



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 professional body recognised within the SCoPEd framework, 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 and arts therapists.
- Applicants must have achieved the competencies required for SCoPEd Framework Column B (or above).
- Applicants must have completed the minimum post-qualification supervised clinical practice required to achieve SCoPEd Framework Column B (or above) within their professional body and be able to evidence this if requested.



- Experience working with perinatal mental health clients (including pregnancy, the postnatal period, birth trauma, perinatal loss and grief, and related mental health difficulties).
- Strong safeguarding knowledge and the ability to assess and escalate risk appropriately.
- Professional indemnity insurance and an enhanced PVG/DBS check (or willingness to obtain one).
- For therapists delivering online therapy: completion of accredited online therapy training (e.g. BACP *Working Online in Therapy* CPD, ACTO Level 1 or 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.

To apply, please email the following to info@nurturetheborders.com:



- Your current CV, detailing your qualifications, professional registration/accreditation, and relevant clinical experience.
- A covering letter (maximum two pages) outlining:
 - your interest in the role;
 - your therapeutic approach;
 - your experience of working with perinatal mental health; and
 - how you meet the essential criteria, including the competencies required for SCoPEd Framework Column B (or above).
- Evidence of your current professional registration, accreditation or membership demonstrating that you meet SCoPEd Framework Column B (or above).
- For therapists wishing to provide online therapy, evidence of accredited online therapy training (e.g. BACP *Working Online in Therapy*, ACTO Level 1 or 2, or equivalent).

Please note that only applicants who meet the essential criteria may be shortlisted.

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.