

Counsellor/Psychotherapist or CBT Therapist

Location: First Psychology Aberdeen

Start: January 2026

Job description and person specification

Enjoy a rewarding, stimulating and busy independent practice as a self-employed practitioner working in partnership with a leading clinical organisation in Aberdeen.

- Suitable for a qualified and experienced counsellor/psychotherapist or CBT Therapist
- Wide range of working patterns available (minimum commitment of 0.3FTE, including the availability to work evenings and/or Saturday mornings and afternoons)
- Chance to become part of a busy and growing practice in Aberdeen
- Provides mentoring and support in running your own independent practice in partnership, as well as CPD, peer-support and training opportunities.
- Offers the opportunity to generate a stable and significant income from your clinical work.

Introduction

First Psychology Scotland is a leading independent provider of counselling and psychological therapies in Scotland. With 12 bespoke therapy centres located throughout the country as well as an established online portal, we deliver services to individuals and organisations. We work with over 120 practitioners from a range of backgrounds including counselling/psychotherapy, CBT, counselling psychology, clinical psychology, and coaching. We also have our First Psychology Institute which provides CPD and training opportunities to those working in partnership with us. First Psychology Training was launched in 2024 and offers a full Diploma training in Integrative Counselling and Psychological Therapy, delivered by First Psychology staff and partner practitioners.

About the role

This self-employed partnership role is based in our Aberdeen consulting venue in Golden Square. It will provide the opportunity to offer a therapeutic role specialising in working with adult clients who are either self-referred or referred from organisations and businesses. Some online work may be required. An ability to work with couples and/or young people would be an advantage.

The role will commence in January 2026 and offers the potential to generate a significant income, which will depend on skills and experience.



Who should apply

We will accept applications from any practitioner with a postgraduate qualification in counselling/ psychotherapy or CBT along with significant clinical experience. We would normally expect practitioners working with us to hold professional registration or accreditation with an appropriate professional body or to be significantly advanced in their pursuance of this. The availability to work some evenings is necessary as this is when most adult clients wish to attend.

Applicants should be able to demonstrate an outstanding ability to integrate clinical practice and professional learning, and to engage professionally within a highly reputable organisation. We are looking for practitioners with the following competencies:

- **Highly developed clinical skills in one or more models of counselling/psychotherapy or CBT**
- An ability to understand clinical presentations and needs, and to develop an effective approach to meeting these using established counselling and/or psychotherapy interventions.
- An ability to undertake both short-term and longer-term therapeutic work with clients
- An ability to work independently but also within a pluralistic, multi-profession 'psychological community'
- Highly developed personal management and communication skills, including the effective use of IT.
- Flexibility and adaptability in approach, with an advanced ability to learn and develop new skills and understandings.
- An energetic and highly professional approach in working with clients from a range of backgrounds.

How to apply

To apply, please complete our [online application form](#). Please note that we will ask you to provide the following:

- Your CV
- A brief statement detailing your relevant experience/qualifications and suitability for this role and any days of the week you would be unavailable to work due to other commitments
- A summary of your ongoing clinical, professional, learning and other work activities at present and as envisaged should your application be successful

To find out more or to express an interest, please email hello@firstpsychology.co.uk or you can also call us on 01224 452848.

The closing date for applications is Monday 24 November 2025, 12 noon.
Interviews will be held week commencing 1 December 2025

