

KNOCK

Counselling Centre

FREQUENTLY ASKED QUESTIONS

Q: How can counselling help me?

A: Counselling provides an opportunity to talk about painful and difficult issues in a safe and confidential environment. Thinking deeply about your situation with the support of a counsellor who is genuine, non judgemental and empathic creates the possibility for change and ultimately relief from difficult or painful feelings or situations.

Q: How do I arrange an appointment?

A: You can contact the service by telephone or by email. You can also call in and speak to a member of staff.

Q: How do I make an appointment to attend the Drop-in Service?

A: Single sessions are offered by volunteers on a drop-in basis. We do not take bookings for these sessions. To find out more about the availability of these sessions please contact us.

Q: Who are the counsellors?

A: The counsellors are professionally qualified and accredited with recognised counselling organisations. We provide some counselling sessions with counsellors who are qualified and working towards accreditation and a limited number of sessions with counsellors in training. The counsellors all work according to a professional ethical code.

Q: Is the service confidential?

A: The counsellors provide a confidential service to all who attend the counselling and single sessions at the Drop-in. However in very rare circumstances it may be necessary to break confidentiality. This will only occur in yours or the public interest. We will discuss with you any intention to break confidentiality prior to doing so. This information will be shared in further detail at your first counselling session.

Q: What is the cost of a counselling session?

We will never turn anyone away for financial reasons, however we are a registered charity and we support ourselves from the money you pay for counselling.

Rates for individual and couple counselling.

The full fee is €50 per session for individuals.

For those who attend couple counselling, the fee is €60 per session if both parties are in employment.

The reduced fee is €25 per session.

For those who are unwaged or on a minimum wage there are a number of sessions available at €15 per session.

There is a sliding scale of fees for payment for counselling sessions. This scale ranges from €50 per session to €50 per session

Q: What is the cost of a single session at the Drop-in?

A: There is no set fee for a session at the Drop-in. A donation to the service is welcome. The sliding scale also applies to donations.

Q: Cancellations

A: You may need to cancel an appointment. We appreciate a telephone call to let us know of the cancellation and if you wish to make another appointment.

CONTACT US

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