



Directors

Dr. Declan Aherne,

**M.A.,M.Psych, Ph.D.,Dip. Psych.
A.F.Ps.S.I.,Reg. Psychol,**

Consultant Clinical Psychologist & Psychotherapist.

Declan has been delivering a professional psychological service in the Mid-West for twenty five years, working in close collaboration with the G.P.'s in the region. He has been a member of many national and international projects and teaches on professional training programmes in Ireland and abroad. He has numerous publications also to his credit.



Mr. Michael O'Mahony,

Dip. Psych., M.I.A.H.I.P., I.C.P., E.A.P.

Gestalt Psychotherapist.

Michael practices as a psychotherapist in Limerick. He facilitates a wide range of training and group personal development programmes. He is an accredited supervisor with I.A.H.I.P. He has been working at U.L. Student counselling since 2002.



Ms. Josephine Aherne.B.A.(Hons.)

Practice Manager



Contact Us

Should you have any queries please don't hesitate to contact us at:

086 / 3718602

Further details can be obtained on our website at:

www.oakwoodpsych.com



Location

**24 / 34, University Court, Castletroy,
Limerick**

Fees

From €50 per consultation



Other services available

**Educational programs, groupwork,
staff development, training and
supervision available on request**

'Oakwood'

A centre of excellence



**Counselling &
Psychotherapy
Services.**



About Our Service

Oakwood provides a professional psychotherapy service for adults and older adolescents presenting with a wide range of mental health difficulties including anxiety, panic, depression, eating difficulties, bereavement and loss, relationship problems, adjustment difficulties, behaviour problems, communication difficulties and other stress related issues.

Oakwood has been in operation since 2005. Since then over 600 clients have attended our services, referred from over 60 G.P.'s in the mid-west area. Research evaluation of our services shows that we have achieved a very high level of success and satisfaction from our clients during this period. See website for details.



Clients may be self-referred or referred by their G.P. or others. The practice provides feedback to G.P.s following assessment and treatment, with the clients permission.

All of our staff are bound by the Professional Code of Ethics and Practice of the Irish Council for Psychotherapy and are all professionally indemnified accordingly.



Who will I see ?

Great care is taken in ensuring that each client is allocated a therapist suitable to their needs. We aim to do this as efficiently as possible. We have a total of 18 intern and associate staff presently working at Oakwood, including psychotherapists and clinical psychologists. The practice manager, based on current available staff and in consultation with the Directors of the practice, will identify which staff member is best suited to deal with the presenting issues.

Full details on individual staff are available on our website

What type of Therapy do we provide ?

Staff at Oakwood are trained in a wide range of therapies including Cognitive Behavioural Therapy (CBT) and humanistic and integrative psychotherapies. The specific approach adopted with any one client will be based on an assessment of the clients needs and what we consider the most appropriate and helpful way of working with this person. Our treatment interventions are based on the most up to date evidence for the treatment of psychological problems.



Internship programme at Oakwood.

Oakwood operates a unique internship scheme where fully trained and qualified psychotherapists work under the close supervision and direction of Dr. Aherne and Mr. O'Mahony as they work up hours necessary for their accreditation. This scheme enables us to provide low cost therapy with a high level of professional expertise and strict monitoring of progress. Interns have graduated from a wide base of training programmes in Ireland and represent the very highest standards available. Clients attending any of our staff can be assured of the highest level of care within full professional standards.



How do I make an appointment ?

Consultations are by appointment only. Simply ring our practice manager at 086/3718602 and an appointment will be arranged for you promptly. Usually there is no more than a week waiting for an appointment and every effort will be made to accommodate times that suit clients.

Don't forget to check out our
Free relaxation programme download
from our website.
www.oakwoodpsych.com