

What is Counselling & Psychotherapy?

Counselling and psychotherapy are confidential ways to seek help in exploring, understanding and resolving thoughts, behaviours, feelings, and circumstances that may be troubling you.

We provide counseling and psychotherapy for a range of issues, including...

At Ballsbridge Counselling, we offer accredited, safe and confidential counselling services; and we will help you take the first step towards improving your sense of well-being and confidence. We can help you with issues such as:

- Depression
- Anxiety
- Sleep Disorders (i.e. insomnia)
- Past or recent trauma
- Stress
- Low Self-Esteem
- Relationship Problems
- Anger
- Communication Problems
- Loss of Motivation
- Assertiveness
- Work Related Difficulties
- Personal Development

FINDING US

All services are confidential and all enquiries are welcome

Buses: 18, 37, 38, 38a, 39, 39a, 70

Dart: Lansdowne Road (10 minutes walk)

LUAS: Charlemont (10 minutes walk)

We are located in the Elmwood Centre,
22 Upper Baggot Street, just south of the canal.



BALLSBRIDGE COUNSELLING

Elmwood Centre
22 Upper Baggot St.
Dublin 4
083.452.7513 ph
Ballsbridgecounselling.ie

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Helping you take the
next step forward

Ballsbridgecounselling.ie

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HELPING YOU TAKE THE NEXT STEP
FORWARD

INDIVIDUAL SERVICES

Does your life look good from the outside, but on the inside it feels anything but good? Or are you going through a tough time and need a little help?

Therapy can help you clarify the problems and issues affecting you, and teach you how to work through and cope with these difficult times. Through counselling, we can work together to overcome the negative thoughts and feelings that get in the way of feeling good. Let us help you find insight and help you regain peace and happiness.

Remember, an arrow can only be shot forward by pulling it backward. So when life is dragging you back with difficulties, it means that it is going to launch you forward into something great. Let us help you in launching yourself forward, and build the life you want.

Nicole Paulie, Counselling Psychologist

Ms. Paulie, M.S., Reg. Psychol. Ps.S.I is a counselling psychologist in Dublin, and Co-Author of the book, "How to be Happy and Healthy – The Seven Natural Elements of Mental Health". She uses an eclectic style of therapy, allowing her to specifically tailor the needs of therapy to each individual person.



WORKSHOPS

Ballsbridge Counselling offers workshops for both individuals and organisations. These include...

Educational Trainings

For individuals looking to better themselves, we periodically offer workshops on...

- Lifestyle Changes for Depression
- Introduction to Mindfulness
- Stress Management
- Introduction to CBT

Corporate Workshops

We also offer trainings for organisations on topics like...

- Mindfulness in the workplace
- Positive Thinking and Work Productivity
- Communication Skills For Managers
- Minding Your Managers
- Assertiveness Training
- Managing Conflict in the Workplace



TAILORED HELP

Each session and workshop is tailored specifically to the needs of the individual and/or organisation.



SKYPE THERAPY

Interested in therapy, but can't make it into the office? We offer therapy via skype.



LEARN MORE

Interested in a corporate workshop? Contact us to discuss how we can tailor programmes specifically to your needs.

Have questions or want to learn more? Check out our website at ballsbridgecounselling.ie or call us on 083.452.7513.