

## Therapeutic Support Services

Therapeutic Support Services Programmes Coiscéim Counselling Programme The Coiscéim Counselling Programme provides a range of psychotherapeutic services. Its primary focus is the provision of low-cost counselling support for those who, though in obvious and urgent need, are unable to avail of timely counselling provision from state providers, or to afford the cost of private counselling services. Coiscéim also provides counselling on a fixed-fee basis for clients referred directly by state agencies. In addition to individual counselling, Coiscéim offers couple, family and group counselling services. Psychotherapist-Supported Training Programme Through the Psychotherapist-Supported Training Programme, especially adapted courses are arranged for learning groups whose members face identified psychological challenges. As well as being qualified and experienced trainers, those working with such groups are fully accredited psychotherapists. At the same time as facilitating learning, they are able to offer appropriate personal support. Psychotherapist-supported training courses are generally developed and delivered in partnership with organisations and agencies working with vulnerable groups. Support Group Programme Through the Support Group Programme, facilitation support is made available to groups whose members share experience of specific challenges connected, either with their own mental or physical health, or the health of those for whom they act as carers. Those delivering this facilitation support are fully accredited psychotherapists who work to ensure that the needs of all participants are responded to in a manner that guarantees their psychological safety. Participants in the Support Group Programme receive emotional support, acquire relevant information and develop skills which enable them to better cope with the challenges they face. Consultation Services Programme In developing and delivering its Therapeutic Support Services, the Project works in partnership with organisations and agencies that are involved with vulnerable people. The Project's Therapeutic Support Specialists provide professional consultation services to such organisations and agencies, helping them to put in place appropriate systems of therapeutic needs assessment, service response and referral. Professional Supervision and Development Programme Through the Professional Supervision and Development Programme, supervisory support is provided or arranged for professionals and practitioners who work directly with vulnerable people. These include the Project's Core Trainers, its Community Tutors and its Community Advocates.[1] In-service training is also arranged for practitioners working under the auspices of the Project's Therapeutic Support Services.

[1]Counsellors working with the Coiscéim Counselling Programme have external professional supervisors who are independent of the Project.