

## Our Courses

Our courses are practice-based, run in tandem with our busy community counselling centre. The learning is experiential and supportive.

**Foundation in Counselling Skills** Course offers an opportunity for personal development and the chance to explore counselling as a career. It also serves as a useful additional training for medical professionals, teachers, HR staff etc. (1 year, part-time, weekends)

**BSc(Hons) Counselling & Psychotherapy** Programme is a professional qualification offered in conjunction with Coventry University and IACP. (4 years, part-time)

**BSc(Hon) Counselling & Psychotherapy Top-Up** Programme recognises the prior learning of some applicants who have already completed training to diploma level and is offered in conjunction with Coventry University. (1 or 2 years, full or part-time)

If you are already qualified, we offer supervision to counsellors, psychotherapists, psychologists and supervisors. We also offer postgraduate apprenticeships for those who wish to become counselling trainers.

## Professional Training

Cork Counselling Services Training Institute educates and trains students so that they attain professional counselling standards that reflect best practice nationally and internationally. We aim to foster personal responsibility, ethical and social awareness, and inclusive practice in our students.



The Training Institute aims to aid students in the development of this professionalism by mutually creating an active learning environment that is inclusive, supportive & constructively challenging. Our courses run in modern training and retreat locations around the South Of Ireland.

**7 Fr Mathew St, Cork, T12 PW14**  
**021 427 4951**  
**info@corkcounsellingservices.ie**



# Cork Counselling Services

**Est. 1982**

## An Introduction To What We Do



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

*"where ordinary people can make an extraordinary difference"*

*Tell your story, be listened to, and find respect and acceptance.*

## Trusted Therapy

At Cork Counselling Services we work with people to deal with the issues that bring them to counselling. Over time, clients work through emotional pain, distress and trauma. Because we believe that all human beings need to be active in restoring and developing mental and emotional wellbeing, we enable clients to build their confidence and help them regain power in their lives. This process proactively and positively changes the way clients see themselves and their approach to their mental and emotional wellbeing.

We are an independent not-for-profit registered charity (CHY8911), part-funded by TUSLA, HSE, and donations.

### We provide

- Individual counselling & psychotherapy to people of all ages
- Crisis intervention
- Couples and family work
- Group work

Our Centre is run by a team of highly qualified professional counsellors, psychotherapists and psychologists. All are accredited by the IACP (Irish Association for Counselling and Psychotherapy), the IAHIP (Irish Association of Humanistic Integrative Psychotherapy) or are working under supervision towards accreditation. All work within recognised codes of ethics and to the highest professional standards.

### Client Testimonials

*"I'm sure that I would not be alive had it not been for your service and my counsellor..."*

*"I gained strength from my counsellor and learned that it was okay to be myself..."*

### We help with

- Anxiety
- Anger management
- Bereavement
- Bullying
- Crisis pregnancy
- Coping with adolescence
- Depression
- Discrimination
- Domestic violence
- Grief
- Loneliness
- Major illness
- Major life changes
- Marriage difficulties
- Panic attacks
- Sexual & emotional abuse
- Rape
- Relationship problems
- Sexuality
- Stress & work problems
- Suicidal thoughts or attempts

**ACT NOW**



## A.C.T. Now – Positive Mental Health & Suicide Prevention Programme for Schools

Our A.C.T. Now programme is a free, clinically-informed suicide prevention programme aimed at transition year students in post-primary schools in Cork city and county.

The programme offers students practical ways to manage their mental health and guides them through warning signs, what to do in a crisis, talking about taboo topics and where and when appropriate to seek help.

Led by qualified counsellors, we present interactive workshops in schools, while also providing ongoing one-to-one support in our community based counselling centre where necessary. A.C.T Now offers support for parents and families in distress and evidence-based resources for educators and schools.

The programme has two strands:

1. Educating students about the warning signs associated with suicide and working with the students about how they can respond healthily to these.
2. Emphasizing the importance for students to develop resources for enhancing mental wellbeing.

We have worked hard each year to secure funding to continue this work and we are very grateful to our generous sponsors over the years. **If you or your company would like to sponsor this programme please get in touch on 021 427 4951.**

If you are a teacher of senior cycle students and would like to request the free A.C.T Now programme for your school please contact [info@corkcounsellingservices.ie](mailto:info@corkcounsellingservices.ie)

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