

Cork Counselling and Psychotherapy Open Day offers 'Hope in Hard Times'

The Irish Association of Counselling and Psychotherapy (IACP) will host a free Open Day for the public at the Imperial Hotel, Cork on Saturday the 26th May. The event, which will be held from 11am to 4pm, will explain the benefits of talking therapies for a whole range of conditions.

The research results show that adults in Munster are less likely to attend a counsellor and psychotherapist than in other parts of the country. Only one in five (22%) people in Munster have ever attended counselling or psychotherapy, compared to almost one in three people in Leinster (29%) and Dublin (28%).

One quarter (25%) of adults in Munster said they would be embarrassed if people knew they were attending a counsellor or psychotherapist. This is according to a recent nationwide study undertaken by Behaviour & Attitudes for the IACP. The survey also shows that people in Munster are more likely to share their problems with others than other parts of the country. When asked how they deal with personal problems and difficulties 1 in 10 (9%) Munster adults said they tell no-one. This compares to 1 in 7 adults in Leinster (13%) and Connaught / Ulster (14%).

Geraldine Burke, Chairperson of the IACP Southern Committee, said:

“The recession has put a lot of pressure on people, both in their private and professional lives. On Saturday the 26th May, we’re inviting members of the public to come along to our free open day in the Imperial Hotel where they’ll find lots of information stands, interesting speakers and interactive exhibitions on the theme of ‘Hope in Hard Times’. Everyone is welcome. It’s an opportunity to find out more about counselling and psychotherapy and how they can help you”.

The Lord Mayor of Cork Cllr Terry Shannon will officially open the event. There will be a number of interesting speakers throughout the day, including Kathleen Lynch, Minister of State for Disability, Equality and Mental Health, John Lonergan, Former Governor of Mountjoy Prison, Padraig O’Moráin, Author & Psychotherapist, and Fenella Murphy from ReachOut.com. Speakout Theatre for Transformation will also perform at the event.

The following agencies will have information stands at the event: Accord, Aware, Arc House, Breaking the Silence, Drugs Task Force, Gaelic Players Association/Headstrong, Grow, IACP, IAS, Irish Hospice Foundation, ISPCC, MOVE, Reach Out, The Other Place, Together Razem, N.C.S Harbour Counselling Service, Pieta House, and Village Counselling Service.

For more details on the IACP Open Day in Cork on 26th May, visit www.iacp.ie.

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About IACP:

Established in 1981, the IACP identifies, develops and maintains professional standards of excellence in counselling and psychotherapy through education, training and accreditation. In promoting best practice and the professional development of its members, IACP holds at its core the protection of the public. Representing both the interests of clients and practitioners (over 3,500 nationwide), IACP provides a telephone referral helpline, an information service; and an online counsellor / psychotherapist / supervisor directory. IACP is a registered Charity (CHY 6615).

More information is available from the IACP website: www.iacp.ie.