

# STARTING A COUNSELLING SERVICE: IS IT FOR YOU?

- NICOLA CURRIE



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## Resource Guide

# About Nicola Currie

## **MBACP Accred, Counsellor/Supervisor**

In 2003, I started the journey that many of us take to become a qualified counsellor. I found when I was on placement that my counselling skills would be of great benefit to the people who came along to CHANGES, the Community Mental Health Project where I worked.

I approached my manager and also my counselling training course to see if it would be feasible for me to set up a counselling service within my workplace. To my delight, they both said yes. In 2004, after meetings with lots of supportive people, I set up my first counselling service.

Initially, there was only me seeing clients, however, as the demand for the service grew, it became apparent that I needed to develop and expand the service so we could see more clients. In 2007, I recruited my first trainee and by the time I left in 2011 there were possibilities for up to five trainees to be on placement in CHANGES at any one time.



**Nicola Currie**

# About Nicola Currie

I was approached by DAD's Work, another Community Project in East Lothian, and was asked if I could see clients for them as they had just been granted a small funding award. I felt the best use of my time was to set them up with their own in-house counselling service. They agreed to this, and I went ahead and set them up with their own counselling service, which continues to run today.

In 2011, I made the decision to leave the Community Mental Health charity where I had worked for ten years to concentrate on my own private practise of seeing clients and supervisee's at home.

I am a wife and mother – both my girls are grown up now but they still manage to keep me on my toes and busy. In my spare time, I like to jog, play squash, sing (in a choir), read, and socialise with good friends.

For more details about Nicola's work, please [click here](#) to visit her website.



# Event Details

**Nicola** has started and managed two counselling services and also runs a successful private practice from home.

In the interview, Nicola shared her experience and learning gained from starting and managing two counselling services and set us three questions for discussion:

**What will your counselling service offer?**

**What do you need to consider when starting a counselling service?**

**How will you evaluate the counselling service?**

**We enjoyed a lively and thought provoking discussion!**



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[www.counsellingwithnicola.co.uk](http://www.counsellingwithnicola.co.uk)



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