



Inner Healing Counselling

Happy New Year

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About Me

In 2008 I decided to train as an addiction counsellor and graduated in 2011 with a Bachelor of Arts Degree in addiction counselling. Since then I have experienced many other counselling approaches including; cognitive behavioural therapy, motivational interviewing and solution focused therapy. I work in private practice in Kerry and I also provide a nationwide online counselling service. I am accredited with the Addiction Counsellors of Ireland and also adhere to their code of ethics. As part of my continued professional development I attend regular supervision, workshops and training which allows me to keep well-informed of latest information. My approach to counselling is person-centred, based on empathy, acceptance and respect for each client and where they are in life's journey. I provide a nonjudgmental and confidential place where clients can explore their concerns and support to empower them to find their own solutions. Inner Healing Counselling is a dedicated private counselling service that provides support to people who are affected by substance abuse and addiction (whether it's their own or someone else's) and strives to help individuals to experience lasting changes in their lives.

Eileen Foley

Happy New Year 2017

It's that time again where we reflect on the past year and plan for the *New Year*. Resolutions are made and broken, often within the first hour!!

2016 has been a very busy year for me. I have been working really hard in my practice and am learning so much in the process. I am now a registered business owner which is something I am really excited about. I have launched my *online counselling* service, learnt how to market my practice and have to say I am enjoying the new skills I am developing. I have become pretty apt at updating my website and am constantly learning which is great. I love being challenged and my practice is definitely keeping me on my toes.

Challenging Times.

Last year in my new year's blog I wrote about my Type B personality with my 'I'll start next week' mind-set. As I tend to procrastinate about things I really had to look at why I put things off, what was stopping me or holding me back? What came up for me big time was fear and anxiety. When I am doing something different or stepping outside my comfort zone I feel really uncomfortable. I become very

anxious and my fight or flight sense kicks in. It's at this point I take flight and avoided doing what needs to be done. But this old behaviour doesn't serve me anymore, not if I want to succeed in my practice and certainly not if I want to support people. I have decided that I have to take a leap of faith and step outside my comfort zone (without freaking myself out!!) While this has been challenging for me I am getting there bit by bit.



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The Way Forward.

To keep progressing I now have an *accountability buddy*. This is someone to keep me motivated and on track. We share monthly goals, discuss any blocks we might be having, trash out any ideas we have and encourage and support each other. This has worked out really well and kept us both

motivated. What an amazing journey it's been so far. Thank you *Susan Browne*, you truly are an inspiration.

So in 2017 I am going to be as busy as ever. I will continue to build my practice and let everyone know what Inner Healing counselling is all about. I am going to continue stepping outside my comfort zone safe in the knowledge that I will be ok. I also plan to write a short EBook about addiction and the effects on families so watch this space! Exciting times ahead!!

So everyone, follow your heart, step outside your comfort zone and have a fantastic New Year.

Warmest Wishes

Eileen Foley