



Therapy! Is It for Me?

Evidence illustrates the effectiveness of evidence based, professional, talking therapy services in helping the people and communities of Northern Ireland, These services can support and provide expert help to people process some of their experiences and work towards a more grounded sense of psychological well- being.

Over the last decade the limitations of the past services provided to those who have suffered due to the troubles has been recognised. Funding has been provided to develop evidence based professional, accessible and confidential talking therapy service combined with a complementary therapeutic approach to release physical tension and promote a more relaxed frame of mind.

Considering seeing a Therapist can be very daunting. It can be very difficult to know what to expect, and be unsure as to how it might feel talking to a professional about difficult things you may have experienced recently, or indeed often in the past.

For so many years in Northern Ireland many people have been exposed to much psychological distress and trauma. As human beings we try and process this trauma as best as possible with the skills we have. A common way of coping with such difficulties is to distance ourselves from our emotional pain. This is a very natural react to any threat.

The repeated exposure to conflictual and unstable experiences in Northern Ireland have in many of us resulted in “hard states of mind” in order to manage our persecutory and negative feelings. Many people have understandably carried around such negative feelings for many years.

The prospect of finding alternative ways of coping with their experiences through the process of sharing and reflecting on their life within a therapeutic relationship can be daunting for many , somewhat confusing and also over whelming.

Whether you are considering attending therapy for any difficulties you may be experiencing, or feel like talking to someone is not for you, or perhaps not the right time at the moment, it is important that you know that our service doors will always be open, should you want to come and talk about your experiences.

All members of the team understand how difficult it can be to come and talk about your problems and will always move forward at a pace you feel comfortable with

As a result of the COVID 19 Pandemic, the Ely Centre had to adapt our therapy deliver model to ensure that clients were supported throughout this time in our lives. Online Therapy and Telephone Therapy with one of our Trained Trauma Therapists became a lifeline for many clients during the Pandemic. In over 18 Months we reported a Sessional Attendance rate of over 90%, demonstrating the commitment of our clients and the dedication of our team to support them.

As restrictions begin to ease, we recognise that the world and workforce practices have adapted and will continue to adapt to suit the needs of our clients. Face to Face and In person therapy will be

combined with new approaches to supporting our clients in the form of Online and Virtual Counselling.

Obstacles to therapy including client travel time, client work and family requirements can be addressed through these service delivery models.

Therefore if Therapy is for you, please contact us and we will talk through the range of approaches we use to ensure the best service is provided to you in a manner that is convenient and accessible to you.