

What is Psychotherapy?

Psychotherapy, therapy and **counselling** are all words which can be used to describe the same process. Psychotherapy provides a supportive, safe and non-judging relationship with a trained professional, with whom you can talk about things in your life that you find difficult.

Psychotherapy is more than just a chat. It commonly involves setting realistic, objective and measurable goals for yourself. It is an active process that involves working with your therapist to help you identify new or more efficient ways of coping, and dealing with any difficulties you may be currently experiencing.

Headway offers psychotherapy or counselling in many of our service [locations](#). We offer **individual** therapy and sometimes **group** or **couple** sessions, depending on your circumstances and the location. Contact Headway Information and Support for more details on **1800 400 478** or see our website, [headway.ie](#) for more information.

Is it confidential?

Yes. What you say in your psychotherapy session stays between you and your therapist.

However, there are some limitations to this. Should you tell your therapist that you are a risk to yourself or to another individual, or if you know of a situation in which a minor is at risk, your therapist may be obliged to break confidentiality. In a situation like this, however, it will always be fully discussed with you.

It is Headway policy that each client signs a confidentiality agreement, which your therapist will go through and discuss with you at the beginning of your psychotherapy service.

How long does it last?

Each psychotherapy session runs for 50 minutes. It is important that you attend on time for your session.

Sessions usually take place once a week or once every fortnight.

The total number of sessions needed for a course of psychotherapy varies from one person to another. Due to the demand on our psychotherapy service, there is unfortunately a limit to the total number of sessions that we can offer you. Your therapist will discuss these issues with you when you begin your own psychotherapy.

What if I want to change my goals during psychotherapy?

As part of the normal therapeutic process, following a certain number of sessions your therapist will review with you how you are getting on. This is an opportunity for you to explore how far you've come and where you want to go. It also allows you to make any necessary adjustments to the process, such as re-evaluating your goals.

What if I can't make an appointment?

It is important to attend consistently to get the full benefit from psychotherapy. If you are not able to attend for a scheduled appointment, we ask that you contact Headway at least 24 hours in advance.

Due to the demand for services, failure to attend for three appointments may result in your psychotherapy being discontinued.

What if I want to leave my psychotherapy?

You are free to withdraw from your psychotherapy at any point during the process. This will not affect any other services you may be receiving from Headway.

If you have any additional questions, please feel free to ask your therapist.

Can My Therapist Support a Legal Case?

Unfortunately, Headway does not engage in producing reports for medical legal purposes. Our focus is to help you improve your psychological wellbeing.