

Psychotherapy: Frequently Asked Questions

What is Psychotherapy?

Psychotherapy is an independent scientific discipline which not only focuses on treating and resolving symptoms but also takes into consideration aspects of the inner world of which the person may be unaware so as to help them understand and change deep, often unconscious, emotional and relationship problems. It covers a range of approaches and methods based on a well-established body of theory, methodology and research.

Does Psychotherapy Work?

Psychotherapy is an effective intervention for a wide range of mental health problems in people of all ages. Research indicates the average success rate for treated cases ranges from 65 to 72%. Different approaches may be indicated or appropriate according to the presenting problem or client preference.

Are Counsellors and Psychotherapists the same?

No, they are not the same and this is reflected in the training as well as the breadth and depth of the work undertaken. Counselling is an imbedded skill in psychotherapy which means that all psychotherapists are counsellors, however not all counsellors are psychotherapists. The Minister for Health in 2017 announced the decision to designate two separate and distinct professions of psychotherapist and counsellor under the Health and Social Care Professionals Act 2005.

What are the Qualifications and Specialities?

ICP registered psychotherapists have been trained to European standards and their total duration of training is not less than 3,200 hours spread over a minimum of seven years, with the first three years being the equivalent of a relevant university degree. The later four years must be in a training specific to psychotherapy. The currently accepted standard of education is at a Masters level (QQI9). There are psychotherapists who specialise in working with individual adults, couples, groups and children.

How can I find a Psychotherapist?

ICP has an easy to use public register, on its website, of more than 1500 fully qualified and accredited psychotherapists across Ireland; there is one practicing near you right now, see www.psychotherapyCouncil.ie to find one near you now.

What is the Duration and Frequency?

Psychotherapy may be short-term or long-term. Sessions typically take place once a week for 50-60 minutes. The duration is agreed between the client and psychotherapist and is dependent on the presenting issues.

Want to Know More?

Contact us at Irish Council for Psychotherapy, 29 Upper Mount St, Dublin 2

Visit our website www.psychotherapyCouncil.ie

Call 01-9058698

Email hello@psychotherapyCouncil.ie

Or find us on social media   