

www.iacp.ie



Irish Association for Counselling and Psychotherapy

www.iacp.ie

It's Good to Talk...

What is Counselling/Psychotherapy?

Counselling / psychotherapy is for anyone. It can greatly support you in times of crisis or change. Therapy offers a safe, confidential place where you can talk to a trained professional about your life and anything confusing, painful or uncomfortable.

How long does therapy take?

Sometimes one session is enough or it may continue for several weeks or months – it depends on your own situation.

How will therapy make me feel?

Sometimes it is necessary to talk about painful feelings or difficult decisions, but therapy should enable you to feel better in the long run.

Will I feel better straight away?

Usually it will take a few sessions before therapy starts to make a difference. However on rare occasions, a single session may be enough.

How is therapy delivered?

Therapy is usually delivered in a face-to-face setting, but individuals can also receive therapy by telephone, via e-mail or 'live' discussion.

Attitudes to Counselling & Psychotherapy Key Findings



Irish Association for Counselling and Psychotherapy



Background The Irish Association for Counselling and Psychotherapy in Ireland undertakes regular surveys of the public to measure attitudes to and experience of stress and counselling & psychotherapy. This latest research was undertaken in 2013 for the Irish Association for Counselling & Psychotherapy, in association with Car Communications, by Behaviour & Attitudes. Questions were addressed to a nationally representative, quota controlled sample of 985 adults aged 16+, corresponding with a national population of 3,551,000. Data from the survey can be regarded as accurate within a predictable margin of error of +/- 3.8 percentage points.

How to find an Accredited Therapist
Go to **www.iacp.ie**
and click on Find a Therapist



Irish Association for Counselling and Psychotherapy

ph: 1890 907 265

It's Good to Talk...

How much does it cost?

Fees vary. Some therapists offer a sliding scale of fees, but on average a session costs €50

Does therapy work for everybody?

Therapy doesn't work for everyone. It is not a cure-all, but it is worth the effort as you can be helped to work through problems.

What types of therapy are there?

There are many different methods and your therapist will be able to talk to you about their approach.

What should I expect from therapy?

Therapy should help you make sense of your own circumstances and identify the choices for change. You should feel supported and reach a point where you are better equipped to cope with the future.

Is Counselling / Psychotherapy confidential?

Yes.

How do I find a Therapist?

Log on to
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