

## Psychoanalytic Psychotherapist

### Noreen Giffney

BA Hons, PhD, MSc, Clin Dip, MIFPP, MICP

#### 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 the Irish Council for Psychotherapy (ICP) and abide by their code of ethics.

- Master of Science (MSc) in Psychoanalytic Psychotherapy in the Department of Psychiatry, Trinity College Dublin (TCD) and in the Irish Institute of Psychoanalytic Psychotherapy (IIPP)
- Diploma (Clin Dip) in Clinical Psychoanalytic Psychotherapy in the Irish Institute of Psychoanalytic Psychotherapy (IIPP)
- Further Basic Training in Mentalization-Based Treatment (MBT) in the Anna Freud Centre, London in collaboration with University College London (UCL)
- Fully-accredited clinical member of IFPP and ICP

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

I have extensive experience teaching Psychoanalytic Psychotherapists in training, and convening continuing professional development courses and events for fully-qualified Psychotherapists, Counsellors, Psychologists and Psychiatrists. I was a member of the Clinical Training Committee in the Irish Institute of Psychoanalytic Psychotherapy, and the Education Sub-committee and the Trauma Working Group in the Irish Forum for Psychoanalytic Psychotherapy, and a co-founder of the Object Relations Clinical Reading Group. I am research active and have published extensively in clinical and academic contexts.

I am also Lecturer in Counselling in the School of Communication and Media at the University of Ulster. I ran a private practice in Dublin before relocating to County Donegal.

[www.psychoanalyticpsychotherapyclinic.ie](http://www.psychoanalyticpsychotherapyclinic.ie)



## Psychoanalytic Psychotherapy Clinic

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Opening in Letterkenny, County Donegal in early 2018

#### Noreen Giffney

BA Hons, PhD, MSc, Clin Dip, MIFPP, MICP

Telephone: 087 132 2244

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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 the client and their Psychoanalytic Psychotherapist during the first consultation.

## Clinic Referrals

The Clinic accepts referrals from GPs, Psychiatrists, Psychologists, Psychotherapists, Counsellors, Nurses and Social Workers, 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 will open in Letterkenny, County Donegal in early 2018.

Telephone 087 132 2244



I am also the convener of **Psychoanalysis +**, an interdisciplinary initiative that brings together clinical, theoretical and artistic approaches to, and applications of, Psychoanalysis. See the links below for details of upcoming and past events, and to listen to podcasts about Psychoanalysis.

[www.psychoanalyticpsychotherapyclinic.ie](http://www.psychoanalyticpsychotherapyclinic.ie)  
<http://soundcloud.com/psychoanalytic-clinic>