

Mediation Service

Mediation is a service which helps separating couples negotiate their own terms of agreement. The couple decide on the issues to be negotiated e.g. parenting, education, welfare of children, living arrangements and family home etc and arrive at mutually acceptable solutions.

Outcomes are more positive for couples and their children than in an adversarial context. Appointments are arranged on confirmation by both parties of their willingness to attend. To arrange appointment, please phone in confidence on **090 6625898**

Complementary Healing

Vita House offers many forms of complementary healing which can help to relax the body and mind. These can relieve muscle tension where day-to-day stress builds up, help with insomnia & anxiety and enable you feel more energetic.

Stress Management

Stress is an essential part of life, which, if properly managed, is good for us. With our holistic therapist, you can learn stress management techniques, breathing exercises and meditation. Enjoy a relaxing aromatherapy massage with the therapeutic qualities of natural essential oils.

Holistic Therapy

Michael & Marie Simpson offer their skills in Reiki and other practices to provide a complementary therapy, which help to relax body, mind & spirit. They have volunteered their services for a number of sessions for people who are going through a stressful time and not temporarily in a position to pay.

Vita House Mission Statement

Vita House Family Centre is a place of welcome for all, where families and individuals are encouraged and supported to develop their true potential.

What is Counselling/Psychotherapy and who is it for?

For many people there comes a stage when they feel stuck, have difficulties in their relationships with others or feel there is no sense of direction in their lives. Counselling offers the opportunity for individuals, couples and families to find their own solutions to their problems by discussing issues with a professional, who is trained to help.

Vita House offers a professional service for:

- Individuals
- Couples
- Families
- Children and teenagers

What Type of Counselling/Psychotherapy is offered at Vita House?

People come to our centre with various problems/issues including

- Difficulties in relationships including marital difficulties.
- Bereavement/ Separation / Loss
- Depression / Anxiety / Panic Attacks
- Low self esteem
- Parenting difficulties, child/teenager's behavioural and emotional problems, leaving home, conflict in the home.
- Crisis event counselling e.g. sexual abuse, suicide, violence, etc.

If you feel that you or your family could benefit from counselling in regard to any aspect of your life please feel free to contact Mary Lee or Nivard Whelan in Confidence to **090 6625898**.

Fees for our counselling / psychotherapy service are charged according to peoples ability to pay.

Location: Vita House is temporary located at Ballypheasan House, Goff Street, Roscommon

Opening Hours: 9-30a.m.to 5.30p.m. Monday to Friday. Some late evenings, lunchtimes and some Saturdays.

Vita House



Family Centre

Goff Street, Roscommon

Telephone/Fax: **090 6625898**

E-mail: vitahouse@eircom.net

Web: www.vitahouse.org

Information leaflet

Our General brochure on courses, seminars and workshops is also available.

Mary Lee - B. Rel. Sc., C.F.T. M. Sc. in Psychotherapy, Registered Family Therapist with wide experience in the areas of individual, marriage and family counselling. She has broad experience facilitating training programmes for adults and experiential learning with groups.

Nivard Whelan - BSc, MSc, Psychotherapy, Dip FT is a registered Family Therapist who previously worked in a family centre in Dublin where he gained a wide experience in working with families, individuals, couples, children and teenagers around varied range of issues.

Katie O'Malley, Dip. F.T., Dip. Applied Social Studies is a Registered Family Therapist who worked previously in Ireland and abroad, acquiring a broad range of experience in the fields of social care, developing community projects around youth and families, and individual, couples and family therapy.

Noelle Murtagh, is a Therapist in training is currently studying for a 4-year MSc in Integrative Counselling and Psychotherapy with the Irish Institute of Counselling and Psychotherapy Studies (IICPS) at Turning Point, in partnership with Dublin City University. Noelle also holds a post-graduate qualification in Community Development and also has experience in facilitation, group work and parenting courses.

Miriam J. Brennan, M.S.W. is a Social Worker with wide experience in the area of individual and family casework, as well as the development of community and child-care services in Ireland and Brazil.

Mary Healy, B.Sc., (Soc. Sc.) H Dip Mediation & Conflict Resolution, trained with the Family Mediation Service and is a member of the Mediators Institute of Ireland. Mary has wide experience in facilitating adult and youth groups, training peer mediation groups and assisting parents, children and teenagers through the painful process of separating.

Other Part-time Therapists also available at our centre.

For further information or appointments phone 090 6625898 or call in person to Vita House.

Cultural Partners (Volunteers) of Vita House

Vita House is very fortunate every year to have a group of dynamic, gifted and generous volunteers who offer their services and train as facilitators. Through them, Vita House is able to offer a range of programmes such as:

Rainbows Programme

This is a peer support group programme for children who have suffered a significant loss in their lives e.g. parental separation or death and is led by a team of trained, caring adults.

Prism for Parents: This is a support programme for bereaved and separated parents, which takes place **at the same time as Rainbows**. It helps them become attuned to their own and their child's grief process, learn single parenting skills and helps recreate family again.

Support for Suicide Bereaved

If you have been bereaved by the suicide death of a family member or friend, come and find support and healing at Vita House. Phone for an appointment.

Bereavement Support Group

A support group for bereaved persons to come together in a confidential, caring and safe environment where the depth of their loss is acknowledged and understood. Tuesdays at 8.30pm.

Parenting Programmes:

Parenting Plus is a facilitated supportive programme showing practical ways and teaching positive skills which parents can use to promote and develop good social behaviour in children. There is a programme for 0-6yrs, 4-11yrs and a teenage programme.

Parent Assertiveness gives further practical tips on Parenting of all ages.

Programme for Parents of Teens – Trained Facilitators

A parenting programme enabling parents handle conflict, solve problems and get on better with their teenagers.

Assertiveness & Communication Programmes equip people with education and skills to deal with various situations in family and other areas of life.

Assertiveness for Young Adults

This programme is ideal for young adults wishing to improve assertiveness skills, increase confidence and self-esteem and develop techniques to enhance communication skills.

Student Peer Mediation

The Peer Mediation Programme involves the exploration of conflict resolution skills, good communication and expression of views positively with Transition Year students who then apply such skills to resolving conflicts among first years.

Cancer Support Group

If you or someone in your family is coping with cancer, why not contact us at Vita House for professional support.

Domestic Violence

Vita House offers support for survivors/victims and families, also one to one work with perpetrators. Phone Nivard in confidence at **090 6625898**

Yoga & Tai Chi classes are held on a regular basis.

N.U.I.M. Certificate in Psychology (National University of Ireland Maynooth)

A one-year course in psychology affiliated to N.U.I. Maynooth takes place in Vita House from September to May. This course will be of interest to: Parents, Community Workers, School Personnel, General Practitioners, Nurses, Social Workers, Members of Voluntary Organisations, Clergy, etc. For application/details phone Vita House **090 6625898**

Series of Seminars/Workshops given by different Professionals examples of which are:

- *Dealing with Stress/Caring for Self*
- *Effective Communication*
- *Relevant Parenting Topics e.g. Positive Behaviour Support for Families*
- *Nurturing Healthy Relationships*
- *Spiritual Growth*
- *Heal the past/live present/face the future*
- *Understanding dreams*
- *Understanding self and others*

For further information/details of these programmes and workshops please contact Vita House 090 6625898