

- ✚ I have a background in social work and am currently working as a fully qualified and accredited counsellor.
- ✚ I trained in the Personal Counselling Institute in Clondalkin, Dublin, where I did a Diploma in Counselling Competence. I also hold a Certificate in Theotherapy, which is a Christian-based model of counselling.
- ✚ I am accredited by and am a full member of the National Association of Pastoral Counsellors and Psychotherapists and I am also an associate member of the Irish Association of Christian Counsellors.
- ✚ I worked for a number of years in the Oasis Counselling Service in Ballyfermot, Dublin and, since early 2004, I have been counselling in St. Joseph's Homeless Aid Hostel in Drogheda. As well as this, I have had some private clients of my own. My work has been primarily one-to-one but I have done some couple counselling also.
- ✚ In the course of my work, I have dealt with a considerable number of issues, including:-
 - Abuse, both physical and sexual,
 - Addiction,
 - Anger,
 - Anxiety,
 - Bereavement and Loss,
 - Relationship Difficulties and
 - Stress.
- ✚ I work from a Christian value-base and draw from many different counselling models, depending on what I consider to be appropriate for each individual case.
- ✚ I am totally convinced of the value of counselling as we all, as human beings, encounter difficulties in life and we do not always readily see the solutions to our own problems.
- ✚ It can be life-changing to talk through an issue 'in a safe place' with someone who is willing to listen and offer help. This, therefore, is what I seek to provide when someone comes to me for counselling.