

A person with long dark hair is shown from the chest up, with their hands covering their face. The person's arms are extended outwards, and their hands are pressed against their eyes and nose. The background is dark, and the overall mood is one of despair or helplessness.

BULLYING

Cork Counselling Clinic

Bullying:

Bullying is unfortunately a common occurrence amongst adults. It can take the guise of many forms. There are several ways bullies use to inflict harm. The effects on the sufferer of bullying can have their day to day lives impacted considerably by being bullied.

It's generally accepted that bullying is a problem in children and adolescents in the schoolyard. Concrete measures can be taken to encourage a child to reveal the bullying and to support the child. There is a difficulty when it comes to adult interactions in that the dynamics involved may be different, even though the methods and outcomes may be very similar.

For example, an adult who is being bullied in the workplace may tend to stick it out and accept it because their financial situation can be very much tied to the workplace. The adult is acutely aware that they are being bullied but may feel that the consequences of disclosing it could come at the cost of their job, a price they feel they will not pay, and in doing so suffer on. A chain of negative emotions can become all too consuming for you. This can cause a vicious cycle in that the effects of the bullying on you can also affect your relationship with those close to you, in that the stress from the situation can leave you frayed and less able to give to the relationships you value.

Bullying of adults can take many strategies;

- Exclusion and isolation.
- Unacceptable criticism.
- Malicious rumours.
- Passed over for promotion.
- Mockery.
- Undermining
- Passive-aggressive.

The effects on a person's health can take a heavy toll.

- Headaches.
- Digestion problems.
- Mental distress.
- Migraines. Panic attacks.
- Anxiety.
- Feelings of being overwhelmed and helpless.
Low self-esteem.
Relationship difficulties.
- Isolation.

Destructive coping mechanisms such as using alcohol or drugs can go on to being an added problem over time. A person can become more prone to mental health problems.

Bullying can rob you of many things outside of the environment that the bullying is taking place. For instance, you may have come to mistrust people and stop doing the everyday things that you enjoyed. You may be experiencing excessive fatigue and low mood even when away from the toxic environment where the bullying is taking place.

You may be a person who has been bullied as a child and the scars and wounds suffered may still be carried into adult life. It is common in such cases for people to be feeling chronic frustration and anger.

It is important to know that a person who is bullying others is doing so not out of strength but out of fear and compensating for a sense of powerlessness, where they exert themselves over others. Unfortunately, the bully in lots of cases doesn't see themselves as such and are not even aware that that is what they are doing. They seek out people they perceive to be vulnerable and who they feel confident to be able to dominate. They more often enlist the help of others as their backup. This again is out of their fear and insecurity. Even though the opposite may appear to be the case, bullies are insecure. As bullies need the support of others means you may have suffered at the hands of more than one person. It can leave you questioning yourself. Know that you are not the cause and can find a solution.

Help to overcome bullying.

Don't suffer in silence. You must have a listening ear. It can be more difficult for adults to share that they are or have been bullied as it can bring feelings of shame and even guilt. Therapy can be a safe space to explore what is happening for you, in a completely confidential way. The therapist will maintain a secure space so you can explore your thoughts and come to build resilience and focus on opportunities in planning a way forward.

At Cork Counselling Clinic we use the Three-Stage Model of change to empower a client to overcome and heal from the scars of bullying. It is our foundation approach to such issues.

Exploration of the issues involved, with compassionate support until the client comes to gain New Understanding of their situation. Understanding the situation for themselves from a new perspective creates space to act in moving forward and healing from the effects of bullying.

THREE STAGE MODEL

Cork Counselling Clinic

01

Exploration

The client explores the distressing issues in detail to bring clarity.

02

New Understanding

The client uses their new found clarity to come to a fuller understanding.

03

Taking Action

Once fully understood the client is empowered to take meaningful action to resolve their difficulties.



Help to overcome bullying.

The therapeutic relationship we build with all our clients has at its core the philosophy that every person is a complete person who has a natural desire and drive to personally grow. We support and nurture such growth in a compassionate, understanding and emphatic approach through talk therapy.

You can make an appointment for a free 15-minute consultation with a therapist to see how we can assist you on your journey of discovery out of you distressing difficulties regarding bullying. For full information visit the website or telephone us for a consultation or appointment.

We wish you the best of success on your journey to healing.

This information is for educational awareness and in no way whatsoever should it be considered advice or a substitute for the advice of a G.P. or medical specialist. It is produced subject to the full Terms and Conditions available at our website corkcounsellingclinic.com. The services we offer are therapeutic evidenced based services that are proven to be effective for the client. All our services are talk based therapy with the goal and belief that each person is a whole person that can find within themselves the answers they seek for better personal understanding and empowering positive change in their lives.