Community Therapy Ireland



ANNUAL REPORT 2025



CONTENTS

About Us	4
Chairperson's Message	6
Board's Bio	10
CEO Report (Maternity Cover)	12
Organisation at a Glance	14
Our Impact	15
Strategy	17
Organisational Structure 2025	20
Pillar 1: Role of the Board	21
Pillar 2: Nurture Membership	24
Pillar 3: Seek Influence	27
Operating Environment	29
Program Service Reviews	31
Aoife and Jason's Story	34
Clinical Lead Reflection	37
Members Highlights	40
Beacon of Light	40
Cork Counselling Service	42
Dún DealganFRC	43
Southwest Counselling	45
St Andrews FRC	48
People & Culture	49
Key Statistics & Highlights	54
Database Reporting	55
Financial Statements 2025	58
Company Information	59
Directors Responsibilities Statement	60
Income And Expenditure Account	61
Balance Sheet	62
Detailed Income Statement	63
2025 in Pictures	65
Notes	67





Community Therapy Ireland is a trading name of Teiripe Pobail Éireann Company Limited by Guarantee Registered in Dublin, Ireland.



Community Therapy Ireland

ABOUT US

We are Community Therapy Ireland

OUR VISION, MISSION, AND VALUES

Community Therapy Ireland is an independent national membership organisation representing community therapeutic service providers across Ireland.

Through our work, the national membership is enabled to deliver person-centred, rights-based, professional, sustainable therapeutic services to children, families and people who need therapy, when they need it, and where they need it.

Community Therapy Ireland members are non-profit service providers. Our organisation was established in 2008 by a group of organisations in receipt of funding under the "Grants to Voluntary Organisations providing Marriage, Child and Bereavement Counselling services." These grants were administered by the Family Support Agency (FSA), which was subsumed in 2014 under the Tusla Child and Family Agency. The founding members of Community Therapy Ireland identified a clear need to develop a community-based counselling programme that operates at national level and offers members with a collective voice that supports and enables excellent practice. Since this time, we have grown. We now represent 29 community-based therapeutic service providers across Ireland.



Community Therapy Ireland is a strategic partner of Tusla and a member of the Tusla Commissioning Advisory Group. Community Therapy Ireland is a Governing member of Mental Health Reform, a member of the Save our Services Coalition (SOS), a member of The Wheel and a founding member of the Coalition of Tusla Funded Voluntary Organisations. Community Therapy Ireland is a company limited by guarantee and a registered charity. Community Therapy Ireland is in full compliance with the Charity Regulator's Governance Code.

Our Vision

We envisage an Ireland where high quality counselling and psychotherapy services are fully accessible

Our Mission

We offer Irish community therapeutic service providers with a collective voice and supports that enable excellent practice

Our Values

- Collaborative
- Inclusive
- Professional
- Responsive



Elizabeth McGuckin

CHAIRPERSON'S MESSAGE

Welcome to our annual report for 2025, which provides an accurate account of Community Therapy Ireland's activities.

A Year of Raising Standards, Strengthening Membership and Building the Future

Chairperson's Report 2025

2025 stands out as a pivotal year in the development of Community Therapy Ireland. It was a year in which the organisation strengthened its role as the national representative body for community counselling and psychotherapy services, expanded its reach, and laid strong foundations for sustainable growth.

Central to this progress was a clear and consistent focus: supporting our member organisations to deliver safe, effective, rights-based, accountable and high-quality services through strong governance, collaboration and professional development.

Throughout the year, the Board remained committed to ensuring that Community Therapy Ireland continued to grow with purpose and clarity. Governance and strategic oversight were key priorities, with a strong emphasis on creating opportunities to enhance the value of membership and raise the profile of community counselling nationally. During



Brenda Tigue, Elizabeth McGuckin, Maria Cleary, and Sharon Ramsden
At the Long Gallery, Stormont 21st Birthday Celebrations of NICF

2025, the organisation was in very safe hands under the leadership of Maria Cleary (CEO Maternity Cover), whose professionalism, steadiness and commitment ensured continuity and momentum at a critical time. I want to acknowledge her contribution with sincere appreciation and thanks for the collaborative and open communication she shared with everyone.

