

Sarah Mc Quillan

Counselling and Psychotherapy Service

Training

I hold a Diploma in counselling and psychotherapy from The Tivoli Institute, Dun Laoghaire, Co. Dublin. I have also completed the network training with the Rape Crisis and Sexual Abuse Centre North East. I am responsible for my continued professional development; I also adhere to the Irish Association for Counselling & Psychotherapy Code of Ethics.

At present I maintain a private practice in Southshore Therapy Centre in Laytown.

Therapeutic Process

I offer prospective individual clients an Initial Interview; this gives us both the opportunity to consider whether we wish to work together. It is very important that the client feels comfortable with their therapist, as it is that the therapist feels able to work with their client.

If we decide to work together we would arrange to meet for an agreed number of sessions.

There is no obligation to attend all the sessions arranged and you are free to terminate your therapy at any time. A review session will take place at the end of the agreed number of sessions and this is where we jointly assess progress and what further action, if any, may be needed. If we decide at the initial interview not to work together I am usually able to provide details of alternative therapists or agencies.

Sessions last for one hour and if you are late arriving we still must finish the session at the usual time as not to delay the next person's appointment. At present I see clients (Monday to Thursday) during the day as well as in the evening.

Contact

There are times when I am unavailable for various reasons. To allow messages to get through, I have a confidential voicemail service that I encourage clients to use when I am not personally available. If I need to contact you, I simply leave my name and number should you be unavailable.

Fees

At present my fee for a one-hour therapy session is fifty euro. If you wish to cancel an appointment, I require a **minimum of 24 hours notice**, otherwise you will be liable for the full cost of the missed session. Payment is usually made at the end of each session.

How can Counselling / Psychotherapy Help?

Counselling/Psychotherapy is valuable as an aid to personal growth, it can help to develop assertiveness and self-confidence and improve ones sense of well-being. It can be particularly helpful at times of crisis and change.

A Counsellor/ Psychotherapist aims to help their client to gain a perspective about whatever is troubling them. Together we identify what might be coming in the way of their happiness or well-being and considering what action they may need to take to improve their situation.

Counselling can help one find some self-acceptance, awareness and understanding of oneself. Therapists are trained to look beyond the presenting problems to possible underlying causes. The aim of the therapeutic process is to help you understand and accept yourself, to change your behaviour to that which is more productive for you and to help you move towards becoming the kind of person you want to be.