**ABOUT ACCORD DUBLIN**

**We Understand.**

Relationships of all kinds are the bedrock of our health and well-being. Whenever we experience mental health challenges there are often underlying relationship issues that need and deserve support.

For over 60 years, individuals and couples across Ireland have trusted Accord with their most precious asset – their relationships.

Accord is Ireland’s expert marriage and relationship service providing everyone in need with in-person and online counselling support. We are a community of professional, qualified and accredited marriage and relationship counsellors with a deep understanding of the issues individuals and couples face in their day to day lives and relationships. Our model of care is Humanistic and Integrative and our training is informed by the most respected models of counselling.

Our counsellors are the experts in their field and are highly trained and qualified in the humanistic and integrative approach to counselling that is non-judgemental and solution focussed.

People come to Accord counselling as a safe, trusted space to gain support to resolve a wide range of issues they are experiencing in their relationships – be it:

* communication and intimacy issues,
* parenting or family issues,
* feeling stressed,
* anxious or down,
* overcoming infidelity and trust issues,
* loneliness or a bereavement,
* separation or divorce
* domestic abuse and neglect issues.

We understand these issues not just because of our training and expertise. As counsellors we all have lived experience of the issues you are experiencing. And we too have taken up the challenge and gained the rewards of counselling and therapy for ourselves.

**Change is Possible – There is always Hope.**

Couples and individuals who have experienced Accord counselling support, tell us that they have regained the love, hope and enthusiasm for their lives and relationships. We are seeing more and more people in Ireland being proactive about their mental health and relationships, coming to Accord at the early signs of difficulty, achieving their goals on average in 8 – 10 sessions. Our service is tailored to the needs of each and every client depending on their needs.

Regardless of when clients decide to come to Accord counselling or how difficult the challenges feel, more often than not clients’ relationships grow deeper in love. Sometimes clients’ relationships positively change in different directions and develop into life-long friendships. If clients have or care for children, completing counselling in Accord helps clients to support children to grow and develop into happy and healthy adults from having happier and healthier parents, caregivers and families in their lives.

Whether clients are single, married, cohabiting, separated or divorced, whether they are experiencing challenges in their family or day to day life or are making plans to achieve their hopes and dreams for the future, Accord counsellors listen attentively and support clients with unconditional positive regard, empathy, compassion and care.

We are passionate in our commitment to diversity, equality and inclusion. We value and respect working with each one of our clients, regardless of sex or sexuality, gender, race, ethnicity, family status, faith or creed and age or ability. We will work with clients at any stage of life to ensure they clarify and achieve their goals in counselling, whatever they may be. Accord treats all our clients with the utmost of care, dignity and respect.

Sessions are heavily subsidised and provided to everyone in need according to what people can afford to contribute to the overall cost of providing a professional service. Pro bono sessions are provided to those who cannot afford to make a financial contribution. Nobody in need is turned away. Everyone in need is supported.