

**Counselling & Psychotherapy**  
is provided for a range of  
issues including:

*Addiction*

*Anger Management*

*Anxiety*

*Bullying*

*Conflict Resolution*

*Depression*

*Loss & Bereavement*

*Loss of Direction*

*Mistreatment in Childhood*

*Panic Attacks*

*Personal Growth*

*Preparing For Retirement*

*Relationship Difficulties*

*Self Esteem Issues*

*Separation / Divorce*

*Stress*

*Work Related Issues*

**For Further Information or  
To Make an Appointment  
Please Contact:**

045 - 469067

087 - 2611226

[www.irish-therapy.com](http://www.irish-therapy.com)

[info@irish-therapy.com](mailto:info@irish-therapy.com)

**Opening Hours**

**Monday to Friday** 9am to 9pm

**Saturday** 10am to 4pm



# Counselling & Psychotherapy



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Co. Kildare

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## David O'Regan

David is an accredited Counsellor & Psychotherapist working in Newbridge, Co. Kildare.

Working from a humanistic perspective David integrates Cognitive Behavioral Therapy (CBT) to help clients alleviate personal suffering and encourage change.

In addition to being an Accredited Member of the Irish Association of Counselling & Psychotherapy (IACP) David has worked with the Institute of Integrative Counselling and Psychotherapy as a tutor.

David's qualifications include:

BA (HONS) in Integrative Counselling & Psychotherapy  
Diploma in Integrative Counselling & Psychotherapy  
Certificate in Cognitive Behavioral Therapy (CBT)  
Certificate in Integrative Supervision  
Diploma in Life & Business Coaching

*“If I can provide a certain type of relationship, the other person will discover within himself the capacity to use the relationship for growth, and change and personal development will occur”*

Carl Rogers

## Individual Counselling

Individual counselling is a collaborative effort between you and a counsellor. The goal is to provide an open, supportive, and confidential environment for you to address the issues that are concerning you.

## Relationship Counselling

Relationship counselling helps you to make the most of your relationships. For some people counselling will transform their relationships and their lives; for others counselling will help them solve a specific problem and move forward with more confidence and less anxiety.

## Mindfulness

Mindfulness practice, inherited from the Buddhist tradition, is increasingly being employed in Western psychology to alleviate a variety of mental and physical conditions, such as pain management, anxiety, obsessive compulsive disorder and in the prevention of relapse in depression and drug addiction.

## Life & Business Coaching

Professional life and business coaching helps to provide the resources, strategies and skills to achieve personal goals, business and career success.

## How many sessions will I need?

Every person is different - each client may require a different amount of sessions to resolve their issues. These sessions may be weekly or fortnightly. Each individual session is usually 1 hour in duration.

## How confidential is the service?

Confidentiality is maintained within the ethical and practice guidelines of the Irish Association for Counselling and Psychotherapy

## How do I make an appointment?

Please call 045 469067 or 087 2611226. If your call is not answered, it usually means I am with a client. Please leave your name and telephone number and I will get back to you as soon as possible.

## Do you offer evening appointments?

Many clients are seen in the evenings to facilitate work schedules.