential assistance for those wishing to see an alternative counsellor.

# Financial Support -

The first six sessions are financially supported by the L.M.C, the Royal College of General Practitioners or NHS Highland. This means that for any doctor or member of his or her family, the first six sessions are free. Finance is organised in a way that protects the identity and confidentiality of the person seeing the counsellor. Those wishing to continue seeing a counsellor beyond the six sessions can do so by paying a fee of £40.00 per session. The counsellor will negotiate a manageable fee for those unable to pay the full figure.

# How to make contact -

Any one of the team of counsellors can be contacted by telephone or email as indicated below:

# Jan Barrow

**Qualifications –** BA (Hons); MBACP Senior Accredited Counsellor/Psychotherapist

**Memberships –** UKRCP Registered Independent Counsellor/Psychotherapist.

**Other Information –** Jan is an integrative counsellor and worked for a number of years in General Practice. She is experienced in marital and relationship counselling and alcohol counselling. Jan also works as a counselling supervisor.

## Contact –

Telephone - 07806 921153 or

Email - janbarrow@btinternet.com

# Tine Butterworth

**Qualifications -** Diploma in Couple Counselling; Diploma in Psychosexual Counselling; Certificate in Counselling for Children; MBACP. Accredited Couple

Counsellor, Diploma in Psychosexual Therapy 2006, Certificate in Counselling Children & Young People

**Memberships -** Member of and adhering to the ethical frameworks of good practice of the British Association for Counselling and Psychotherapy and the British Association of Sexual and Relationship Therapy.

**Further Information** – Tine works with individuals, couples and children. She has many years experience of working in various settings including sexual health and family mediation. Tine is a Sexual and Relationship Psychotherapist / Counsellor in private practice working with individuals and couples who present with a range of sexual dysfunctions in accordance with DSM IV and relationship difficulties. She also provides clinical supervision to Counsellors/Therapists and Chaplaincy. Tine is a Project Worker/ Counsellor with Waverley Care Highland, an Edinburgh based sexual health charity, working in the field of HIV/AIDS, sexual assault, rape, sexual orientation, childhood sexual abuse, and sexual addiction. Counselling post-holder with Relationships Scotland Family Mediation Highland, Inverness, working with children and young people aged 5 – 18yrs who are experiencing difficulties as a result of parental separation, family breakdown and divorce.

## Contact –

Telephone: 01456 486275 or 07766 073104

Email - tinecounselling@aol.com

# Linden Stefaniak

**Memberships** - Member of the BPS (Chartered Counselling Psychologist), Registered Member of BACP, Member of COSCA, registered with HCPC as a psychologist. Qualifications - MA and post-MA Diploma in Counselling Psychology at Regents College London, COSCA Certificate in Counselling Supervision at Edinburgh University with Distinction. MA and a BSc (hons.) majoring in Psychology.

**Further Information –** Linden’s areas of interest are clinical supervision (counsellors and other professionals in the helping professions), relationships, the therapeutic relationship, mind/body, and what in their past history leads individuals to become a helper of any kind. Linden works from an integrative perspective, using personcentred, psychodynamic, and existential counselling and psychotherapy.

## Contact –

Home - 01463 782607

Mobile - 07724153665 (only used for counselling work and checked once a day). Email - lindenstefaniak@hotmail.com

# Rae Jack

**Qualifications –** Advanced Training in counselling supervision, Modules 1, 2 and 3.

**Memberships –** Member of BACP, UKRCP registered. Advanced Post Graduate Diploma in Person-Centred Counselling, Accredited member of The British Association for Counselling and Psychotherapy, UK registered Independent Counsellor/Psychotherapist.

**Further Information –** Rae is a male Counsellor in his 60s with a professional background in mental health nursing. He is a registered community mental health nurse and self-employed counsellor that practices from rooms based in Inverness and Dingwall.

## Contact –

Home – 01349 882417

Mobile – 07887848941

Email - **raegun3@hotmail.com**

Web – [www.raejackcounselling.co.uk](http://www.raejackcounselling.co.uk/)

# Marina Sinclair

**Qualifications** - Diploma in Counselling

**Memberships -** Registered Member of BACP and COSCA

**Further Information –** Marina is an integrative counsellor and has worked for a number of years in the NHS Western Isles Counselling Service and in Private Practice. Marina provides a counselling service to both Students and Staff at the Lews Castle College UHI. She also provides a Counselling service via Occupational Health Departments within NHS Western Isles and the Local Authority. She has her own premises in Stornoway but will provide telephone and Skype counselling if you are unable to travel.

## Contact –

Telephone or Text - 07933 849 899

Email marina.sinclair1@gmail.com

Web - [www.marinasinclair.co.uk](http://www.marinasinclair.co.uk/)