

# Challenges are part of life...

Nearly everyone faces challenges and difficulties in their life at some point. At times, we can feel overwhelmed and helpless and we need to talk to someone who will not judge us. IACP Counsellors and Psychotherapists are there to listen. Our members are all around the country and are fully trained and accredited, so you can feel safe and confident to open up. IACP Counsellors and Psychotherapists can help with a range of issues, including:

Anxiety	Stress
Trauma	Self Esteem Issues
Bereavement	Relationship Difficulties
Anger	Depression
Childhood Issues	Cancer Support
Work Related Issues	Addictions
Abuse	Adoption
Autism	Bullying
Cultural Issues	Dementia
Disability	Eating Disorders
Financial Issues	Infertility
Obsessions	Personal Growth
Phobias	PTSD
Sexuality	Self-harm
Suicidal Feelings	Pregnancy

For a comprehensive online directory of all IACP accredited Counsellors / Psychotherapists in Ireland, log on to **[www.iacp.ie](http://www.iacp.ie)**

To find an IACP accredited, professionally qualified and Garda vetted Counsellor / Psychotherapist near you, call us on **(01) 230 3536**.



Irish Association for Counselling  
and Psychotherapy

**[www.iacp.ie](http://www.iacp.ie)**

# Need to talk?



**Talk to your IACP  
Counsellor /  
Psychotherapist**



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## What is Counselling / Psychotherapy?

Counselling / Psychotherapy is for everybody. It can be of great support in times of crisis or change. Counselling and Psychotherapy involve the provision of professional assistance to people who are experiencing personal issues, in order to help alleviate those difficulties.

Counselling and talking therapies can help people to discuss their problems honestly and openly and to deal with issues that are preventing them from achieving their goals and ambitions.

## Why choose an IACP Accredited Counsellor / Psychotherapist?

Not every therapist is the same. Not all Counsellors and Psychotherapists are appropriately qualified and competent. That's why IACP is here.

The IACP provides a high standard of practice, professional identity, and self-regulation for the Counselling and Psychotherapy professions in order to safeguard the public.

IACP was established in 1981 and represents over 4300 Members, who are appropriately trained, Garda vetted and bound by the IACP Code of Ethics and Practice to monitor their work through regular supervision, to ensure that their standard of therapy is competent and continues to develop in line with best practice.

## How to find a therapist?

A comprehensive online directory of all accredited IACP Counsellors / Psychotherapists in Ireland is available on our website: [www.iacp.ie](http://www.iacp.ie)

A Telephone Referral Helpline, where we can help you to find an accredited, qualified and experienced Counsellor / Psychotherapist in your area:

**Call 01 230 35 36, 9am – 5pm, Monday to Friday.**

## Cost

Fees can vary. Some therapists offer a sliding scale of fees. The fees are listed on the IACP website and can be discussed with your Counsellor/ Psychotherapist in advance of the first session.

## Going to a Therapist

A client's first contact with a Counsellor / Psychotherapist will usually be by telephone to arrange an appointment.

At the initial appointment the following is usually discussed:

- The client's situation/issues
- The frequency of therapy
- The duration of therapy
- Confidentiality
- Fees