

Frequently asked questions about Couple & Individual Counselling.

**AIM LEAFLETS**

- Couple & Individual Counselling
- Mediation
- 1. Children and Family Law
- 2. Civil Nullity
- 3. Cohabitation
- 4. Divorce
- 5. Domestic Violence
- 6. Family Home
- 7. Judicial Separation
- 8. Legal Marriage
- 9. Maintenance
- 10. Separation Agreements



COUPLE & INDIVIDUAL COUNSELLING  
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AIM Family Services has been in existence since 1972 and is a registered charity. It provides a comprehensive Counselling and Mediation Service. AIM also offers a free drop-in and telephone helpline, Mon-Fri 10.00am-1.00pm, providing legal information on separation and family law issues. Offices at 64 Dame Street, Dublin 2. Phone 016708363. email; aimfamilyservices@eircom.net Website; www.aimfamilyservices.ie

### **WHAT IS COUNSELLING?**

Counselling is the nurturing, trusting relationship between client(s) and facilitator (counsellor). The chief aim of this counselling relationship is to facilitate the client(s) in structuring his/her thinking, evaluating objectives, identifying goals and assisting attainment of those goals. Counselling takes place in direct response to an individual's need to deal with problem areas in their lives. It promotes the examining of options open to them and in finding new ways of coping with life's challenges.

### **HOW CAN COUNSELLING HELP?**

Counselling offers other ways of looking at situations. It facilitates clients in examining their options by making available another perspective, which may result in different options or actions being considered. The process of counselling should foster a sense of self-awareness. Facilitation, through counselling, aids the client in finding answers for themselves, because only s/he knows what will work.

### **WHAT IS THE ROLE OF THE COUNSELLOR?**

The counsellor's role is to facilitate clients in developing their own resources and help them work towards personal growth. The counsellor facilitates through active listening, empathising, interventions and being completely non

judgemental. These skills of listening, attending and reflecting are the loom on which the counsellor/client relationship is woven.

### **WILL THE COUNSELLOR TELL ME WHAT TO DO?**

The role of the counsellor is not to "sort out", or decide for the client what is best for them. The counsellor is trained in the areas of human personality, motivation, growth and in the practice of counselling skills. S/he uses these professional skills and appropriate theoretical models to facilitate clients in the process of finding answers for themselves.

### **WHO COMES LOOKING FOR COUNSELLING?**

Individuals of all age groups and relationship types. Couples whether married, cohabiting or same sex and the children affected by relationship breakdown. In fact, all those who are seeking help with significant life issues and are looking for change in their lives.

### **WHAT REASONS DO PEOPLE HAVE FOR COMING TO AIM FOR COUNSELLING?**

Individuals and couples come to counselling for a number of reasons. There can be issues in coping with relationship difficulties or trauma coping with relationship breakdown. Other matters can include families in transition, anger management, anxiety, addiction, depression, bereavement and loss of all kinds, past abuse, bullying or life cycle issues.

### **DO I NEED MY SPOUSE/PARTNER FOR RELATIONSHIP COUNSELLING?**

Ideally yes. In most cases it is more effective for both partners to participate in relationship counselling, but individuals can derive personal strength, direction and support from counselling.

### **IS COUNSELLING CONFIDENTIAL?**

AIM Counselling Service is confidential. There may be some rare exceptions to this assurance, for instance, where it is deemed that someone poses a threat to themselves or others or when a child could be at risk.

### **HOW MANY SESSIONS WILL IT TAKE?**

This is up to the individual or couple as they ultimately determine how many sessions they want, but the general consensus is that six to ten sessions is deemed beneficial for change to occur.

### **HOW LONG IS A SESSION?**

Each counselling session is an hour long and takes place in our premises at 64 Dame St, by appointment only.

### **WHAT COUNSELLING APPROACH DOES AIM USE?**

AIM Counselling Service uses an integrative approach with emphasis on CBT (cognitive behavioural therapy) and client centred values.

### **HOW CAN I AVAIL OF AIM'S COUNSELLING SERVICE?**

AIM Family Services provide a confidential Counselling service that can be accessed by contacting our Administrator for an appointment, by phone at 01 6708363 or by email at aimfamilyservices@eircom.net.

### **HOW MUCH DOES IT COST?**

The fee structure will be discussed at time of enquiry but please note that AIM Counselling operates a sliding scale and has an accommodation in place for the unwaged or student.