Indeed, the most significant milestone of the year was achieved through initial discussions and collaboration with Maria, from early conception and development to the launch of the Clinical Governance Badge of Excellence, which took place at Buswell's Hotel on 25th September 2025.

This initiative represents a major step forward for Community Therapy Ireland and for the sector. It establishes a clear benchmark for quality and governance. It provides a distinctive identity for the organisation—demonstrating our commitment to excellence and supporting member organisations to evidence safe and effective practice. The Badge offers assurance to funders, commissioners and the wider public, while also strengthening our position as a credible and influential voice within the sector.

Importantly, it also opens new opportunities. The Badge enhances our ability to attract new members, deepen partnerships and position Community Therapy Ireland for future investment and funding. It has become a key driver in shaping the organisation's next phase of development.

Alongside this, Community Therapy Ireland continued to strengthen relationships across the sector. Warm and collaborative engagements with Tusla, Child and Family Agency, the Family Resource Centre National Forum, wider support services, elected representatives, and strategic partners ensured that the voice of community counselling remained present in national discussions. These connections are vital as we continue to advocate for accessible, community-based mental health supports. We value these relationships, the shared goal and vision, and the trust placed in us to continue providing professional, safe and effective services in communities across Ireland.

Our cross-border collaboration also continued to grow. Participation in the Northern Ireland Counselling Forum's 21st birthday celebrations and their Annual Conference provided valuable opportunities to share learning, build relationships, and showcase our members' work. These partnerships strengthen the wider community counselling movement across the island of Ireland.

Supported learning and development remained an important priority. Training in areas such as bereavement, disclosure, governance and professional practice reflects our ongoing commitment to strengthening knowledge, supporting best practice and enhancing service delivery across our membership. This progress is the result of collective effort. I want to thank my fellow Board members, Des and Una, for their insight, commitment and support throughout the year. Their contribution to the governance and direction of the organisation has been invaluable.

My sincere thanks to the CTI team, Bríd, Clinical Lead, and Swati, Finance and Operations, who both joined us during the whirlwind that was 2025. Their dedication and professionalism underpin the day-to-day work of Community Therapy Ireland and ensure our members are effectively supported. Under the dedicated guidance of Maria as CEO (maternity cover), we really worked hard as a team to achieve strategic goals and so much more during 2025.

Collaboration was key, and during this period we also took time to connect respectfully and inclusively with Sarah Jane (CEO, Maternity Leave), sharing brief updates and developments as needed.



Adam Harris, Keynote speaker 'Come As You Are' Conference NICF, Liz and Maria, CTI.



Brenda Tighe MBE, Honorary President of NICF

Finally, I wish to acknowledge our member organisations. Your work within communities across Ireland is at the heart of everything we do. Your commitment to providing accessible, high-quality counselling and psychotherapy services continues to make a meaningful difference in people's lives, and it is a privilege to represent and support you.

As we look ahead, Community Therapy Ireland is well positioned for the future. With strengthened governance, a growing national profile and the foundation provided by the Clinical Governance Badge of Excellence, we are entering the next phase of our development with confidence and clarity.

I am proud of what has been achieved in 2025 and grateful to everyone who has contributed to this progress. Together, we are building a stronger organisation and advancing the role of community counselling and psychotherapy across Ireland.

Elizabeth McGuckin
Chairperson
Community Therapy Ireland

BOARD'S BIO



ELIZABETH MCGUCKIN

Board of Directors

Elizabeth McGuckin has over 27 years of experience working within community counselling services and community development initiatives across Ireland. Throughout her career, she has contributed to numerous projects supporting mental health, wellbeing, and access to therapeutic services within local communities.

