



## AREAS OF SPECIALISATION

- Relationships
- Couples Counselling
- Career Issues
- Life Coaching
- Bullying & Harassment
- Abuse
- Depression
- Bereavement
- Life Purpose
- Decision Making
- Increased Awareness
- Increased Confidence

**For Individuals and Couples**

**Reduced Rates for Social Welfare  
Recipients & Pensioners**



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Counselling  
Psychotherapy  
Life Coaching  
Hypnotherapy



Lucy Costigan MA (Hons),  
BSc (Psy), RT Cert.,  
Dip. Clinical Hypno/Psych.,  
Dip. Counselling Skills  
Dip. Personal & Business Coach



## WHAT TO EXPECT IN A COUNSELLING SESSION

There are times in all our lives when we feel stuck, in need of change, or overwhelmed by a loss or trauma that has shaken our very foundations. There may be old hurts that need to be expressed, healed and set to rest. There may be challenges in career or relationship that are causing pain and confusion.

By choosing to attend a counsellor to help you through this time of crisis or uncertainty you will be given the counsellor's support and experience to explore your issues and options in a caring, safe and non-judgmental environment.

The counselling process can help you to gain new insights into problems, and to express and heal old emotions. Couples are facilitated to resolve difficult issues, acknowledge negative behaviour patterns, and develop more healthy ways of relating and solving problems.

For those who are undergoing a major life transition in career or relationship, counselling can help you to explore new life options and to discover life direction and purpose. The benefits of counseling are often considerable. Perhaps the greatest benefit of all is increased self-awareness. It is only when we are aware that we can make conscious choices as to the kind of life we really want to live, and discover the hidden talents, dreams and goals that may transform our lives.



## PSYCHOTHERAPY AND HYPNOTHERAPY

**Psychotherapy** is a similar process to counselling but it tends to bring the client into a deeper experience, particularly when old hurts and traumas are explored.

**Hypnotherapy** is where the client is helped to reach a state of deep relaxation. When the client is deeply relaxed he or she is more receptive to healing old wounds and breaking negative patterns. The hypnotherapist can then use positive suggestions to help the client make real lasting changes, such as giving up smoking or letting go of phobias and irrational fears.

### SELF-DEVELOPMENT BOOKS BY LUCY COSTIGAN

- Irish Guide to Complementary and Alternative Therapies (Wolfhound Press, 1997)
- Bullying and Harassment in the Workplace (Columba Press, 1998)
- Winter Solstice: A Novel (iUniverse, USA, 2003)
- Social Awareness in Counselling (iUniverse, USA, 2004)
- What is the Meaning of Your Life (iUniverse, USA, 2004)
- Course in Consciousness (iUniverse, USA, 2005)
- Women & Healing (iUniverse, USA, 2006)

Check out Lucy's website for more details:  
[www.lucycostigan.com](http://www.lucycostigan.com)



## EXPERIENCE & QUALIFICATIONS

**Lucy Costigan** has worked as a counsellor and therapist for over ten years in private practice in Wexford and Dublin. Lucy has also spent several years working as a crisis counsellor. Lucy holds two Masters Degrees, in Equality Studies (UCD) and in Research (National College of Ireland). Lucy also holds an Honours Degree in Psychology (Open University).

Lucy's style of counselling is eclectic, as she draws upon many different schools of therapy and counselling in her work. Lucy is a Certified Reality Therapist and a member of the William Glasser Institute of Ireland. She also holds an Advanced Diploma in Clinical Hypnotherapy and Psychotherapy from the Institute of Clinical Hypnotherapy & Psychotherapy. Lucy also holds a Diploma in Counselling Skills from Maynooth.

Further studies have included Family Therapy, Gestalt, Holotropic Therapy, Art Therapy, Meditation and Massage Therapy. Lucy also practices **Spiritual Healing**, and is a Healer Member of the National Federation of Spiritual Healers (NFSH). Lucy is also a qualified **Life Coach**, and is a graduate of the Irish Lifecoach Institute, having completed a Diploma in Personal and Business Coaching. Lucy has incorporated many of these dynamic goal-setting techniques into her practice.

