



# PCI Counselling Service

Affordable · Confidential · Accessible

## About Us

PCI Low-Cost Counselling Service is a not-for-profit initiative of PCI College, a leading provider of education in the field of counselling and psychotherapy on the Island of Ireland. PCI Low-Cost Counselling Service has been serving the community for 32 years and believe that counselling should be accessible to all regardless of their financial status. We pride ourselves in offering a safe, professional service, without barriers, to those who need it most. In addition to providing a confidential counselling space in various locations across the Republic and Northern Ireland, we offer live, online counselling sessions, making counselling support accessible to all potential clients.



## What is Counselling and Why Would I Benefit?

Counselling is a professional relationship that empowers individuals to overcome mental health issues, promote wellness, develop increased self-awareness, and help individuals navigate stressful situations.

Counselling is a collaborative process, wherein the counsellor facilitates a non-judgemental and supportive environment. The counsellor's role is to listen to the client's story, gaining a deeper understanding, explore and support the client in developing strategies and plans necessary to accomplish the client's desired goals and changes.

Counselling is recommended for those experiencing day-to-day struggles such as anxiety and depression; those facing challenges in relationships; those finding themselves in repetitive unhealthy behavioural patterns; those affected by grief and loss; and those seeking change in any area of their lives. Counselling is also an opportunity for self-reflection, growth, and self-care.

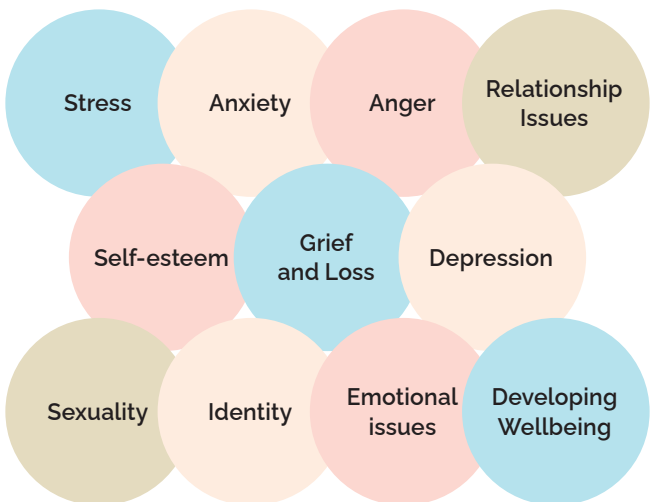
Counselling is a space to share what is on your mind and be supported through this exploration.

## What Does PCI Low-Cost Counselling Service Offer?

PCI Low-Cost Counselling Service Offers one-to-one counselling; either face-to-face or online sessions. All sessions are conducted in a safe, confidential space by trainee therapists, pre-accredited or accredited therapists. The service is available to clients aged 18 years and over.

PCI Low-Cost Counselling Service is committed to ensuring that adequate support is offered to all clients who present for counselling.

We can offer support in the following areas:





## Who Provides The Service?

The Counselling Service comprises of two staff members:

**Georgina Kennedy**, a qualified counsellor/ psychotherapist and a supervisor (BSc Counselling and Psychotherapy, MIACP), is the Counselling Service Manager and Designated Liaison Person. She is responsible for overseeing the running of the service and ensuring compliance with policies and procedures.

**Jena Masterson Murphy** is a qualified therapist who is working towards her pre-accreditation (BA in Counselling & Psychotherapy, MA Psychotherapy) is the Counselling Service Coordinator and is the first point of contact for clients and students, providing support to students connected with the PCI Counselling Service, working closely with the PCI Counselling Service Manager, assisting in the nationwide expansion of the service.



