

Qualifications:



- Diploma in Psychotherapy
- Relate Certificate in Couples Counselling
- Diploma in Supervision (Accreditation with IAHIP)

Professional Memberships:

- Irish Council for Psychotherapy (ICP)
- Irish Association of Humanistic & Integrative Psychotherapy (IAHIP)
- European Association for Psychotherapy (EAP)

Brigid completed her initial training in couples therapy in 1996. She then qualified as a Humanistic & Integrative Psychotherapist, working with individuals and couples covering a wide range of issues. She is also a qualified supervisor (accredited with IAHIP) and works in a Cognitive Behavioural Therapy (CBT) modality.

The humanistic and integrative approach to therapy draws on different theoretical strands ie Jungian, Gestalt, Object Relations, Client-centred. It is primarily a relational form of therapy, with therapist and client working together to assess the relevant difficulties and coming to an understanding of possible origins and working through specific values.

“We have all developed coping mechanisms to deal with difficult feelings. Working as an integrative therapist, I am often struck by how creative human beings can be in devising coping mechanism, often at a very young age, to deal with difficult emotions. These coping mechanisms become a resourceful way of getting by in painful situations. However, as we grow older those very defences can become stumbling blocks to us realising our full potential. We can become stuck by fear of allowing certain feelings to surface and, therefore, block the flow of experience that would help us realise our true potential.”

As an integrative therapist I am fascinated by the uniqueness of each client, how creative and resourceful people can be once they begin to unblock their fears and become more comfortable with who they are.

I have been working with couples who are facing difficulties for almost 20 years. I have gained a great deal of experience and have learned a tremendous amount from the couples themselves about their experience of being part of a couple and the things that can keep them painfully stuck. Inevitably we all bring our particular attachment struggles into one long term relationship.

It can be very difficult for the couple to decipher the particular dynamics that may keep them stuck and disconnected from each other. The presence of a third party who is not a family member or friend, and who can both empathise with the difficulty but can also provide a compass and a way through.”