

The Counselling and Personal Development Service Dublin City University

The Counselling and Personal Development Service provides a confidential, non-judgemental, and free student counselling service to registered undergraduate and postgraduate students of Dublin City University. The service is staffed by experienced and qualified counselling psychologists and psychotherapists and supported by experienced, trained administrators.

Helena Ahern: Head of the Counselling and Personal Development Service. I feel passionate in supporting students develop, unfold and transform into their full self. See below feedback from some DCU students. Their bravery and honesty gives voice to their work.



"I have suffered with depression and generalised anxiety disorder for many years and never thought to go to counselling until a roommate told me about his experience. Without the help of my counsellor I don't know where I would be today. Counselling was the crutch I needed during a very dark time in my life and has helped me in so many ways. Without sounding cliché, it literally did change my life and my education has really seen the benefit too. I successfully passed my six repeat exams and I feel ready and motivated to work hard this year." Third year undergraduate student

"Counselling really helped me when I was in a bad place emotionally. It gave me coping mechanisms to feel better and helped me deal with my problems. I have been able to get my anxiety under control and to lessen the chronic tension headaches I have been suffering from. As a result, I have been able to complete my PhD write-up". Postgraduate student.

"I experienced some dramatic problems last year and would have had a dramatically poorer outcome had counselling not been available" Second year undergraduate student.

Catherine Glennon: Service administrator to the Counselling and Personal Development Service on the St Patrick's Campus



Health and wellbeing is one of my lifelong passions, I recognize the importance of the wellbeing of young people.

Working with the Counselling and Personal Development Service in DCU gives me the opportunity to facilitate young people with their wellbeing needs.

Amy Collins: Service administrator to the Counselling and Personal Development Service on the Glasnevin Campus



My name is Amy. I am working as an administrator within the Counselling and Personal Development Service Team on the Glasnevin Campus. I thoroughly enjoy working within DCU, and I am lucky enough to assist students who wish to meet with a trained professional during a time of need.

An inspiration and powerful quote which I would like to share is by A. A. Milne "Promise me you'll always remember: You're braver than you believe, and stronger than you seem and smarter than you think."

Please remember, we are here to support students. Please do not hesitate to connect with the DCU Counselling Service if you wish. We would be more than happy to help.

How to make appointment:

To make an enquiry and/or to register with the service please email counselling@dcu.ie for the Glasnevin Campus and please email spd.counselling@dcu.ie for the St Patrick's Campus.

Ruan Kennedy-Senior Counsellor



I love working with students to help them overcome difficult issues such as anxiety, depression and trauma. It gives me great satisfaction using recent developments in psychotherapy to work together to find healing and empowerment

Aida Keane-Senior Counsellor



Working with students is one of extraordinary privilege and satisfaction. I think the eminent master psychotherapist, Irvin D. Yalom eloquently articulates this in his book “The Gift of Therapy: Reflections on being a therapist”,

“Not only does our work provide us the opportunity to transcend ourselves, to evolve and to grow, and to be blessed by the clarity of vision into the true and tragic knowledge of the human condition, but we are offered even more.

We are intellectually challenged. We become explorers immersed in the grandest and most complex of pursuits—the development and maintenance of the human mind. Hand in hand with clients, we savour the pleasure of great discoveries—the “aha” experience when disparate ideational fragments suddenly slide smoothly together into coherence. At other times we are midwife to the birth of something new, liberating, and elevating.

We watch our clients let go of old self-defeating patterns, detach from ancient grievances, develop zest for living, learn to love us, and through that act, turn lovingly to others. It is a joy to see others open the taps of their own fountains of wisdom. Sometimes I feel like a guide escorting clients through the rooms of their own house. What a treat it is to watch them open doors to rooms never before entered, discover new wings of their house containing parts in exile—wise, beautiful, and creative pieces of identity.”

