



Dyspraxia/DCD Ireland Counselling Service

A positive step in the right direction

What is the aim of Counselling?

The overall aim of Counselling is to explore difficulties which may include the stressful or emotional feelings of the client and to help the client see things more clearly, possibly from a different view-point. This can enable the client to focus on feelings, experiences or behaviour, with a goal to facilitate change.

The counsellor's role is to: encourage client autonomy; be a professional support to you as you work through your own personal concerns; and to review our therapeutic work and supportive relationship regularly.

The counselling relationship is based on mutual trust and respect. Sometimes the counsellor/client fit may not be right for you and in such cases the counsellor will endeavour to match you with another counsellor who you may be more comfortable with.

Our Counselling Service

We currently have three Counsellors and Psychotherapists in training who are undertaking their practical placements with us under the supervision of a Senior Counsellor/Psychotherapist. Our therapists are mature students with a variety of life experiences and who have personal experience of working with people with dyspraxia/DCD. Our therapists are available to support adults and parents with a wide range of emotional and practical supports.

Our counselling service is only available to people over the age of 18. We do not provide couples counselling but we can provide counselling to more than one member of the same family with different counsellors.

We also work with a Senior Counsellor/Psychotherapist to whom we can refer people with more complex counselling needs but please note that this is a private practice and fees will vary.

Confidentiality

In order for the counselling relationship to work it is important that a trust and honesty based relationship is developed. Please be open and inform your counsellor of any/all health risks, medication, or pending legal cases that may be attributing to your circumstances.

Counselling sessions are conducted in confidence between the counsellor and the client unless you request in advance that a support person or a translator is present with you. Electronic recording of counselling sessions is not permitted by either party.

How do we conduct our counselling sessions?

Our counselling sessions can be accessed online and in person. Telehealth counselling is available for clients from all over the country. Telehealth is an online electronic health intervention. It is different from in-person therapy in that the client and the therapist are not in the same room. Telehealth interventions have benefits and limitations. Benefits include the ease of access for the client, scheduling appointments at convenient times, not having to travel, obtain childcare etc., Limitations can include limitations in understanding of technology, privacy, poor or intermittent internet connection and the associated impact on the development of the therapeutic relationship.

Our in-person counselling sessions are held in our counselling rooms located at the Healing House, Berkley Road, Dublin 7. Sessions times are agreed between the therapist and client.

We will assign appointments to each client to be arranged on a weekly basis.

- Each counselling session will be for a maximum duration of 50 minutes.
- If you are late attending your counselling session the counsellor will remain available for 10 minutes to allow for any eventualities. If you do not make contact within this time, then the session will be considered missed and will be cancelled. If you are late attending your session, it will still end at the original time scheduled. You will be requested to pay the full cancellation fee.
- If you cannot make your appointment, we ask that you give at least 24 hours' notice if possible. For appointments that are cancelled with sufficient notice there will be no cancellation fee.
- In the unlikely event that your counsellor needs to cancel an appointment (*due to unforeseen circumstances*), an alternative appointment will be offered at the earliest opportunity.
- We ask our clients to pay a small fee towards the cost of each counselling session. For a person who is in full-time employment we ask that you donate €20 per session. For a person in part-time employment and for a person who is unwaged we will discuss costs directly with you.

We will never exclude anyone due to financial circumstances. If you are unable to contribute towards your counselling session, please let your counsellor know and they will be able to make arrangements accordingly.

We ask that you

- Value your own participation in counselling sessions by making the time for yourself and by being open in regard to your needs.
- Let your counsellor know if the relationship is not working for you or if you would like to explore other therapeutic supports.
- Give a minimum of 24 hours' notice when cancelling/changing an appointment. If no notification of cancellation is given the full client fee will be due for the missed session. If cancellation is given in less than 8 hours the full fee of €10 may be requested for administration costs, heat & light.
- Respect client/counsellor boundaries by limiting communications outside of counselling sessions to making, changing or cancelling an appointment (*unless by prior arrangement with your counsellor*).

Where a continuation of cancellations occurs to a total of 3 appointments in succession, your counselling services will be withdrawn and your place offered to another client on our waiting list.

If you would like to refer yourself to our counselling service you can fill out the form available on our website <https://www.dyspraxia.ie/Counselling> and return it counsellor@dyspraxia.ie.

If you have any further queries, please contact us in the first instance through our website contact form at <https://www.dyspraxia.ie/contact> and we will get in touch with you.