Since 2005, Elizabeth has worked extensively in community counselling and psychotherapy services. In 2014, she became Clinical Lead and Centre Manager of Dundalk Counselling Centre (Oakdene), overseeing the delivery of counselling and psychotherapy services throughout the Northeast region of Ireland, including Counties Louth, Monaghan, Cavan, Meath, Armagh, and Down. Elizabeth currently works as a Clinical Assessor and Senior Adolescent Psychotherapist at Dundalk Counselling Centre. She is also an experienced group facilitator, working with young people, and provides psychotherapy services to adult clients.

An accredited Psychotherapist, Adolescent Psychotherapist, and Clinical Supervisor with the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP), Elizabeth is also a member of the Irish Council for Psychotherapy (ICP).

Dundalk Counselling Centre has been a longstanding member of Community Therapy Ireland and continues to provide accessible, high-quality therapeutic support to individuals and families.

In August 2025, the Dundalk Counselling Centre became part of the Government's Family Resource Centre (FRC) Programme and now operates as Dún Dealgan Family Resource Centre – Community Therapy. While continuing to provide the same high-quality community counselling and psychotherapy services, the organisation has expanded its remit to address the broader community development, family support, and social inclusion needs identified within the Family Resource Centre Programme.

Elizabeth has been an active member of Community Therapy Ireland since 2014 and joined the Board of Directors in April 2021. She serves as Chairperson, bringing extensive clinical expertise, leadership experience, and a longstanding commitment to accessible community-based mental health services.



DES BAILEY

Board of Directors

Des Bailey joined the Board of Community Therapy Ireland in August 2024, bringing over 20 years of experience in the Community and Voluntary Sector. He holds a BA in Theology and Philosophy from All Hallows College, DCU, and a postgraduate qualification in Chaplaincy and Pastoral Care. He has also completed further qualifications in Addiction Counselling Studies, Evidence-Based Practice in Prevention Education, Human Rights Education, and People Management.

Des began his career working in homeless services in Dublin before returning to Kerry to take

up the role of Community-Based Drugs Worker with Kerry Diocesan Youth Service (KDYS) in Killarney. Throughout his career, he has managed a range of programmes and initiatives supporting marginalised and disadvantaged young people and communities, as well as European projects focused on human rights education and youth development.

Since 2022, Des has served as Service Manager with Kerry Adolescent Counselling Service, where he has led the continued growth and development of the organisation, with a strong focus on governance, service quality, and the effective delivery of supports for children, young people, and families.

As a Board member of Community Therapy Ireland, Des brings significant experience in governance, service leadership, community development, and strategic planning. He is committed to supporting Community Therapy Ireland's mission of strengthening and promoting community therapy services and looks forward to contributing to the organisation's continued growth, sustainability, and impact across Ireland.



UNA HOLSTEAD

Board of Directors

Una joined the Board of Community Therapy Ireland in October 2023, bringing over 20 years of experience working across the statutory, community, and charity sectors. She began her career as a social care worker in high-support residential care before training as a Systemic Psychotherapist.

Throughout her career, Una has developed extensive experience in therapeutic services and bereavement support. She worked for several years with the Barnardos Children's Bereavement Service and remains strongly committed to ensuring accessible, high-quality bereavement supports for children, young people, and families.

In 2019, Una was appointed Therapeutic Coordinator at Curragh Family Resource Centre, where she oversees the delivery of therapeutic services across County Kildare. The service provides counselling and psychotherapy supports to children, adolescents, adults, couples, and families. Alongside coordinating the therapy service, Una practices as a Systemic Psychotherapist and Clinical Supervisor, supporting both clients and practitioners in achieving positive therapeutic outcomes.

Una is an accredited Systemic Psychotherapist and Clinical Supervisor with the Family Therapy Association of Ireland (FTAI) and a member of the Irish Council for Psychotherapy (ICP). As a Board member of Community Therapy Ireland, Una brings valuable expertise in psychotherapy, clinical supervision, service development, governance, and family support services. She is committed to supporting Community Therapy Ireland's mission and contributing to the continued growth, quality, and accessibility of community-based therapy services across Ireland.