Georgina Kennedy



Jena Masterson Murphy

## **Counsellors Who Provide the Service are Made up of 3 Categories:**

### **Trainee Therapists:**

Our Trainee Therapists are students currently studying the PCI College BSc (Hons) Counselling and Psychotherapy course validated by Middlesex University. Jena, the Service Coordinator, collaborates closely with the Clinical Manager within PCI College to carefully select the suitable and appropriate trainees for the service. All trainees must be approved through the college's rigorous 'readiness to see clients' protocols. All the trainees are inducted into the service, an accredited supervisor supports them, adheres to regulations within a placement agreement and abides by the IACP Code of Ethics. Trainee Therapists are in years 2, 3 and 4 of their programme. All students on the PCI College BSc (Hons) Counselling and Psychotherapy are eligible for IACP accreditation post qualification.

### **Pre-accredited Counsellors:**

Pre-accredited counsellors form part of our qualified counselling tier as all pre-accredited counsellors have achieved their training qualification. In addition to this, pre-accredited counsellors have been granted pre-accredited status by IACP or an equivalent accrediting body. During pre-accreditation, counsellors are working to build up an experience of 450 hours of clinical practice to be granted accredited status by IACP or an equivalent accrediting body.

### **Accredited Counsellors:**

Accredited counsellors are fully qualified and have achieved 450 hours of clinical practice. The status of accreditation is granted by IACP or an equivalent accrediting body. For more specialist client cases, such as working with addiction or CBT (Cognitive Behaviour Therapy), our counsellors will belong to the pre-accredited or accredited tier ensuring their full qualification and be in the process of specialist master's level training in their area of speciality.

## Professional Governance and Quality Assurance

All PCI Low-Cost Counselling Service Trainee Therapists are enrolled on a university-validated and IACP-accredited course. The external scrutiny provided by both bodies ensures both academic and professional integrity for all Trainee Therapists.

All pre-accredited and accredited counsellors are fully qualified, meet the minimum standards for working as counsellors in Ireland and belong to a professional organisation under either pre-accredited or accredited status.

All counsellors, across each tier, are fully insured, Garda vetted and adhere to the supervision requirements as set by their programme of study and professional accrediting body. They are also bound by their accrediting body's Code of Ethics.

The PCI Counselling Service team works closely with PCI College's Clinical Manager in the placement of suitable Trainee therapists within the service. All Trainee Therapists receive a full induction and must adhere to a placement agreement, which includes support through external supervision.

There is a robust intake process in place to ensure that the clients are not only suitable for the service but that they are assigned to the most suitable counsellor for them.



## How Might PCI Low-Cost Counselling Service be of Benefit to Your Organisation?

Your organisation can avail of direct access to a professionally run counselling service at a low cost. This service would be an additional layer of support for employers and employees. There are a few ways in which this could be achieved:

### **PATHWAY 1:**

PCI Low-Cost Counselling Service can function as a referral pathway for employees, i.e., employees could be signposted by employers towards our service and avail of this autonomously and confidentially.

### **PATHWAY 2:**

Employee Assistance Programme (EAP) Support. Employers can refer an employee to the service, contracting for a set number of sessions, which are paid for by the employer. The sessions would be conducted within PCI Low-Cost Counselling Service and would be confidential between the Trainee Therapist, pre-accredited or accredited therapist and the employee.

### **PATHWAY 3:**

Introduce a counselling placement to existing organisational services. PCI Low-Cost Counselling Service would allocate a Trainee Therapist, pre-accredited or accredited therapist to work within your organisation. Access to services could be provided onsite (subject to providing a suitable counselling environment which the service could assist with).

Employees and service users of the organisation could access this service. Online counselling placements are also an option. Low-cost fees would remain applicable in this pathway.

To discuss further how PCI Low-Cost Counselling Service can be of benefit to your organisation, please contact Georgina:

Phone: 0818 555 450  
Email: [info@pcicounselling.ie](mailto:info@pcicounselling.ie)

## Fees

Low-cost counselling fees range from €10 - €40 per session. Fees on the higher end of the scale are applicable to those working with counsellors on our qualified and specialist tiers.

## How to Book a Session

To speak confidentially and to arrange an appointment contact Jena at:

Phone: 0818 555 450

Email: [info@pcicounselling.ie](mailto:info@pcicounselling.ie)



A not-for-profit initiative by PCI College



**PCI College**

Established 1991