

Counselling and Psychological Therapy Service

Who is the service suitable for?

The service is available for individuals who are over 18 years of age and have or has experienced dependency with drugs and alcohol.

Psychotherapists and Psychologists specialize in working with adults who may be suffering from a variety of emotional difficulties that may involve experiences such as:

- Anxiety and Panic Attacks
- Co- dependence
- Loss and bereavement
- Depression
- Crises of identity
- Anger problems
- Relationship problems
- Confidence and Self esteem
- Immediate crises
- Eating Disorders
- Problems around sex and sexuality
- Destructive patterns- Addiction, self harm
- Phobias
- Obsessive behaviour
- Post Traumatic Stress Disorder
- Abuse
- Trauma

How does Counselling and Psychological Therapy work?

In a reliable setting, the person coming for help is encouraged to use the time productively. Secure boundaries and confidentiality provides a safe setting which can enable clients to share experiences and feelings they may not have been able to talk about before.

As the relationship with the therapist develops, the individual discovers new insights and more appropriate ways of coping with problems and preparing for positive changes in their lives.

Variety models of therapy are offered, depending on the client's needs. These approaches are described in more details:

Psychodynamic Therapy

This involves exploring how present feelings and behaviours are connected to past events and earlier relationships. Psychodynamic Therapy can help people to get to know themselves better, improve their relationships, resolve past issues and get more out of life. It can be especially useful in helping people with long term or recurrent problems to get to the root of their difficulties.

Cognitive Behavioural Therapy (CBT)

CBT works on the idea that changing how you think and behave also changes how you feel. What you think and believe about yourself, other people and the world in general determines your mood and your behaviour. CBT aims to identify inaccurate thoughts and beliefs that confuse or distress, and helps people to modify their thinking and behaviour. It is a structured approach. Specific focussed goals are agreed with your therapist and things are tested out between sessions.

Integrative Psychotherapy:

Integrative psychotherapy considers the importance of the whole person, paying attention to thoughts, feelings and physical symptoms, which cause conflict and distress. The aim is to move beyond symptoms to engage with the person in a non judgemental framework in order to explore and better understand emotional difficulties.

To make an appointment:

A referral to the counseling service can be made by your Drug Worker. You will then be contacted for an assessment session with the counsellor Psychologist to discuss your needs and expectations and whether they can be met by this service. Following the assessment session, you will be offered between 6 to 12 counselling sessions based on what is discussed in the assessment.

Statement of Purpose:

CRI works to create safer and healthier communities. We help people to break free from harmful patterns of behaviours by delivering innovative services which have a measurable impact on both health and community safety issues. Our services are hallmarked by an emphasis on quality, a responsiveness to local priorities, and an outstanding record of achieving targets.

Confidentiality:

Our services are confidential and we have an open access policy. However situations may arise where we are obliged to notify the relevant authority.

Equal Opportunities:

CRI operates an equal opportunities policy which means that anyone using our services ,or any employee, volunteer or mentor, will not be discriminated against on the basis of racial/ethnic or national origin, gender, marital status, disability, sexual orientation, religious beliefs, HIV/AIDS status or criminal offences.

For further information contact:

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