



BRIGHT LIGHT
relationship counselling

When parents separate

Therapy for families

A guide for Solicitors



When you don't talk...

...there's a lot of stuff that ends up not getting said.

Who we are

Bright Light is a not for profit organisation that has been providing relationship counselling in Edinburgh for over 70 years. Within Bright Light we have been offering family therapy for over 15 years and from this experience we have developed a specialist service offering family therapy and counselling for families experiencing difficulties post separation, particularly when high conflict is negatively affecting children.

How we help you

We offer family therapy for any family where there are difficulties round separation and parenting. Typically families come to see us when:

- Mediation has often already been attempted
- There is acrimony between parents around the children's contact
- An impasse has been reached around contact
- Children are refusing contact with one parent
- Children are exhibiting signs of emotional distress related to the separation difficulties

Do you need us?

When parents separate they still have a responsibility to collaborate for their children's welfare. When their own relationship has broken down this is sometimes very difficult to achieve.

Research shows there can be short and long term impacts on children's physical and psychological well being when they are between adversarial parents.

Our family therapy service is an early intervention approach to reduce the impact of adverse childhood experiences (ACE's) on children and minimise the emotional distress for **all** family members.

What we do

We offer each parent a welcome meeting where we listen to your story. This helps us to determine the referral is appropriate, assess motivation and engagement, and to agree working goals.

It's usual to have several sessions to support each person in the family and we plan who should attend depending on the family's individual circumstances.

Our approach is always child focused; we have sessions with children to understand their experience and subsequently support parents with this understanding, helping them attune to their children's needs.

We bring children together in sessions with their individual parents and if relevant invite other family members who are influential, such as grandparents, to join in.

We don't necessarily bring separated parents together, particularly when there is high conflict.

Updates of our work with you can be provided if required.

All sessions take place in our comfortable rooms in the centre of Edinburgh and whenever possible at a time to suit you.

Referrals

We take referrals from families themselves and from solicitors when family therapy has been recommended in court.

Filling in the on-line referral form on our website, www.bright-light.org.uk is a quick and easy way to book a welcome meeting.

It is helpful for us to have the following details:

- Names
- Contact details
- Solicitors contact details
- A brief description of the difficulties and the expectations
- Information on funding, for example is legal aid being requested.

Cost

This work is not subsidised in the way that our day-to-day relationship counselling and family therapy sessions are. Sessions are charged at £120 per session.

For families who are paying privately and who are struggling to meet the financial commitment, for example families on low income or in receipt of benefits, we ask that they talk to us and we will aim to agree a lesser fee appropriate to individual circumstance.

Call us on 0131 556 1527

We value each person enquiring about our services and you can expect a warm professional welcome when you contact us. Visit our website for full details of all our services and to use our self-referral forms.

www.bright-light.org.uk



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Bright Light
9a Dundas Street
Edinburgh EH3 6QG

0131 556 1527

askus@bright-light.org.uk

www.bright-light.org.uk

Opening hours

Mon-Thu 9am–9pm

Fri 9am–5pm

Sat 9am–5pm



RELATIONSHIPS **SCOTLAND**

Bright Light is a Member
of Relationships Scotland



COSCA

Counselling & Psychotherapy
in Scotland

CONFIDENTIALITY

Everyone who works at Bright Light is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Bright Light without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm or where we are legally obliged to do so.

CONTRIBUTIONS

As a not-for-profit agency Bright Light charges only the cost of the service. Family Therapy for Families Separating is charged at £120 per session.

Cancellations

Please give us 48 hours' notice. If you are in receipt of funded appointments and give us less than 24hrs notice you will lose that funded appointment.

Charity No. SCO11989

Registered office:
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Edinburgh EH3 6QG