

## **Interested?**

Contact the Peer Counselling Office. They will talk to you about the service and pass your request on to a Peer Counsellor.

The Peer Counsellor will contact you and arrange to meet you at a suitable time and place.

The first meeting is an assessment where both you and the Peer Counsellor assess whether the service may be helpful to you. If you agree that it would then further meetings will be arranged.

Sessions are for 50 / 55 minutes and the initial contract is for up to 10 sessions. If further sessions are required after review these can be negotiated.

### **For Further Information Contact:**

**IWA / NCBI  
Peer Counselling Office  
Blackheath Drive  
Clontarf  
Dublin 3**

**Direct line: 01 833 8219**

**Reception: 01 818 6400**

**E-mail: [peer@iwa.ie](mailto:peer@iwa.ie)**

**Irish Wheelchair  
Association**

**National Council for the  
Blind of Ireland**

# **Peer Counselling Service**

**Counselling for Living & Life**

## **What Is Counselling?**

Counselling is a process in which a person trained in counselling skills explores with the Client the difficulties they are having at that time. Through conversation and questions the Client and Counsellor explore the meaning for that person.

Counselling is not about the Counsellor telling the Client what to do or acting for them. It is about facilitating conversations that allow the Client to explore their feelings and thinking. This exploration can then lead to a shift from problem centred living to life centred living.

Counselling offers a Client an opportunity to have discussions in a safe non-judgmental environment with a person who has the skills to help. Conversations can take place, which may be difficult to have outside the Counselling room.

## **What is IWA/NCBI Peer Counselling?**

Peer Counselling operates under the same principle as Counselling but the difference is that all IWA / NCBI Peer Counsellors have a physical or sensory disability.

The Peer Counsellors have personal experience of living with a disability.

Peer Counsellors use their training and experience of disability to inform their listening and questioning.

Peer Counsellors can help the Client explore the possibility of living with disability and the possibilities for personal growth.

Peer Counselling is a community based service. This means that the service is based in the Client's own locality.

Peer Counselling is available to people with physical / sensory disability, their families and significant others.

Peer Counselling Training is accredited by the National Association for Pastoral Counselling & Psychotherapy.

## **What Peer Counselling Offers You**

Peer Counselling is a free service, which takes place in a suitable location in your local community

An individual service tailored to meet your needs. Every Client is different and the counselling that takes place reflects that difference.

A place to tell your story in your own time and in your own way.

An opportunity to explore the issues that are important to you in a safe and confidential environment.

All peer counsellors attend supervision meetings and are supported by a full time Psychologist / Family Therapist.