

Specialist Practitioner – Couples & Relationships Therapist

Location: First Psychology Dundee

Start: early 2027

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

- Suitable for qualified and experienced therapist able to work with couples.
- Part-time roles (minimum commitment of 0.3FTE, including the availability to work evenings.
- A chance to become part of a growing practice in Dundee.
- 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 is a leading independent provider of counselling and psychological therapies in Scotland. With eleven 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.

About the role

This self-employed partnership role, based in our Dundee service, will provide the opportunity to offer a therapeutic role **specialising in couples and relationships therapy**. Some online work may be required. Work with self-referred adults and clients referred by organisations and businesses will also be necessary.

This role will commence early in 2027. It offers 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/CBT/psychology along with significant clinical experience working with couples, and who hold relevant certificates in this area. We would normally expect practitioners working with us to hold accreditation with an appropriate professional body or to be significantly advanced in their pursuance of this. **Additionally, the availability to offer clinics in the evening would be highly desirable.**



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 counselling/psychotherapy/CBT/psychology.
- **Specialist skills in working with couples and relationships.**
- An ability to understand clinical presentations and needs, and to develop an effective approach to meeting these using established counselling/psychotherapeutic CBT/ or psychological models.
- 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.
- A mature and highly professional approach in working with clients from a range of backgrounds.

How to apply

If you have any questions before applying, please email hello@firstpsychology.co.uk or call us on **01382 721 177**

To apply please [complete our online application form](#) indicating that you are applying for this role.

The CLOSING DATE for applications is 12 noon on Wednesday 30 September 2026.

