

- HOME
- ABOUT
- SERVICES
- MAKE AN APPOINTMENT
- CONTACT ME

- PRIVACY POLICY
- TERMS AND CONDITIONS





Welcome

Hello Pauline! This High-Fidelity mockup of your new website was made using Adobe XD. Its purpose is to give you a good idea of how everything is going to look and how the user-experience flows from page to page. The buttons and links have functionality. More complex functions such as animations have been omitted here and will be added on the final site.

Please use the comments function to add general comments to each page and more specific comments tied

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Typeface

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Heading 1 Playfair - 40px

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Go to Prototype



Live the Life You Want to Lead

Evidence-Based Therapy in Edinburgh

MAKE AN APPOINTMENT

Holistic Psychotherapy to Guide You Along the Paths to Positive Experiences.

Welcome. Thank you for taking some time to look through my website. I’m pleased you’re here.

Reality can seem confusing, frightening and joyless at times as we go through the different stages of our lives. Our relationships with ourselves and with other people can often be confusing and sometimes isolating. But for most of us there are pathways waiting to be discovered that will allow us to change the course of negative and destructive thoughts, behaviours and feelings.



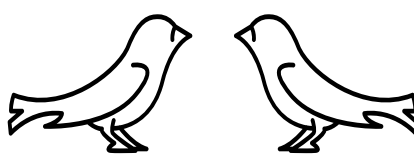
Listening with an Open-Mind

In short, I take an individualistic, existential view of therapy - which is to say I begin every initial meeting with a client with open ears and an open mind. Only then can I gather a more subtle and empathetic understanding of:

- Who you are;
- Why you are sitting in front of me;

Learn More About My Approach

Ways of Working With Me



Face to Face



Online

A large amount of research has revealed that the establishment of a trust-based relationship between client and therapist over time leads to the most effective and positive outcomes for the client: an effective therapeutic relationship is pivotal for progress and growth.

MAKE AN APPOINTMENT

How I Can Help You

See All Services

ANXIETY

DEPRESSION

HALLUCINATIONS

SPIRITUAL CRISIS

HEARING VOICES

LONLIENESS

RELATIONSHIP ISSUES



Meet Dr Pauline Morgan

I am a certified counsellor and psychotherapist and a member of the British Association of Counselling and Psychotherapy (BACP) which ensures Safe and Ethical Practice.

My training was mainly rooted in Cognitive-Behavioural Therapy (CBT). This provided me with a solid foundation of evidence-based, NHS-endorsed treatments for mental health issues such as anxiety disorders, depression, phobias, trauma and many others.

You can find more detailed information about my qualifications and my professional approach on the About page.

Learn More



About



About Pauline Morgan, PhD
Psychotherapist

I am a certified counsellor and psychotherapist and a member of the British Association of Counselling and Psychotherapy (BACP) which ensures Safe and Ethical Practice.

My training was mainly rooted in Cognitive-Behavioural Therapy (CBT). This provided me with a solid foundation of evidence-based, NHS-endorsed treatments for mental health issues such as anxiety disorders, depression, phobias, trauma and many others.

However, my experience has taught me that the traditional CBT approach does not work for everyone. There exist many other therapeutic methods which can be just as effective, if not more, depending on the nature of the individual and the problem presented. Often the initial presenting issue turns out to be one quite different from where the focus of therapy ends up. This is progress in itself.

Therapy is a journey: life is a changeable narrative.

My Approach to Therapy

The very process of acknowledging that one wants or needs help from a professional therapist can be challenging and even frightening for many.

If this is the case for you, some of the following statements regarding what you can expect from me might provide some reassurance.

Ready to Take the First Step?

As your therapist I will:

If at this point you feel ready to reach out and book an initial appointment you can do so by using the button below. I offer both in-person and online appointments. If you have any questions feel free to get in touch via the Contact page.

- Provide a private and confidential space where you can discuss and explore anything that you feel you have to or want to.

MAKE AN APPOINTMENT

- I will listen to you without judgement.
- Do my best to support you within our mutually agreed boundaries.
- Try as much as I possibly can to witness the events of your life as narrated through your unique experience - as nuanced or complicated as that may feel or seem.
- Never rush or push you to discuss anything that you are not fully ready to discuss.





Make an Appointment

Fill out the form below and I will get back to you within 1 business day to discuss further.

Name (required)

Your email (required)

Your Telephone Number (required)

When Would You Like to Have an Appointment?

Online or in-person?

☐

Online

☐

In-Person

Please describe the issue that you are having and how you believe that I can help (required)





Services

NHS-Endorsed and Additional Therapies



An introductory paragraph that explains how Pauline is qualified to administer various therapies. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

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MAKE AN APPOINTMENT

Are You Struggling with a Spiritual Crisis?

Sometimes we can go have experiences that we find difficult to explain. Many of us will have out-of-body experiences, hear voices, or have prophetic dreams. Not all of these experiences are unpleasant or are indicative of mental *illness* but they can be lifechanging. There are not many spaces to safely discuss and come to terms with what these experiences might mean. Talking through anomalous experiences is one of my specialities. If you have been searching for someone to discuss experiences you don't understand with, please



Specialised Support For...

Near-Death Experiences

Out of Body Experiences

Hearing Voices

Prophetic Dreams

Choose Better Mental Health Today

MAKE AN APPOINTMENT



Terms & Conditions

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Make An Appointment



Book Your Therapy Session Today

It is easy to book an appointment with me. I'm available by phone or email. I will endeavour to respond to all enquires within 24 hours of receipt. Follow the steps below in order to request contact from me. I will call or email you to confirm the date and time of your initial counselling session.



1. Let Me Know How I Can Help

Use the Booking Form below to let me know how I can help you. You do not need to tell me everything at this time, only enough so that I may get a general idea. Please ensure that you include a valid way for me to get in touch with you when completing the form.

You also have the option of calling me on 0131222222 or sending me an email at



2. Book Initial Consultation

Once you have reached out to me I will respond within 1 business day. If I believe that I can help you I will offer to schedule a 50-minute initial consultation. The initial consultation gives you an opportunity to go into more detail about the issue(s) that you would like to overcome and to give you an idea of how you will like working with me.

The initial consultation costs £20 and



3. Schedule Follow-Up Appointments

After our initial consultation, you will have the opportunity to schedule regular appointments with me. I will contact you to discuss what I feel would be most appropriate for your specific situation and schedule.

If I feel that I am not the best person to assist you, I may refer you to one of my colleagues or other resources to ensure that you get the help that you need.

Ready to Take the First Step?

Book Now

Late Cancellation and No-Show Policy

You will be charged the full fee if:

1. You cancel or reschedule within 48 hours of your appointment.
2. You do not show up for your appointment.

Payment

Payment can be made to me via PayPal or Bank Transfer. Payment must be made in full once your appointment is confirmed. After the initial consultation, payment for regular appointment dates will be arranged via seperately.

See Full Terms and Conditions



Privacy Policy

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Contact Me & Frequently Asked Questions

The best way to figure out if you would benefit from therapy with me is to book an initial consultation. We can discuss any issue that you are having without you having to commit to anything. You may also wish to read the Frequently Asked Questions below. If you wish to contact me

Contact Me

Fill in the form below to send me a message and I will respond within 1 business day. Please ensure that you enter the correct email address.

Name (required)

Youe email (required)

Subject

Message (required)

FAQs

- + Question Example
- + Question Example
- + Question Example
- + Question Example
- + Question Example



Book an Initial Consultation

The fastest way to see how I can help is to book an initial consultation. Use the button below to find out more.

MAKE AN APPOINTMENT