Barrie McEntee-Counsellor



It is very fulfilling to accompany students through difficult moments and times of confusion, stress and pain. It is a very unique and privileged position to be in, to be trusted by someone with their deepest fear or unspoken shame. I try to keep this at the forefront of my mind when meeting with students. Very often, the invitation to be free from the influence of the past, along with being less concerned about the future, provide a framework for a better experience in the present.

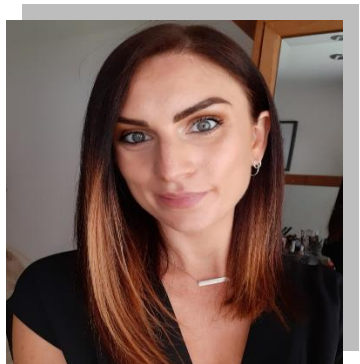
Outside of work, I love family time. I am married and we have two girls ages 9 and 11. We swim most days in the sea, go for walks, bike rides and watch movies together. We have been given the opportunity to appreciate all that we have and all that is around us. There is a road always beckoning.

Antonella Riciniello-Counsellor



My name is Antonella Riciniello. I am an accredited Integrative and Humanistic Psychotherapist. Working with DCU Counselling Service as a Sessional Student Counsellor has deeply enriched my life. I feel honoured to walk alongside students and support them to reconnect to their own resources and strength. Roberto Assagioli, the father of Psychosynthesis, once said "There is no certainty, there is only adventure". I hope that through the work we do together I can help students see life as a sea of possibilities they can safely navigate with hope, awareness, confidence and fun.

Cathy Culloty-Counsellor



Working in the DCU Counselling and Personal Development Service with students has been both an honour and a privilege. To walk with students on their journey in a curious and compassionate manner is extremely rewarding. I look forward to welcoming those of you who need a safe space through our service in exploring your inner world and conflicts.

Brendan O'Shaughnessy - Counsellor



Rumi the Sufi poet once wrote "Let yourself be silently drawn by the strange pull of what you really love – It will not lead you astray" Before becoming a counsellor I spent many enjoyable, challenging and rewarding years working in industry. But my deep desire to gain a greater understanding of human behaviour inevitably led me to further study and to become a counsellor.

Since becoming a counsellor I have been fortunate to join a talented and dedicated team of DCU counsellors which in itself for me is a source of inspiration.

I am particularly privileged to work with many students all of whom will go on to make positive contributions to shaping this world we all share.

It is a privilege to work collaboratively with students, exploring and discovering what is meaningful within their "quality world". Collaboratively developing coping skills that will build the resilience required to deal with the inevitable challenges that life presents. I am constantly impressed with student's eagerness to bravely explore, confront and decide on changes that will enhance not only their future career but more importantly their wellbeing. "Your vision will become clear only when you look into your own heart. Those who look outside, dream: Those who look inside awaken". *Carl Gustav Jung*

Marie Duggan-Counsellor



I love engaging with creative potential and find it so inspiring to witness it in every student I meet.

"Hope is that thing with feathers
That perches in the soul
And sings the tune without words
And never stops at all"
Emily Dickinson



Fran Buckley-Counsellor

As a counsellor I support and empower students to develop their potential whilst supporting their mental health & wellness.



Bernice Hunt-Counsellor

This is just a little flavour of why I am a student counsellor. First, of all I believe students are our future; therefore, it is a privilege for me to get to work and hopefully help guide you in the direction and path which is right for you. I love the openness, honesty, curiosity and humour, students bring into the sessions. Sometimes, students teach me a thing or two and I love the energy that brings. I have always been drawn to student ideals, sense of adventure and acceptance of others and on the other hand their challenges. I am here to help with those challenges. Socrates said "The secret to happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less".

For information and/or to register for upcoming online events, Emotional Wellbeing and/or Mindfulness lunchtime series, please click on the following link
<https://www.dcu.ie/counselling/upcoming-events-counselling>

For further information on the service and/or to access online self-help psychological and wellbeing resources please visit our website www.dcu.ie/counselling

To access out of hours support please click on the following link
<https://www.dcu.ie/counselling/after-hours-support-1>

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