



www.raphacottage.com



For more information contact
Anthony O'Shaughnessy ACI | APCP
Counselling Psychotherapist
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What people say...

"Anthony, I thank you for what you have done for me in my life. When I first met you I was in my darkest hour. You helped turn all that around and now with your help I have been shown a bright future. I thank you with all my heart." *Michael*

"Anthony was excellent support to me during and after my separation... It most certainly is good to talk to Anthony as he has the perfect balance between personality and professionalism." *Brid*

What choose Rapha?

"I read while looking for a therapist that finding someone that you felt a connection with was the one thing that really mattered. I knew from the first day I met Anthony that I had found someone different, someone who actually cared deeply about what he did and the people he worked with." *David*

We are challenged to
change ourselves

Counselling & Psychotherapy
with Anthony O'Shaughnessy
**Relationships • Depression • Anxiety
Addiction • Anger • Bullying • Family
Panic • Abuse • Self Esteem • Stress
Suicide • Personal Development**

What is Rapha Cottage?

The word rapha means “to heal”. Rapha Cottage offers those seeking therapeutic counselling a place to work through emotional and personal difficulties in a compassionate, empathetic and respectful environment.

Who is it for?

Anyone can self-refer for help with the following:

- **Relationships**
- **Depression**
- **Anxiety**
- **Addiction**
- **Anger**
- **Bullying**
- **Family**
- **Panic**
- **Abuse**
- **Self Esteem**
- **Stress**
- **Suicide**
- **Personal Development**

What does it involve?

- Therapy depends on how people present when they arrive here. A range or mix of therapies are used e.g. CBT, NLP, person centered, gestalt, family constellation and others, to name but a few.
- Therapy can be done individually or with a group of people.
- Sessions are usually once a week and are usually 60 minutes in duration.
- This therapy is a collaborative process – with the support of the therapist you decide what you want to deal with in the short medium and long-term.

How long will the treatment last?

A course of therapy may be from 6 weeks to 6 months or longer – it will depend on the type of issue you are working through, and how the process is working for you.

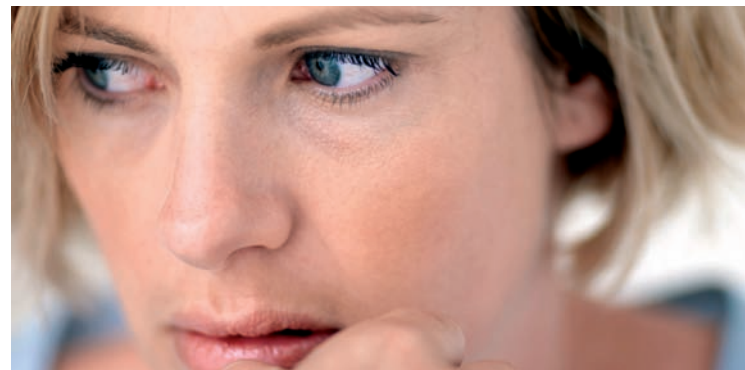
How effective is counselling?

- Research has shown that this is one of the most effective treatments for anxiety, and for mild, moderate or severe depression.
- The therapy is not a quick fix – the therapist is there to support and encourage, but not to fix your problems for you.

About the counsellor

Anthony O’Shaughnessy
ACI | APCP

Anthony has been working as a counsellor and therapist for over twenty years. He is a graduate of the National Counselling Institute of Ireland and of Trinity College Dublin. Over these years, he has worked with people of all ages, supporting their emotional needs in times of crisis. His aim is to listen, understand and guide people through the issues in their life that have affected them in a caring and open-hearted manner



Therapy groups

Staying Clean & Sober

Monday evenings from 6.30 - 9.30pm

Finding Yourself

Tuesday evenings from 7.00 - 10.00pm

Schools programmes

Addressing the increasing issue of bullying in our schools and cyber-bullying on-line along with mental health and associated issues, we have devised and delivered a number of programmes in conjunction with primary and secondary schools in the region. *Please see our website or contact us for more information.*

One to one counselling

One to one appointments are available. *Please see the contact details below to arrange an appointment.*

How much does it cost?

Group Sessions €20.00 per person
Individual Therapy €50.00 per session

General appointment information

- Please attend scheduled sessions on time.
- If you are unable to attend your appointment, please contact to cancel as soon as possible. If 2 or more consecutive sessions are cancelled a non-attendance fee may be applied.
- If you are going to be late, a phone call would be appreciated. Please note your session may be reduced as a result.