

Week 5:



MEET THE *counselling team:*



Treasa Fox
Head of Student Counselling



Olivia Feehan
Counsellor/Psychotherapist



Denis Gavagan
Administrator



Deirdre Hanamy
Senior Counsellor/
Psychotherapist



Kathy Heavey
Counsellor/Psychotherapist



Here at TUS our counsellors are trained to listen sympathetically to your problems and suggest ways to resolve issues and change your behaviour.

By discussing your concerns with you, our counsellors can help you gain a better understanding of your feelings and actions, as well as facilitate you to look at ways to find your own solutions to your problems.

It can be a great relief to share your worries and fears with someone who acknowledges your feelings and can help you reach a positive solution.

Counselling will help you to discover new ways of coping, making changes, developing new skills and finding what works for you. The main aim of a counsellor is to help you work through various issues so that you can learn to new ways of dealing with situations as they may arise.