

What we do

We represent the interests of both client and Counsellor / Psychotherapist in Ireland. We are a link between those who are looking for Counselling / Psychotherapy and those who provide Counselling / Psychotherapy. In addition to providing information, we set and maintain practice and training standards. We represent Counselling / Psychotherapy at both national and international level

Standards

The IACP continues to develop high standards in the profession of Counselling / Psychotherapy. It is the largest regulatory body in Ireland for the development of Counselling / Psychotherapy and the protection of clients and therapists alike. The IACP has established a comprehensive Code of Ethics and Practice available on the IACP website www.iacp.ie under 'Information'.

Supervision

The Irish Association for Counselling and Psychotherapy see supervision as vital to the process and ongoing maintenance of a therapist's competency and continued Accreditation. All IACP members working as Counsellors / Psychotherapists are bound by the IACP Code of Ethics and Practice to monitor their work through regular supervision, to ensure that their standard of therapy is competent and continues to develop.

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For a comprehensive
online directory of all
IACP accredited
Counsellors /
Psychotherapists in
Ireland, log on to
www.iacp.ie



Irish Association for Counselling and Psychotherapy

Partners:



Irish Association of Humanistic and Integrative Psychotherapy



www.iacp.ie

email: iacp@iacp.ie

LoCall 1890 907 265

Registered Charity CHY 6615



Irish Association for Counselling and Psychotherapy

A Guide to Counselling & Psychotherapy

www.iacp.ie

Challenges are part of life... but...

Nearly everyone faces challenges and difficulties in their life at some time. But sometimes they can be overwhelming and we feel like we are helpless. Stress over a job, anxiety caused by uncertainty over the future, loss because of bereavement, problems over addiction or difficulties in a relationship are just some of the reasons why people feel they can benefit by talking to a professional Counsellor or Psychotherapist.

What is Counselling / Psychotherapy?

Counselling / Psychotherapy is for anybody. It can be of great support in times of crisis or change. Both Counselling and Psychotherapy involve the provision of professional assistance to people who are experiencing personal issues, in order to help alleviate those difficulties.

In practice, there is very little difference (if any) between Counselling and Psychotherapy.

Some practitioners may choose to call themselves Counsellors, while others – even with identical qualifications – may call themselves Psychotherapists.

Traditionally, people offering short-term help to patients or clients – especially those in the voluntary sector – tended to call themselves Counsellors, while people who had trained on a Psychotherapy course, lasting at least two years, would call themselves Psychotherapists.

But nowadays this distinction has blurred.

How to find a Therapist

The IACP provides:

- A free comprehensive online directory of all accredited IACP Counsellors / Psychotherapists in Ireland at www.iacp.ie
- Accredited Counsellors / Psychotherapists in every county in Ireland.
- A Telephone Referral Helpline providing information on all areas relating to Counselling and Psychotherapy:

LoCall 1890 907 265, 9am – 5pm, Monday to Friday.

Going to a Therapist

A client's first contact with a Counsellor / Psychotherapist will usually be by telephone to arrange an appointment. At the initial appointment the following is usually discussed:

- The client's situation/issues
- The frequency of therapy
- The duration of therapy
- Confidentiality
- Fee

Cost

Fees vary. Some therapists offer a sliding scale of fees. Counselling services within the HSE are, for the most part, free. Some voluntary bodies offer their services free of charge.

Who we are

Established in 1981, the Irish Association for Counselling and Psychotherapy (IACP) is a national organisation which sets, maintains and develops standards in the practice of Counselling and Psychotherapy. The IACP is a registered Charity (CHY 6615) representing over 3,600 members.

IACP MISSION STATEMENT

The IACP identifies, develops and maintains professional standards of excellence in Counselling and Psychotherapy through education, training and accreditation.

The IACP safeguards the public by promoting effective, evidence-based Counselling and Psychotherapy.

IACP VISION STATEMENT

A future where all people can access regulated, professional Counselling and Psychotherapy services. Our vision is one where Counselling and Psychotherapy are an integral part of healthcare provision.

IACP CORE VALUES

The underlying values which guide our work are as follows:

- Integrity
- Respect
- Competence
- Caring
- Responsible
- Ethical
- Professional