

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 painful feelings or difficult decisions, but place where you can talk to a trained the long run. 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 change. Therapy offers a safe, confidential therapy should enable you to feel better in

Will I feel better straight away?

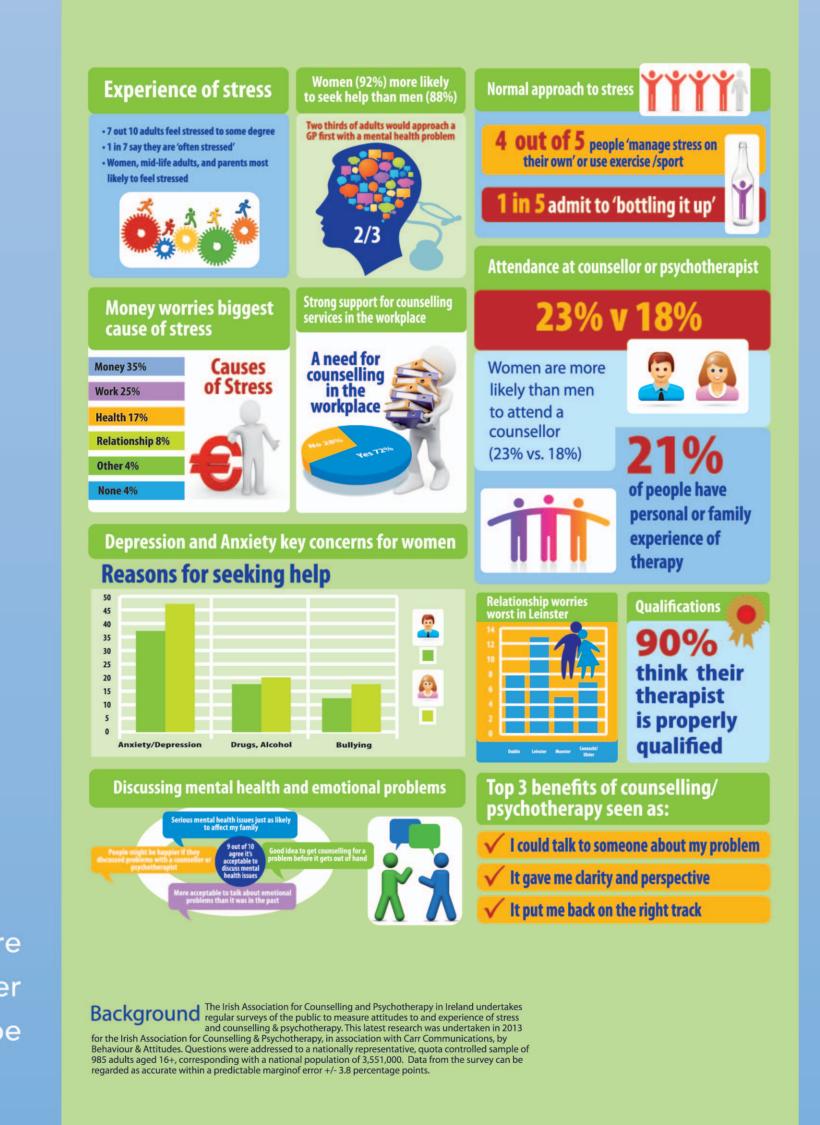
Usually it will take a few sessions before therapy starts to make a difference. However on rare occasions, a single session may be enough.

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**





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



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ph: 1890 907 265

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How much does it cost?

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

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?

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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?

How do I find a Therapist?

Log on to www.iacp.ie or call 1890 907 265