

### **1.9.7 Counselling and Therapy**

British Association of Counselling and Psychotherapy (BACP) sets and maintains professional standards within the counselling/psychotherapy sector. It advises schools on how to set up a counselling service, assists the NHS on service provision, works with voluntary agencies and supports independent practitioners. The directory on its website can also help you identify a counsellor or therapist  
t: 01455 883300 e: bacp@bacp.co.uk

The British Association for Behavioural and Cognitive Psychotherapies (BABCP) is a multi-disciplinary interest group for people involved in the practice and theory of behavioural and cognitive psychotherapy. It promotes the development of the theory and practice of Behavioural and Cognitive Psychotherapies in all settings in accordance with the Standards of Conduct Performance and Ethics. Its website can also help you locate a CBT therapist  
t: 0161 705 4304 e: babcp@babcp.com

Confederation of Scottish Counselling Agencies (COSCA) is Scotland's professional body for counselling and psychotherapy. It advances and supports all forms of counselling, psychotherapy and the use of counselling skills. It also tries to promote high quality counselling supervision and continuing professional development for everyone delivering counselling services across Scotland. Its website can also help you locate a counsellor or a therapist.  
t: 01786 475 140 e: info@cosca.org.uk

The Mind website also provides useful general information on talking therapies.

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) – and please also tell us about any good sites you encounter so we can add them to our list.