

## APPOINTMENTS

If you think that Dowdstown Counselling Services Ltd can be of help, you can contact us directly on 046 90 20671 or 086 1663586 to arrange an appointment. Alternatively you can write to us at the address overleaf. After your initial call to the centre your details are passed on to a counsellor who will then contact you to make an appointment that suits both parties. Appointments can be made for daytime or evening. Your counsellor will see you promptly at your appointment time and appointment usually last for up to one hour.

It is best practice that clients attend weekly. Holiday time is negotiated with the client; these sessions do not have to be paid for. Payment is due for missed sessions if the Counsellor is not notified 48 hours in advance.

**Please note that it is not suitable to bring children with you to counselling appointments.**

All therapists adhere to the guidelines of their accrediting bodies i.e. IACP, IAHIP, ICP etc.

## CONTACTING US

The service can be contacted at:

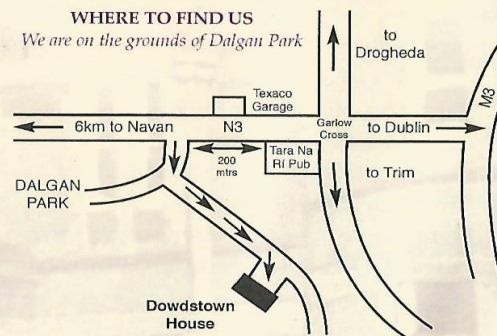
**Dowdstown Counselling  
Services Ltd,  
Dowdstown House,  
Dalgan,  
Co. Meath**

**Phone 046 90 20671 or 086 1663586**

Email: [dowdstownhouse@eircom.net](mailto:dowdstownhouse@eircom.net)

Web: [www.dowdstownhouse.com](http://www.dowdstownhouse.com)

Chy No.: 18129



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## DOWDSTOWN COUNSELLING SERVICES LTD



*Affordable counselling and  
bereavement support in a  
confidential, safe and gentle  
environment*

## COUNSELLING SERVICE

### MISSION STATEMENT & VALUES

#### Mission Statement

Dowdstown Counselling Services Ltd aims to provide high quality, affordable counselling in collaboration with other agencies. Through our work we aim to empower and support clients to live full and worthwhile lives. Our service is provided in a safe, secure and nurturing environment. It is open to all but is particularly aimed at people who experience social exclusion in Co. Meath.

#### Values

The service is:

- Client centred, clients actively participate in the counselling process
- Working to open up choices for people through self-development and fostering the development of the whole person.
- Inclusive of all people, irrespective of their financial means
- Safe and Supportive
- Welcoming
- Confidential
- Non-judgemental
- Accountable and promotes best practice
- Provided by a learning, growing organisation

## WHY COUNSELLING

Counselling aims to provide an opportunity for you to explore your difficulties and work towards making positive changes. While this may be a difficult journey at times, it is hoped that this will enable you to live your life in a more satisfying way. Counselling involves meeting with your counsellor over a period of time. Counselling is a two way therapeutic relationship between you and your counsellor in a secure and confidential setting. Counselling involves a joint effort between you and your counsellor and can involve:

- Talking about and exploring your concerns
- Discovering how your ways of thinking affect your feelings and behaviour
- Making changes to your behaviour and ways of thinking
- Looking at past experiences and how they influence your current difficulties
- Discovering new ways of coping and exploring positive ways of living.

## STARTING COUNSELLING

Your first meeting is a chance for you and the counsellor to discuss the problems you are having, how they came about and how they are effecting you currently.

It may be useful to think about the following questions before you come for your first appointment.

- What particular difficulties would I like help with?
- What is the main thing I would like to achieve as a result of attending counselling?
- What changes am I prepared to make to attain my goal?

**There is a dedicated counsellor to work with any person who is feeling suicidal.**