Maria Cleary

CEO REPORT (Maternity Cover)

I am pleased to present the Community Therapy Ireland Annual Report for 2025 - a year that has seen further rise in demand for community therapy services and further acknowledgement that the work of Community Therapy Ireland and the national membership "ensures a consistent, high-quality approach to delivering therapeutic services where they are needed most"

It is a pleasure to present to you Community Therapy Ireland's 2025 Annual Report. This Report is a collaborative reflection of the role and impact of all Community Therapy Ireland staff, Board, and national membership.

This report provides a powerful insight into both the scale of the mental health crisis in Ireland and the intensity of the response required to meet that reality.

Community Therapy Ireland's national membership has risen to the challenge in 2025, delivering more support than ever before. In 2025 alone, 76,376 counselling and therapy sessions directly supported 8,181 children, young people, families and community members from every county in Ireland. In the last decade, nearly 750,000 counselling and therapy sessions supported more than 75,000 people directly. Behind every number is a real person navigating neurodiversity, anxiety, depression, trauma, LGBTQ+ mental health challenges, bereavement, self-harm, domestic, sexual, and gender-based violence, separation and family breakdown, relationship difficulties, and more. Behind every counselling and therapy session is evidence of the transformative power of the safe, professional, effective, trauma-informed, recovery-focused, culturally competent, person-centred, and rights-based services that Community Therapy Ireland's national membership delivers.

The need for Community Therapy Ireland's national member services increased by almost every metric in 2025. In response to the mental health crisis across communities in Ireland, the Community Therapy Ireland national membership provided counselling and therapy to 16.92% more people in 2025 than it did in 2024. With additional funding at national level, Community Therapy Ireland's members can do so much more in their local communities.

In 2025, Community Therapy Ireland's national membership – comprising of Section 56 and Section 39 organisations – continued to operate with a funding shortfall that prevented it from further reducing waiting lists and supporting more children, young people, and adults experiencing mental health challenges. Under-funding is a legacy issue carried by our members since 2009. As with the wider sector, members must re-apply annually for state funding. This instils much uncertainty and constrains members to strategically plan, adapt, and respond to the mental health needs within their communities.

Yet, if adequately and sustainably funded, Community Therapy Ireland's national membership could leverage our existing expertise and footprint and scale up our role as a core component of Ireland's mental health system.

To further align the Community Therapy Ireland national programme with key national policy and strategy priorities - including the Mental Health Act, Sharing the Vision, Sláintecare, Connecting for Life, the Children First Act, Young Ireland, Zero Tolerance, and the current Programme for Government – in September 2025, Community Therapy Ireland launched the Clinical Governance Badge of Excellence.

The Community Therapy Ireland Clinical Governance Badge of Excellence is a quality mark with 85 indicators for safe, professional, effective, trauma-informed, recovery-focused, culturally competent, person-centred, and rights-based community therapy services.

The Badge builds on the voice of people with lived experience, 18 years of shared clinical governance experiences and expertise of Community Therapy Ireland and our national membership, research, and policy engagement.

For our policy and funding stakeholders across the Department of Children and Tusla, the Department of Health and the HSE, the Department of Justice and Cuan, and the Department of the Taoiseach, the Badge aims to demonstrate that our members belong to an established national network, and they uphold the highest standards of policy alignment, as well as clinical governance and practice.

For people across Ireland, who engage with counselling and therapy through the Community Therapy Ireland national membership, the Badge aims to demonstrate that they are safe, they are welcome, their rights and voice truly matter, and the service they are accessing is professional and effective.

Thanks to the launch of the Clinical Governance Badge of Excellence and the scale up of service provision, 2025 has been a transformative year of growth and impact for Community Therapy Ireland and our national membership. We are not only responding to local need but working collaboratively at national level – through our members' frontline service provision and our national advocacy work – to reshape the mental health system in Ireland together.

