



Freelance Counsellor/Psychotherapist (Perinatal Mental Health)

Location: Scottish Borders (in-person) & UK-wide (remote/online)

Contract Type: Freelance / Sessional

Pay Rate: Competitive (per session, dependent on experience)

Hours: Flexible, sessional

About Nurture the Borders

Nurture the Borders is a charity dedicated to supporting families through pregnancy, birth, and early parenthood. We provide specialist perinatal mental health support, antenatal education, peer support groups, and workshops to families in the Scottish Borders.

We are seeking experienced Counsellors and Psychotherapists to join our freelance sessional team. Therapists will provide individual therapy sessions (in-person or online) and may also facilitate therapeutic groups.

Key Responsibilities

- Provide one-to-one counselling/psychotherapy to parents experiencing perinatal mental health challenges.
- Offer trauma-informed support for postnatal depression, anxiety, birth trauma, perinatal loss, and parenting challenges.
- Facilitate therapeutic group interventions where applicable, ensuring a structured and safe space.
- Maintain brief, confidential client records in accordance with GDPR and professional standards.
- Ensure that clients complete CORE-10 assessments at the beginning and end of therapy.
- Follow safeguarding policies, escalating risk concerns appropriately (safeguarding reports are an ethical and legal responsibility of the therapist).
- Maintain registration with an appropriate professional body and ensure compliance with their ethical guidelines.
- Attend personal clinical supervision in line with registration body requirements (therapists are responsible for arranging and funding their own supervision).
- Engage in reflective practice and, if desired, attend optional peer group supervision provided by Nurture the Borders as a free support resource.

Essential Criteria

- A recognised Diploma, MSc, or equivalent qualification in Counselling/Psychotherapy.
- Registered with a SCoPEd-recognised professional body, including:
 - Human Givens Institute (HGI)



- British Association for Counselling and Psychotherapy (BACP)
- UK Council for Psychotherapy (UKCP)
- National Counselling Society (NCS)
- British Association for Behavioural and Cognitive Psychotherapies (BABCP)
- Counselling & Psychotherapy in Scotland (COSCA)
- Association of Christian Counsellors (ACC)
- Health & Care Professions Council (HCPC) - for counselling/clinical psychologists & arts therapists
- Experience working with perinatal mental health clients (pregnancy, postnatal, birth trauma, perinatal grief, etc.).
- Strong safeguarding knowledge and ability to escalate risk appropriately.
- Professional indemnity insurance and an enhanced PVG/DBS check (or willingness to obtain one).
- For online roles: Completion of accredited online therapy training (e.g., BACP "Working Online in Therapy" CPD, ACTO Level 1/2, or equivalent).

Desirable Criteria

- Additional training in perinatal mental health (e.g., birth trauma, postnatal anxiety, infant loss).
- Experience facilitating therapeutic groups or psychoeducational interventions.
- Knowledge of attachment-based approaches or infant-parent mental health.
- Experience working with partners, co-parents, and diverse families.

What We Offer

- Flexible, sessional freelance work-work as much or as little as you choose.
- The opportunity to support parents at a crucial time in their lives.
- Collaboration with a passionate, supportive team.
- Referrals and administrative support-we handle bookings, initial screening, and safeguarding oversight.
- Access to optional peer group supervision, a free reflective space for professional support.

How to Apply

We are accepting applications on a rolling basis. If you're interested in joining us, please email:

- Your CV detailing your qualifications and experience.
- A short cover letter explaining your interest and therapeutic approach.
- Proof of accreditation with a SCoPEd-recognised professional body.
- For online therapists: Proof of accredited online therapy training.

Email applications to: info@nurturetheborders.com

Website: www.nurturetheborders.com



We welcome applications from diverse backgrounds and encourage therapists with lived experience of perinatal challenges to apply.