

# Our Services OVERVIEW

Our services  
Cork Counselling  
Clinic

Counselling  
Psychotherapy  
Life Coaching

Providing both

Face to Face and  
Online Remote Therapy

The services that we offer are broken down into three main areas. Counselling, Psychotherapy and Life Coaching. So, let us have a look at each one individually so you can get an overview, of which approach may work better for you..

### **Life Coaching: What is it, who is it for and for how long?**

Coaching is very much a goal-specific approach to problems that a person is having. Generally, the goals are even known by the client before beginning therapy. The client will decide within the first number of sessions which goals the client wishes to work on. For example, a person may come to deal with;

- Moving on from a relationship.
- Wanting to achieve more meaning out of life.
- Support with treated depression in a forward-facing way.
- Building resilience around anxiety moving forward.
- Bullying.
- Re-evaluating life to find meaning.
- Managing relationships better.
- Wanting specific outcomes and working towards them.
- Personal issues without staying in the past.
- Social Anxiety.
- Building self-esteem.
- Relationship difficulties.
- Stress management.
- Support for carers.

Moving forward with his or her life without ‘digging up’ the past is a key aspect of coaching. The process may be informed by the past, but we do not stay there. Regardless of the cause of the problem, coaching is more solution-focused and is a collaboration between the client and the coach as to the desired outcome. A client may pick many goals to work on at the same time. One huge benefit is that progress is checked and monitored along the whole timeline of the coaching process. Coaching is also a lot easier to define in terms of the number of sessions required. Usually, the number of sessions will fall between 15 and 20 depending only on the number of goals the client has decided to address. The client’s goals can be professional or personal and will involve transitions from the current way of doing things to new, improved and effective ways for better outcomes.

## **Counselling: What is it, who is it for and for how long?**

Counselling is a form of talk therapy that helps an individual address and explore an aspect of their life that may be causing them some emotional distress. It takes place in a setting that is safe for the client to express how it is they are feeling, with a non-judgmental and empathic approach taken by the counsellor. Counselling is assistance and guidance in resolving personal or psychological problems, an example being bereavement counselling. For specific help on bereavement counselling please download that publication on our website. There are many other areas that counselling can address such as self-esteem, separation and divorce support, stress, and bullying to name just a few. So counselling is a process of talking about and working through your problems with a counsellor.

The counsellor helps you to address your problems positively by helping you to clarify the issues, explore options, develop strategies and increase self-awareness. It overlaps a lot with coaching but it differs in that it is not goal specific. It is client-centred from session to session. This gives the client the ability to bring to therapy what is coming up for them at any one time and allows the client to be curious about many areas of their life. It is less confined to a set number of sessions as any area that you may want to address may open doors into other areas that may come up for you during the counselling process. It's most important to understand that the time given over to counselling, as in its duration, is decided upon by the client and not by the counsellor. The usual number of sessions a client will partake in is one session for one hour a week

Examples of counselling;

- Separation support.
- Depression.
- Anxiety.
- Panic attacks.
- Self Harm.
- Trauma.
- Relationship difficulties.
- General issues.
- Family difficulties.
- Finding meaning.
- Needing to make a personal change.
- General support with distressing issues.

## **Psychotherapy: What is it, who is it for and for how long?**

First, a lot of counsellors will also be psychotherapists. This is to the advantage of the client, for if the client decides to delve more into their understanding of themselves the counselling can seamlessly flow into the mode of psychotherapy.

### **Psychotherapy**

Psychotherapy can help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing. Essentially psychotherapy is a more long-term approach than counselling and focuses on a broader range of issues, or goes deeper or of longer duration in the therapeutic journey.

See the following examples on the next page:



- Depression.
- Anxiety.
- Panic attacks.
- Self-harm.
- Self-awareness.
- P.T.S.D.
- Trauma & Dissociation.
- Complex grief.
- Complex trauma.
- Generalised stress.
- Burnout.

Common to all three disciplines is the approach taken. We utilize the three-stage model for all methods. That is an exploration of the client's issues in a compassionate and empathetic manner assisting the client come to new ways of understanding the emotional distress. Finally using this new understanding the client is empowered to take action that up to now was dormant in the client.

### **THREE STAGE MODEL**

*Cork Counselling Clinic*



You can book in for your consultation on our website at [corkcounsellingclinic.com](http://corkcounsellingclinic.com) or phone at any stage. If you choose to phone please note you may get our voicemail as we are most likely in session.

Opening times:

We are open 7 days a week. Most sessions are carried out during normal working hours up to 9 pm and weekends are used by clients who are in therapy in particular need of a session quickly.

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](http://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.