I want to pay tribute to all Community Therapy Ireland and member staff, voluntary Board of Directors, and other volunteers who make this work possible. Your commitment ensures that we continue to deliver on our Mission and remain focused on our Vision where high-quality counselling and psychotherapy are fully accessible to all, right within their community.

As I look forward to the year ahead, I very much look forward to working collaboratively at Co-CEO level with Sarah Jane Hennelly, upon her return from Maternity Leave, in order to continue delivering the Community Therapy Ireland Strategic Plan (2024 – 2028), and continue strengthening and scaling up community therapy service provision across Ireland.



Maria Cleary
Community Therapy Ireland
CEO (Maternity Cover)

ORGANISATION AT A GLANCE



76,376

Total Number of
Counselling Sessions

2025



8,181

Total Number of
Clients

2025



728,247

Total Number of
Sessions since

2014



73,459

Total Number of
Clients since

2014

OUR IMPACT

Our Theory of Change

Since 2014, through the Community Therapy Ireland national programme, members have delivered nearly 750,000 therapy sessions to children, young people, families and community members across Ireland.

Nearly 75,000 individual people have benefited directly from counselling and psychotherapy, right within their communities.

How Community Therapy Ireland makes an impact

WE ARE PROACTIVE...

- We model good practice in governance, management and operations.
- We have members throughout the country that we support and unite in meaningful ways.
- We raise awareness of community therapy through wide and consistent messaging.

This Leads To...

- A better understanding of community therapy amongst all stakeholders.

This Leads To...

A greater value being placed on community therapy, expressed as…

- Public policy and regulation that is conducive to excellence in community therapy.
- Sustained and enhanced funding for community therapy.
- Improved pathways between community therapy providers and other providers.
- Greater use of community therapy services by the public.

This Leads To...

- Our members enabled to deliver sustainable professional therapeuticservices to those who need them, when they need them, where theyneed them.

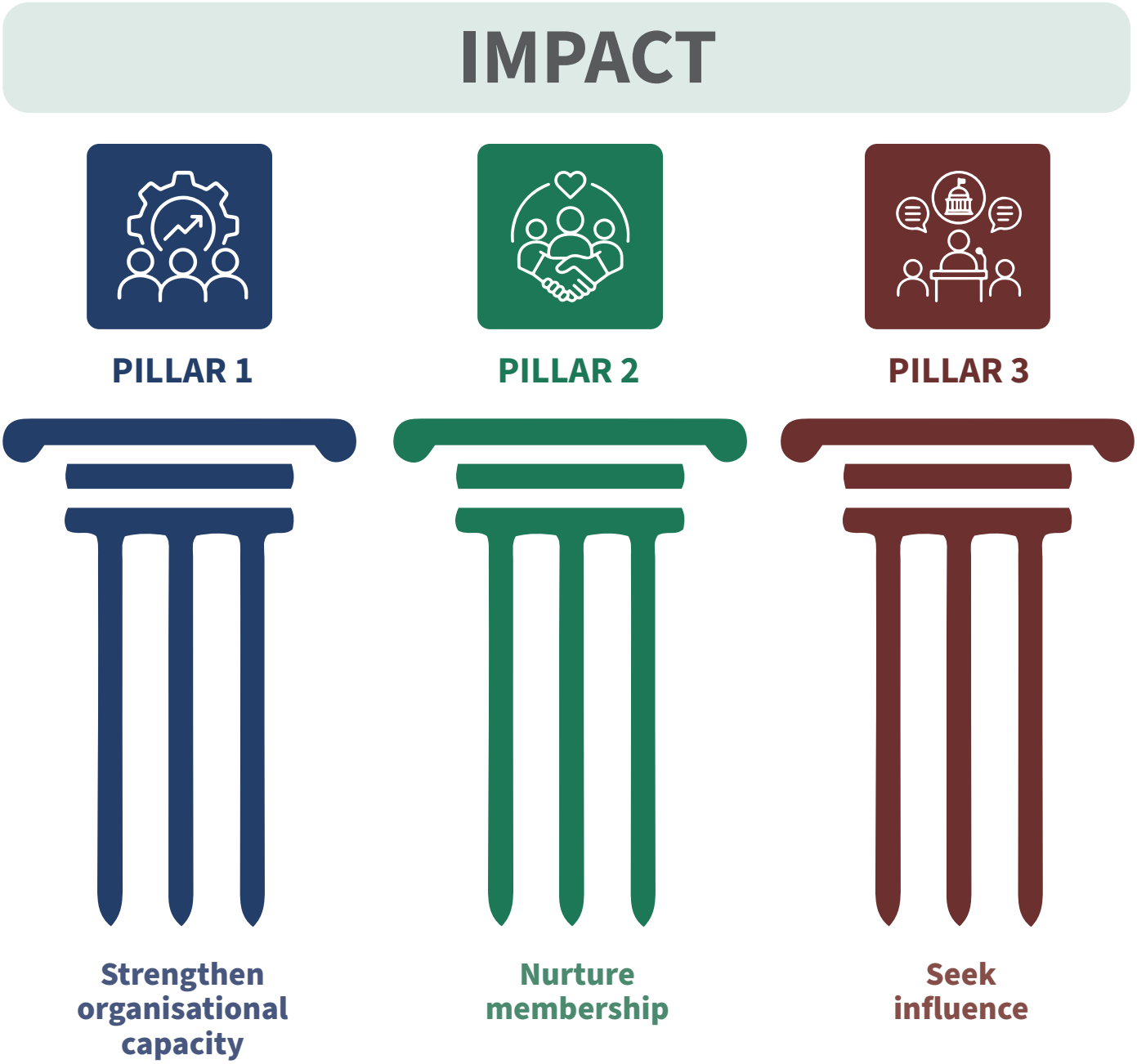
This Leads To...

