

Psychoanalytic Psychotherapist

Noreen Giffney

MSc (TCD), Clin Dip (IIPP), MIFPP

Qualifications

I am a psychoanalytic psychotherapist who has completed an accredited clinical training programme in psychoanalytic psychotherapy at Trinity College Dublin. I am a member of the Irish Forum for Psychoanalytic Psychotherapy (IFPP) and abide by its code of ethics.

- Master of Science (MSc) in Psychoanalytic Psychotherapy, Department of Psychiatry, Trinity College Dublin (TCD), in association with the Irish Institute of Psychoanalytic Psychotherapy (IIPP)
- Clinical Diploma (Clin Dip) in Psychoanalytic Psychotherapy, Irish Institute of Psychoanalytic Psychotherapy (IIPP)
- Clinical training with clients completed in the Dublin Psychoanalytic Clinic

Before training as a psychoanalytic psychotherapist, I completed a Bachelor of Arts (BA Hons) and a Doctor of Philosophy (PhD), both in the area of the humanities at University College Dublin.

Consultant to the Clinic

Dr Ciara McMahon

Consultant GP

Amaranta Family Practice
Blackrock, County Dublin

www.psychoanalyticpsychotherapyclinic.ie



Psychoanalytic Psychotherapy Clinic

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107 Lower Baggot Street, Dublin 2

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What Is Psychoanalytic Psychotherapy?

Psychoanalytic psychotherapy takes place in a professional and confidential relationship between two people: client and psychoanalytic psychotherapist. Psychoanalytic psychotherapists work with people experiencing a range of difficulties in their lives.

- *Maybe you are experiencing difficulties in a relationship or relationships in your life.*
- *Perhaps an event has made life very stressful for you.*
- *You might be struggling to cope with your feelings, thoughts or behaviours.*
- *You may have become aware that you are repeating patterns in your life, which are impacting negatively on you and your relationships, yet you feel you are unable to change them.*
- *It may be that you want to take time to explore yourself and how you interact with the world around you.*

Psychoanalytic psychotherapy offers to treat both the distress that first brings a person to psychotherapy, as well as the underlying sources of that distress, which are oftentimes unknown to the person. Psychoanalytic psychotherapy offers people time and space to gain a deeper understanding of their feelings, thoughts and behaviours, while they work towards finding alternative and more effective ways of dealing with difficulties they may have been experiencing for a long time.

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Issues which sometimes lead people to seek Psychotherapy

- low mood and depression
- stress and anxiety
- abuse and trauma
- bereavement
- relationship difficulties
- coping with physical illness
- workplace issues
- self-harm
- gender and sexuality issues
- emotional difficulties relating to immigration and emigration
- eating disorders
- difficulties with feelings and thoughts
- feelings of emptiness and hopelessness

The Psychoanalytic Psychotherapy Clinic offers psychoanalytic psychotherapy to adults aged 18+

Session Fees

Fees are arranged between clients and their psychoanalytic psychotherapist during the first consultation. The Clinic reserves a number of spaces for people who need psychotherapy but who are unable to pay full fees.

Clinic Referrals

The Clinic accepts referrals from GPs, psychiatrists and psychologists, as well as self-referrals.

Referrals can be made by telephone.

‘Self-referral’ means a person does not need a referral letter from a medical practitioner in order to access the Clinic.

An appointment can be made by telephoning the Clinic at 087 132 2244.

Clinic Location

The Psychoanalytic Psychotherapy Clinic is located in Dublin City Centre.

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Telephone 087 132 2244



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