

Counselling & Psychotherapy
is provided for a range of
issues including:

Addiction

Anger Management

Anxiety

Bullying

Conflict Resolution

Depression

Loss & Bereavement

Loss of Direction

Mistreatment in Childhood

Panic Attacks

Personal Growth

Preparing For Retirement

Relationship Difficulties

Self Esteem Issues

Separation / Divorce

Stress

Work Related Issues

**For Further Information or
To Make an Appointment
Please Contact:**

086 - 4052211

www.davidoregan.ie

oregand@gmail.com

Opening Hours

Monday to Friday 9am to 5pm



Irish Association for Counselling and Psychotherapy
Accredited Member

Counselling & Psychotherapy



Green Road, Newbridge,
Co. Kildare

086 – 4052211

www.davidoregan.ie

Email: oregand@gmail.com

David O'Regan

David is an accredited Counsellor, Psychotherapist & Clinical Supervisor working in Newbridge, Co. Kildare.

Working from a humanistic perspective David integrates Cognitive Behavioral Therapy (CBT) to help clients alleviate personal suffering and encourage change.

In addition to being an Accredited Member of the Irish Association of Counselling & Psychotherapy (IACP) David is a lecturer with the Institute of Integrative Counselling and Psychotherapy.

David's qualifications include:

Masters Degree in Counselling & Psychotherapy
BA (HONS) in Integrative Counselling & Psychotherapy
Diploma in Integrative Counselling & Psychotherapy
Diploma in Integrative Supervision
Certificate in Cognitive Behavioral Therapy (CBT)
Diploma in Life & Business Coaching

"If I can provide a certain type of relationship, the other person will discover within himself the capacity to use the relationship for growth, and change and personal development will occur"

Carl Rogers

Individual Counselling

Individual counselling is a collaborative effort between you and a counsellor. The goal is to provide an open, supportive, and confidential environment for you to address the issues that are concerning you.

Relationship Counselling

Relationship counselling helps you to make the most of your relationships. For some people counselling will transform their relationships and their lives; for others counselling will help them solve a specific problem and move forward with more confidence and less anxiety.

Mindfulness

Mindfulness practice, inherited from the Buddhist tradition, is increasingly being employed in Western psychology to alleviate a variety of mental and physical conditions, such as pain management, anxiety, obsessive compulsive disorder and in the prevention of relapse in depression and drug addiction.

Life & Business Coaching

Professional life and business coaching helps to provide the resources, strategies and skills to achieve personal goals, business and career success.

How many sessions will I need?

Every person is different - each client may require a different amount of sessions to resolve their issues. These sessions may be weekly or fortnightly. Each individual session is usually 1 hour in duration.

How confidential is the service?

Confidentiality is maintained within the ethical and practice guidelines of the Irish Association for Counselling and Psychotherapy

How do I make an appointment?

Please call 086 4052211. If your call is not answered, it usually means I am with a client. Please leave your name and telephone number and I will get back to you as soon as possible.

"When I turn to others with the knowledge that we are all (therapist and patient alike) burdened with painful secrets – guilt for acts committed, shame for actions not taken, yearnings to be loved and cherished, deep vulnerabilities, insecurities, and fears – I draw closer to them."

Irvin D Yalom