

# SHORE PSYCHOLOGY

Are you working in private practice?

Would you like to try it out?

Do you miss being part of a supportive  
community of health professionals?

Is it important to you to reduce social  
inequalities?

Shore Psychology  
2 Sandport Place  
Leith  
EH6 6EU

# Who we are.

Shore Psychology is a forward-thinking Social Enterprise that provides expert psychological services for individuals, groups and organisations. Our mission is to deliver innovative, high-quality, evidence-based psychological services that are centred on the specific needs and circumstances of our clients. We are committed to offering accessible and inclusive services that are trauma - informed and neuroinclusive, ensuring our clients receive the best possible care in a safe, welcoming, and professional environment. We are equally invested in the wellbeing of our colleagues; offering a dynamic community of peers, and supporting ways of working that value our practitioners' needs and interests. We are committed to co-creating a workplace that allows each of us to flourish, encouraging professional creativity, development, support, and collaboration.

Shore Psychology commits to driving excellence in mental health and psycho-social wellbeing through a commitment to continuous innovation and expansion of the evidence base. We also will be providing key charity partners with therapeutic services funded by income generated from the enterprise. These charities include Crew 2000 and the Multi-Cultural Family Base, extending our reach and impact within the community. These partnerships allow us to deliver comprehensive services while staying at the forefront of psychological care.



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# Why join us.

Shore Psychology is more than just a place to practice—it's a community. When you join us, you become part of a collaborative, dynamic environment that fosters personal and professional growth.

Here's what sets us apart:

- **Part of a Community:** We cultivate a collaborative culture where therapists can enjoy a sense of belonging – connecting, sharing ideas and interests, learning, and supporting one another.
- **Wellbeing Activities:** We prioritise self-care with regular wellbeing practices like mindfulness sessions, movement, and workshops; and options to connect socially.
- **Supervision:** In addition to any of your own arrangements, the opportunity to attend weekly peer supervision as part of your fee to ensure our therapists are fully supported in our community.
- **Our low percentage fee:** Our reduced fee structure, in comparison with private providers, helps therapists retain more of what they earn, making private practice more sustainable and accessible.
- **Bridging the gap:** We know that many of us have felt conflicted about private work because of our values of reducing social inequalities and providing support to those who need it the most. Therapists in our community will have opportunities to provide therapies (and neurodiversity assessments) for our charity partners, and still be paid for this work at the same rate as their private work.

# What we do.

Our innovative approach integrates science-driven methods and lived experience to meet the diverse needs of our clients.

At Shore Psychology, we offer a comprehensive range of evidence-based services:

- One-to-one psychological therapy (including EMDR, CFT, ACT, CBT, DBT informed therapy, integrative therapies), occupational therapy, speech and language therapy, counselling.
- EMDR intensives.
- Neurodiversity assessments and follow up diagnostic work.
- A range of professional coaching services, including executive coaching, wellbeing coaching, health and illness coaching, and life coaching.
- Psychiatric review and assessment.
- Group interventions, including therapies, peer-support groups, coaching groups, and reflective groups for professionals.
- Psychologically-informed services for businesses and organisations, including consultancy, training, coaching, and wellbeing support.
- Training – Safety and Stabilisation training (Trauma Enhanced Level Training), and Trauma Specialist offerings. Neurodiversity training and gender and equality training for businesses.
- Trauma Informed Practice consultancy for statutory, private and third sector organisations.

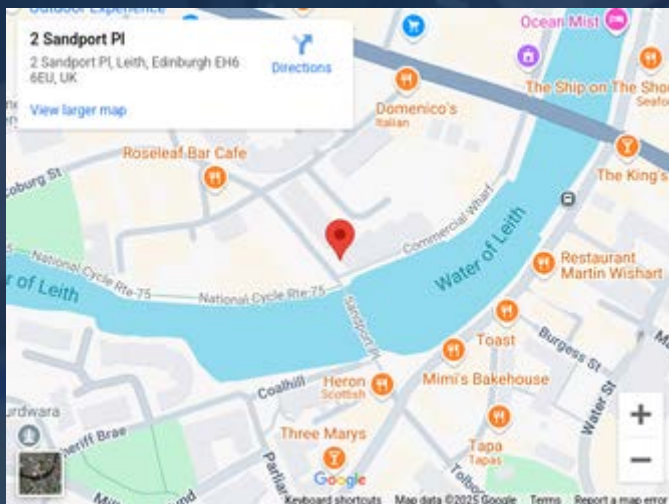


"Shore Psychology is an exciting social enterprise which is committed to creating a unique community of innovative individuals to transform the delivery of mental health and wellbeing services. I can't wait to work with them"

Dr Emma Williams, Clinical Psychologist.

## The clinic.

Our clinic is a welcoming, carefully curated space designed to ensure physical and emotional safety for both clinicians and clients.



## Location.

Overlooking the shore in Leith with great transport links, private parking spaces and amenities.

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## Join us.

Ready to join a practice that is committed to giving you the working life you want, while allowing you to make a difference in mental health care?

Are you a registered health care professional or counsellor?

Shore Psychology is looking for passionate clinicians to join our team.

Contact us at:

- [hello@shorepsychology.co.uk](mailto:hello@shorepsychology.co.uk)