



PCI Counselling Service

Affordable · Confidential · Accessible

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PCI COUNSELLING SERVICE

We provide quality and ethical counselling, on a national scale, to individuals regardless of their financial circumstances.

The Counselling is provided by mature adults who are currently undergoing professional training in Counselling and Psychotherapy with PCI College and are supported in their work by experienced Supervisors.

We also have qualified pre-accredited and accredited Counsellors available on request or by advisement. Please note that fees for these qualified Counsellors are higher. This fee will be agreed with you before your sessions begin.

This not-for-profit Low Cost Counselling service is affordable, confidential & accessible.

Each session costs between €10 - €25

TO ARRANGE AN APPOINTMENT

Call our Resident Counsellor on:

0818 555 450. Office Opening Hours are 11am-6pm Monday to Friday. Please leave a message outside these hours and we will return your call promptly.

WHAT IS COUNSELLING?

Counselling is a process of creating a confidential space where people can begin to heal with the help of their counsellor. Counselling is concerned with the whole person and gives you time to talk about feelings thoughts and concerns. The counsellor provides a safe, confidential service which is non-judgmental.

CONFIDENTIALITY

Confidentiality is a central and integral part of the counselling process and is assured to each client who avails of counselling.



WHAT TO EXPECT

You can expect to be provided with a non-judgmental approach by a respectful, open and genuine person. Your counsellor will not give advice, direction or solutions to problems or issues but they will help you gain insight and new perspectives. Each session lasts 50 minutes and you will meet with your counsellor usually on a weekly basis. You may terminate therapy at any time. We have male and female counsellors and a choice of day, evening and weekend appointments.

HOUSEKEEPING

Each session lasts 50 minutes and you will meet with your counsellor usually weekly. Please be on time but no earlier than 5 minutes. If you need to cancel a session please give as much notice as possible. If you fail to keep an appointment you will be charged for that missed session.

FEE

A suitable Low-Cost fee (€10-€25) is agreed between you and our Resident Counsellor, the Low Cost Counselling Coordinator; The service is available to all, regardless of circumstances. We have male and female counsellors and a choice of day, evening, and weekend appointment.

We also have qualified pre-accredited and accredited Counsellors available on request or by advisement. Please note that fees for these qualified Counsellors are higher. This fee will be agreed with you before your sessions begin.



COUNSELLING ISSUES INCLUDE

Relationships
Life Changes
Suicide
Depression
Stress
Abuse

Self-Esteem
Bullying
Anxiety
Trauma
Sexuality
Bereavement
Addiction Issues
Loss

WHATEVER YOU ARE GOING THROUGH... WE ARE HERE TO HELP

PCI Counselling Service is available at a number of convenient locations Nationwide from €10 - €25 per session

Fees for qualified pre-accredited and accredited Counsellors are higher

To speak confidentially and arrange an appointment

Call 0818 555 450

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Please leave a message outside these hours and we will return your call promptly

www.psicounselling.ie | info@psicounselling.ie

www.facebook.com/lowcostcounsellingservice 

A not-for-profit initiative by PCI College



PCI College

Excellence & Innovation in Psychological Education

Established 1991