

Opening Times

Counselling Service

*Monday to Friday
9.30am - 5.30pm*

*Evening appointments available
one day per week up to 8.30pm*

Drop-in Service

April to October

Thursday 10am - 5pm

Saturday and Sunday 11am - 6pm

November to March

Thursday 11am - 3pm

*Please contact the Counselling Service for
further information regarding availability of
counselling appointments
or drop-in sessions.*

Contact Details

Counselling appointments may be arranged by calling in to the service. Alternatively, you may telephone or write to us at the address below:

Ms. Fiona McCarthy

Director of Counselling

Knock Counselling Service,

Knock Shrine,

Co. Mayo.

Direct Line: 094 - 9375032

Email: counselling@knockshrine.ie

Knock Counselling Service



Direct Line: 094-9375032

Fax: 094-9388295

Email: counselling@knock-shrine.ie

The Counselling Service at Knock was established in 1988 and is located adjacent to the Chapel of Reconciliation within the grounds of the Shrine.

Services available

- Individual Counselling
- Couple Counselling
- Drop-in Service
- Group Therapy
- Clinical Supervision

Who is the service for?

The counselling service is available to any adult who is experiencing any form of emotional or psychological distress.

People choose to come to counselling when they are experiencing feelings of pain or confusion relating to a wide range of issues including;

- Physical, sexual, emotional abuse or neglect in childhood
- Difficulties in relationships
- Sexual issues
- Feelings of depression or anxiety
- Issues relating to loss and grief
- Spiritual issues

People also engage in counselling to attend to ongoing personal development.

The Counselling Service What is Counselling?

Counselling may be described as a process which occurs between two or more people over an agreed period of time. It is based on respect for the individual and a belief that we all have the personal resources to live life in a full and satisfying way.

The relationship between counsellor and client is central to the process of counselling. This relationship is based on respect, caring and a genuine desire to understand the experiences of the client. The counsellor does not aim to provide answers, instead acts as a reliable companion as the person works through his/her issues or concerns. This process offers an opportunity to develop a deeper understanding of personal issues, to experience relief from distress or confusion and ultimately to find ways to live a more satisfying and fulfilling life.

Staff

The Counselling Service is staffed by the Director of Counselling and a team of professional counsellors with a wide range of experience.

The Drop-in Service

- This service offers people an opportunity to discuss difficult or challenging life issues in a caring and confidential environment.
- The Drop-in is characterised by the availability of drop-in single sessions.
- The Drop-in is available to any person or persons over the age of eighteen
- People attend the Drop-in to reflect on or discuss personal issues or concerns. This process of sharing ones thoughts or feelings within a caring and confidential environment can be healing and affirming.
- Information regarding counselling and related services is available on request