

"There is a crack in everything. That's how the light gets in."

DR. IVAN **KENNEDY**

PhD Education, BSc Psychology, DipHE Counselling, MIACP

Counsellor & Psychotherapist

A place for you to:

- ~ **be vulnerable yet safe**
- ~ explore yet be secure
- ~ **be open yet not judged**
- ~ be free and accepted
- ~ **be heard in confidence**
- ~ be respected and understood
- ~ **find your way forward**
- ~ get understanding
- ~ **feel better**
- ~ be you

Carlow & Kilkenny

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"What we find changes who we become."

FAQs

What issues do you work with? Many issues, including: anxiety, bereavement, depression, grief, identity, LGBT, men's issues, loss, personal growth, sexuality, self-harm, self-worth & shame.

What type of psychotherapist are you? I am integrative, mainly using Person Centred, Existentialist, and Reality Therapies. I work with couples and with adults and adolescents.

How long are sessions? Individuals 50 mins: Couples 60 mins.

Why should I go to you? As a qualified, accredited therapist, I provide a safe, private place to talk about the things that are troubling or confusing you. I listen, empathise, and support. I do not advise, judge, diagnose, or disempower. Hopefully, by our working together, you will find your way to better live your life.

What if I tried counselling before and it didn't work? Although counselling is monumental when it works, sometimes it doesn't. I encourage you to consider why it didn't work for you. Explore why in an initial consultation with me. Consider your goals.

Can counselling work if I find it hard to talk? Yes. Therapy helps us to express ourselves more clearly—or for the first time. It can help us to find our words, feelings, values, and beliefs. A part of my job is to help clients find their way to express themselves and to do so safely and at their own pace.

Does psychotherapy work for men and women? Yes. Reasons for attending psychotherapy can vary with men and women; as can experiences in therapy and techniques used. However, regardless of gender, psychotherapy/counselling does work.

How much do you charge? Individuals €50: Couples €60.

How many sessions will I need? It depends; we are all unique. Short-term, for specific issues, can take 6-12 sessions and long-term, for broad or complex issues, can take 12+ sessions. Either way, you can end our sessions at any time, without explanation

Are your offices wheelchair friendly? The Carlow and Tullow offices are accessible; unfortunately, the Kilkenny office is not.

What if I have other questions? See my website for more or contact me to arrange a consultation.



"I am not what has happened to me. I am what I choose to become."

Testimonials

"Very happy with Ivan's approach to our sessions and his listening and attentiveness. Would (and did) recommend him to some of my friends." "Ivan helped me deal with a lot of pain. I am very grateful for what he has done for me." "The compassion Ivan showed for me was immense. I've found a way to care for myself now." "I was happy with the service from the start. There was no pressure on me to talk about things I didn't want to. I felt very comfortable to talk about things to Ivan." "Ivan always made me feel at ease while discussing issues that were extremely difficult to talk about." "I am living more thanks to the support I got from Ivan. I no longer feel controlled; I am in control of my life now. I have focus and direction because of the space I was given to explore what was wrong in my life and what I really wanted instead." "I felt accepted from the first session. Ivan has a wonderful calm and accepting presence that I found soothing. It helped to ground me and I've become a lot calmer because of seeing him. I don't "own" other people's problems any more. I now focus on how to better improve my life." "I would highly recommend Ivan for counselling. I don't think I'd be where I am at the minute only for Ivan. I'm not 100% but I am 100% better than I was. Thanks Ivan" "I've always found it hard to express myself. But Ivan gave me space and patience to explore the things that were hurting me. I've learnt how to communicate better and to cope with the problems I face in a self-fulfilling way. "Ivan 100% got me through an extremely emotional and distressing time. I would have struggled to cope without his help. Invaluable." "With Ivan's insight and support, I was able to untangle a tricky and hurtful situation. I felt trustful during the sessions, as it was easy to exchange with him. Thanks to Ivan for his very efficient help and understanding. It brought me clarity and strength to get back on my feet." "There is not one thing that Dr Ivan could be faulted on. It's very easy to see how professional he is. He knows when to ask the important questions. For me, he has what it takes to make/help you relax and talk. Thanks Ivan." "I opened up and explored who I really am and felt safe whilst doing it." "Ivan helped me to see life in a clearer way. He broke down obstacles with me and was never judgemental. He helped me... to be happy with who I am."





Contact Details

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Locations & Directions

Teach Bhride, Tullow, Carlow, R93 W447



New Oak Community Centre, Carlow, R93 DK06



4 Watergate, Kilkenny, R95 H6CF



Contact Me

You can contact me by email or by phone (if I don't answer you can leave a message with your name and number on my voice mail). All modes of contact are only accessible by me. Please note that due to the nature of the work, I am not always available but I will aim to reply to your contact within 24hrs.

*Quotes, respectively, Leonard Cohen, Peter Morville, Carl Jung, Norman Vincent Peale