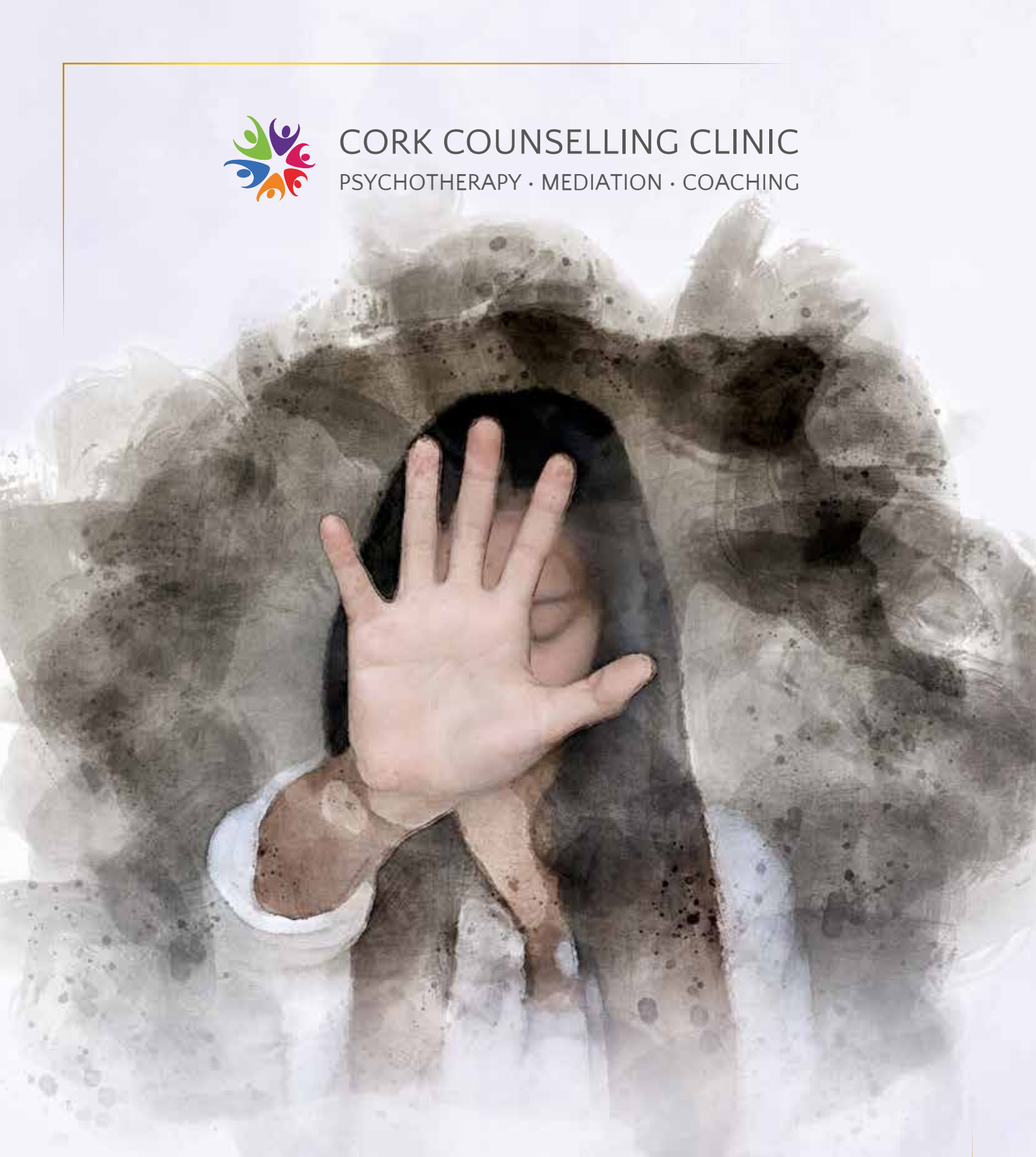




CORK COUNSELLING CLINIC
PSYCHOTHERAPY · MEDIATION · COACHING



SUPPORT FOR SURVIVORS
OF CHILD SEXUAL AND
PHYSICAL ABUSE



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Support for Survivors of Child Sexual and Physical Abuse at Cork Counselling Clinic

