**About me**

I have BA (Hons) in Counselling and Psychotherapy from CIT. This degree has an integrative approach and I was about to learn from a range of theories and approaches to use in my practice.

During my training I got to do a lot of personal work on myself. I attended personal and group therapy throughout this time, and it helped me to connect to my inner self. This in turn helped me to communicate and enhance my personal relationships. My life experience shaped my empathy for people navigating through life transitions and looking for a deeper connection with themselves.

I am working with adults of all ages in private practice in Cork city. I am a pre accredited member of IACP and adhere to their code of ethics.

**Due to the Covid-19 I am currently working with clients over the phone or confidential video sessions via Zoom or Skype.**

**What is counselling?**

People come to therapy for many different reasons. Sometimes people feel stuck or worried. Due to childhood experiences or traumatic events we can lose our sense of ‘self’ leading to feeling of ‘something missing’ and the development of less fulfilling or destructive relationships with ourselves and others. Counselling provides you with the tools necessary to better understand yourself. It can help you with challenges and changes in your life both big and small, and it can help to reduce stress and anxiety.

Whatever brings you to exploring the possibility of counselling I can support you in what you are going through and can help you make positive choices that will aid you in your life.

In my integrative approach I use Internal Family Systems, Person Centred therapy, Gestalt and mindfulness. I have an interest in Gestalt therapy, one of its major goals is to help people work through their unfinished business and bring about closure. Gestalt works in the here and now incorporating body work.