



CORK COUNSELLING CLINIC
PSYCHOTHERAPY · MEDIATION · COACHING



OUR SERVICES

Individual & Couples Counselling · Mediation Services
Executive & Life Coaching · Holistic Therapy
Employee Assistance Programme (EAP) · Workshops
Trainee Counsellor Support



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Welcome to Cork Counselling Clinic

At Cork Counselling Clinic, we understand the unique challenges and pressures that adults face in today's world. With a compassionate team of experienced professionals, our clinic is dedicated to providing a supportive and confidential environment where adult clients can explore, understand, and work through their difficulties. This brochure outlines our comprehensive range of services designed to cater to various needs, whether you're seeking personal growth or coping with complex relationship issues.

Counselling and Psychotherapy for Individual Clients

Our individual counselling and psychotherapy services are tailored to meet the unique needs of each adult client. We believe that everyone has the capacity for growth and change, and our therapists are here to facilitate this process. Whether you're dealing with any of the issues below, our counsellors provide a safe space where you can express your feelings and thoughts openly, gain new understanding and insight so that you can take positive action for your own growth and wellbeing.

We support those going through;

- Anxiety
- Depression
- Stress
- Low self-esteem
- Grief and loss
- Trauma
- Past sexual abuse
- Relationship issues
- Career challenges
- Life transitions
- Suicide and self-harm
- Dissociation
- Identity issues

We employ several therapeutic approaches include Cognitive Behavioural Therapy (CBT), Psychodynamic Therapy, Humanistic and Integrative Psychotherapy, Solution focused therapy and Trauma therapy among others. Each approach is tailored to the specific clients needs, which fosters self-awareness, resilience, and overall well-being.

Call Us Today **089 600 9460 / 021 4397552**



Couples Counselling

Relationships can sometimes face hurdles that are difficult to overcome without external help. Our couples counselling service is designed to address the issues that can arise in intimate partnerships. We provide a neutral ground where both parties can feel heard and understood, helping to address common difficulties such as:

- Communication breakdowns
- Trust issues
- Infidelity and affairs
- Sexual dissatisfaction
- Financial disagreements
- Parenting conflicts
- Differences in values and beliefs
- Jealousy
- Handling separation and divorce
- Cultural clashes
- Managing anger and resentment
- Family interference
- Loss of love
- Codependency
- Communication issues
- Impact of illness on relationships

Our counsellors help couples develop better communication skills, deepen their understanding of each other, and work through unresolved conflicts. The goal is not only to navigate current difficulties but also to lay down a foundation for a healthier, more fulfilling relationship.

Separation Mediation

Separation or divorce is not only a legal process but a highly emotional one as well. Mediation is a structured yet flexible process governed by the Irish Mediation Act of 2017, which involves an impartial mediator who facilitates discussions aimed at achieving mutually acceptable agreements without contentious court proceedings.



Our separation mediation service at Cork Counselling Clinic adheres to the standards set by the Mediation Act of 2017. Our mediators are fully qualified, certified, and are active members of the Mediators' Institute of Ireland (MII), ensuring they meet the highest standards of practice. The primary goal of our mediation process is to achieve a legally binding contract that outlines the terms of the couple's separation or divorce. This contract is crafted to ensure a fair and workable agreement that allows both parties to proceed in an amicable manner while providing the certainty and support of a contractual legal underpinning.

Executive and Life Coaching

Our coaching services are designed to help professionals unlock their full potential and achieve a satisfying balance between career and personal life. Our certified coaches offer personalised sessions tailored to your goals, enhancing leadership skills, career advancement, and life balance strategies. Clients benefit from improved decision-making, increased productivity, and enhanced interpersonal relationships. Whether looking to advance in your career or improve your overall life satisfaction, our executive and life coaching program provides the tools and support needed for success.

Holistic Health

A considerable number of people gain value through Holistic health practices. They are more and more essential for maintaining overall well-being in today's busy living. At Cork Counselling Clinic, we offer Reiki and Mindfulness sessions as part of our holistic health services. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the concept that the unseen energy which flows through us can be directed to promote our overall wellbeing, grounding and self care.

Our Reiki practitioners are experienced, at providing treatments that help promote a greater sense of wellbeing within ourselves. Clients who choose Reiki therapy often report enhanced feelings of relaxation and energy. We firmly believe that offering Reiki and Mindfulness etc is best provided in a multidisciplinary environment. That way if difficult emotions or situations arise for clients during these treatments, then the practitioner is in the position to refer the client to one of our psychotherapists.



Employee Assistance Programme (EAP)

Our EAP service offers a unique approach to employers enhancing workplace well-being. Our EAP provides confidential, professional counselling tailored for employees to address a broad spectrum of personal and professional issues such as workplace stress and conflicts, relationship challenges, and mental health concerns. We ensure accessibility and convenience for all employees. Uniquely, our programme includes the option of workplace mediation, aiming to resolve workplace conflicts directly and effectively, thereby fostering a more harmonious work environment. This integrated approach not only helps employees manage personal challenges but also supports employers in maintaining a supportive, productive workplace atmosphere. Having the option of both counselling and/or mediation can provide a faster resolution for the employee, with more successful outcomes and lasting resolutions.

Workshops

The clinic runs an engaging workshop series, designed to enhance your personal and professional life. Our one-day and weekend workshops cover a wide range of topics including personal development, relationships, anger management, attachment styles, executive coaching, and holistic health. These workshops are led by our expert team of therapists and coaches, offering you practical tools and insights to foster growth and improve your wellbeing.

Night Courses

Our 10-week Personal Development course, is perfect for those looking to deepen self-awareness and enhance interpersonal skills. Held weekly in the evenings, this interactive course covers emotional intelligence, relationships, management, conflict resolution, and more. The course is both educational and experiential, encouraging participants to engage in practical discussions and scenarios designed to apply learning in real-world situations. Ideal for anyone pursuing personal growth, this course equips attendees with crucial life skills and fosters emotional well-being, preparing them to handle daily challenges more effectively.



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Counsellor in Training Placements

We are proud to support the next generation of counsellors through our counsellor in training placements. This program is designed for individuals who are pursuing a degree, masters or Phd in counselling or psychotherapy and are accumulating clinical hours to qualify for their final award.

Participants at Cork Counselling Clinic gain invaluable real-world experience under the supervision of our experienced staff. They engage with clients, in clinical settings that are within their scope of experience and supervised by highly experienced supervisors. This benefits clients who wish to avail of counselling and Psychotherapy services at reduced financial costs.

Choosing the right therapy and therapist is crucial to your healing journey. At Cork Counselling Clinic, we are committed to providing personalized and effective therapeutic interventions. Our qualified therapists each have a deep understanding of the human psyche and driven by the passion of the work they do.

**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.