At Cork Counselling Clinic, we deeply understand the profound and long-lasting effects that childhood sexual and physical abuse can have on a person's life. We are dedicated to providing sensitive and expert support to survivors, guiding them gently through their healing journey. We tailor our therapeutic approaches to the individual needs of each survivor, recognizing the deep emotional scars inflicted by such traumatic experiences.

Understanding the Impact

If you are a survivor, you fully know, the journey through healing is complex, which can be marred by anxiety, depression, diminished self-esteem, and difficulties in forming safe, trusting relationships.

At the Counselling Clinic, we offer a supportive environment where these challenges are acknowledged and addressed with great care, helping you process your trauma and move towards regaining control of a better future.

Therapeutic Approach

We provide a range of therapeutic services, each designed to meet the specific needs of our clients, facilitating sessions within a completely confidential and secure setting. We will support you in articulating and exploring your feelings and experiences in a non-judgemental space, to foster deep healing and understanding. Key therapeutic modalities include:

- **Trauma-Informed Care:** This approach is sensitive to trauma signs you may be experiencing and aiming interventions at the underlying causes of distress rather than merely treating your symptoms.
- **Cognitive Behavioral Therapy (CBT):** Assists survivors in reshaping harmful thoughts and behaviors that have resulted from abusive experiences.
- **Psychodynamic Therapy:** Focuses on uncovering the psychological roots of your emotional suffering to promote deep insight and resolution.

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Healing Environment

Our facility at Cork Counselling Clinic is designed as a safe and calming atmosphere. Our modern, state-of-the-art building underscores our commitment to our clients and complements the therapeutic process by providing a space that is both nurturing and conducive to recovery.

Confidentiality and Discretion

We recognize the importance of discretion and privacy for those seeking therapy. When you visit the Counselling Clinic, nobody will know your reason for being there as we offer a variety of treatments beyond support for sexual abuse. This confidentiality ensures that all clients feel safe and secure, regardless of the nature of their therapy.

Mandatory Reporting

Until recently, therapists were legally compelled to report any disclosures of child abuse to Tusla or the Gardaí, a mandate which our clinic had fundamental difficulty with because it potentially discouraged survivors from seeking therapy for fear of triggering legal actions. Fortunately, recent High Court rulings in the Irish jurisdiction have clarified that such mandatory reporting is no longer required for disclosures by adult survivors of past abuses. This pivotal change allows our therapists to fully support our clients on their healing journey while upholding confidentiality.

Mandatory reporting is now only necessary when a child is currently at risk and we certainly agree with this.

Empowering Survivors

The core approach at the Counselling Clinic is to empower survivors to transcend their past abuses and embark on a path to healing. We will provide you with the tools to develop resilience, self-compassion, and an enhanced sense of self-worth. Each therapeutic step is designed to promote your recovery, and we remain committed to supporting you every step of the way.

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We believe in the strength and resilience of the human spirit and in each individual's capacity to heal and thrive after experiencing trauma. Our comprehensive support for survivors of child sexual and physical abuse stands as a testament to our dedication to fostering recovery and hope in a compassionate and supportive environment.

If you feel that the time has come to begin your journey of healing and safety then we would be delighted to facilitate that process with you in a compassionate, understanding and supportive environment.

**You can contact us by phone 089 600 9460 / 021 439 7552 or
through our website www.corkcounsellingclinic.ie**

We will be happy to take your call and look forward to working
with you in creating a harmonious and strong relationship.

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Our approaches are based on humanistic principles aimed at personal understanding and self-directed change,
not professional diagnosis or treatment.