

# Dyspraxia/DCD Ireland Counselling Service

*A positive step in the right direction*

## What is the aim of counselling?

Counselling provides a safe space to explore challenges that may feel stressful or overwhelming. It can help you see things more clearly, perhaps from a new perspective, and focus on your feelings, experiences, or behaviours with the goal of supporting positive change.

Your counsellor's role is to:

- Encourage your independence and autonomy.
- Offer professional support as you work through personal concerns.
- Regularly review your progress and the counselling relationship together.

Counselling is built on mutual trust and respect. Sometimes the fit between counsellor and client may not feel right. If that happens, we will do our best to match you with another counsellor who may suit you better.

## Our Counselling Service

We currently have fully qualified counsellors and psychotherapists who work with us in a voluntary capacity and we support placements for counsellors and psychotherapists in training who work under supervision of a senior professional. All our team are mature students with varied life experiences and an understanding of dyspraxia/DCD.

Our service supports adults with DCD, parents of children with DCD and other family members, friends and supporters. Our counsellors provide a wide range of emotional and practical support needs through a range of therapeutic interventions.

### **Please note:**

- Counselling applications through our website are for people aged **18 and over**.
- If you are seeking counselling support for someone under the age of 18, please email us directly at [counsellor@dyspraxia.ie](mailto:counsellor@dyspraxia.ie)

- We do not provide couples counselling, but couples/parents can attend our service with different counsellors if necessary.
- We are not a crisis service. For more complex needs, we can refer you to a specialist counsellor/psychotherapist in private practice (fees may vary).

### Confidentiality

- Trust and honesty are essential for counselling to work. Please share any relevant health information, medications, or pending legal matters that may affect your circumstances with your counsellor.
- Sessions are confidential between you and your counsellor unless you request in advance that a support person or translator be present.
- **Recording counselling sessions is not permitted by either party.**

### Fees

We ask for a small contribution towards each session:

- €20 per session for those in full-time employment.
- For part-time or unwaged clients, we will discuss costs with you.

No one will be excluded due to financial circumstances. If you cannot contribute, please let your counsellor know so we can make arrangements.

### How are sessions conducted?

You can access counselling online (telehealth) or in person:

- **Telehealth:** Convenient for clients nationwide. Benefits include flexibility and no travel. Limitations may include technology issues or reduced sense of connection compared to in-person sessions.
- **In-person:** For clients in the Dublin region most of our in-person counselling sessions take place at the Healing House, Berkley Road, Dublin 7.

- Some of our counsellors have private counselling offices at their places of work/residence.
- Wherever you live, we will work with you to find the best fit for you.

### **Session Times**

- Counselling appointments are booked between you and your counsellor at a mutually suitable time of the day or evening.
- Each counselling session lasts up to 50 minutes.
- If you are late, your counsellor will wait for 10 minutes. After that, if you have not contacted the counsellor, the session will be considered missed and cancelled.
- Late arrivals will still finish at the scheduled time, and the full fee applies.
- Please give at least 24 hours' notice if you need to cancel. No fee applies for timely cancellations.
- Missed sessions without notice will incur the full fee of €20.
- If you cancel three sessions in a row, your place may be offered to someone on our waiting list.
- If your counsellor needs to cancel, we will offer an alternative appointment as soon as possible.

### **Your responsibilities**

- Value your time in counselling by attending sessions and being open about your needs.
- Let us know if the relationship isn't working or if you'd like to explore other supports.
- Give at least 24 hours' notice for cancellations. Less than 8 hours' notice may incur a €10 administration fee.
- Respect boundaries by limiting communication outside sessions to appointment changes (unless agreed otherwise).

### **How to refer yourself**

Complete the form on our website <https://www.dyspraxia.ie/counselling-service-referral>

For specific queries regarding our counselling service please email us directly at [counsellor@dyspraxia.ie](mailto:counsellor@dyspraxia.ie) and we will respond to your query as soon as possible.