- Community therapy service users empowered to improve theirmental health and wellbeing.

Our Strategy and Charitable Objectives

We recognise that there are many different things that we could be doing to work towards our mission. However, our resources are constrained, and we must ensure money, effort and time are channelled to those activities that will have the greatest impact. We have divided our work into three pillars and have selected activities within these that we believe will make the biggest difference to the growth and strengthening of community therapy in Ireland over the coming years.

Note that the pillars and objectives are not presented in priority order.



STRATEGY

Pillar 1:

Strengthen organisational capacity

No	Objective	Outcome
1.1	At all times, comply with the law, regulation and contracts	Full compliance
1.2	Increase and diversify funding for Community Therapy Ireland	Greater financial viability
1.3	Continue to use SORP accounting	Quality financial accounting
1.4	Recruit and retain quality staff and volunteers	High level of staff and Board/volunteer satisfaction and low turnover
1.5	Ensure internal communication channels are fit-for-purpose	Efficient and effective internal communications
1.6	Pursue digital transformati on through the roll-out of the Connect Project	Future-proofed digital systems and associated processes
1.7	Monitor progress, evaluate results and feed insights into planning processes	A learning organisation that responds to knowledge gained

Pillar 2:

Nurture Membership

No	Objective	Outcome
2.1	Map existing community therapy services in Ireland	A full understanding of the present status of community therapy services and the scope for growth in membership
2.2	Review the Community Therapy Ireland member offering and enhance where possible	An attractive offering that meets the needs of members
2.3	Promote the full member offering to potential and current members	Increased membership and better take-up of all membership services
2.4	Provide physical and online spaces to bring members together	Greater information-sharing, more peer support and a strong sense of community
2.5	Offer continuous professional development opportunities to members on relevant and emerging matters	High levels of member satisfaction with continuous professional development provided
2.6	Communicate regularly and effectively with members	High levels of member satisfaction with two-way communication
2.7	Support members to maintain high clinical standards and constantly work to raise these standards across the membership	Excellence nurtured within community therapy
2.8	Support members to align with regulation of the counselling and psychotherapy sector	Members engaged with and informed about CORU regulation of the sector

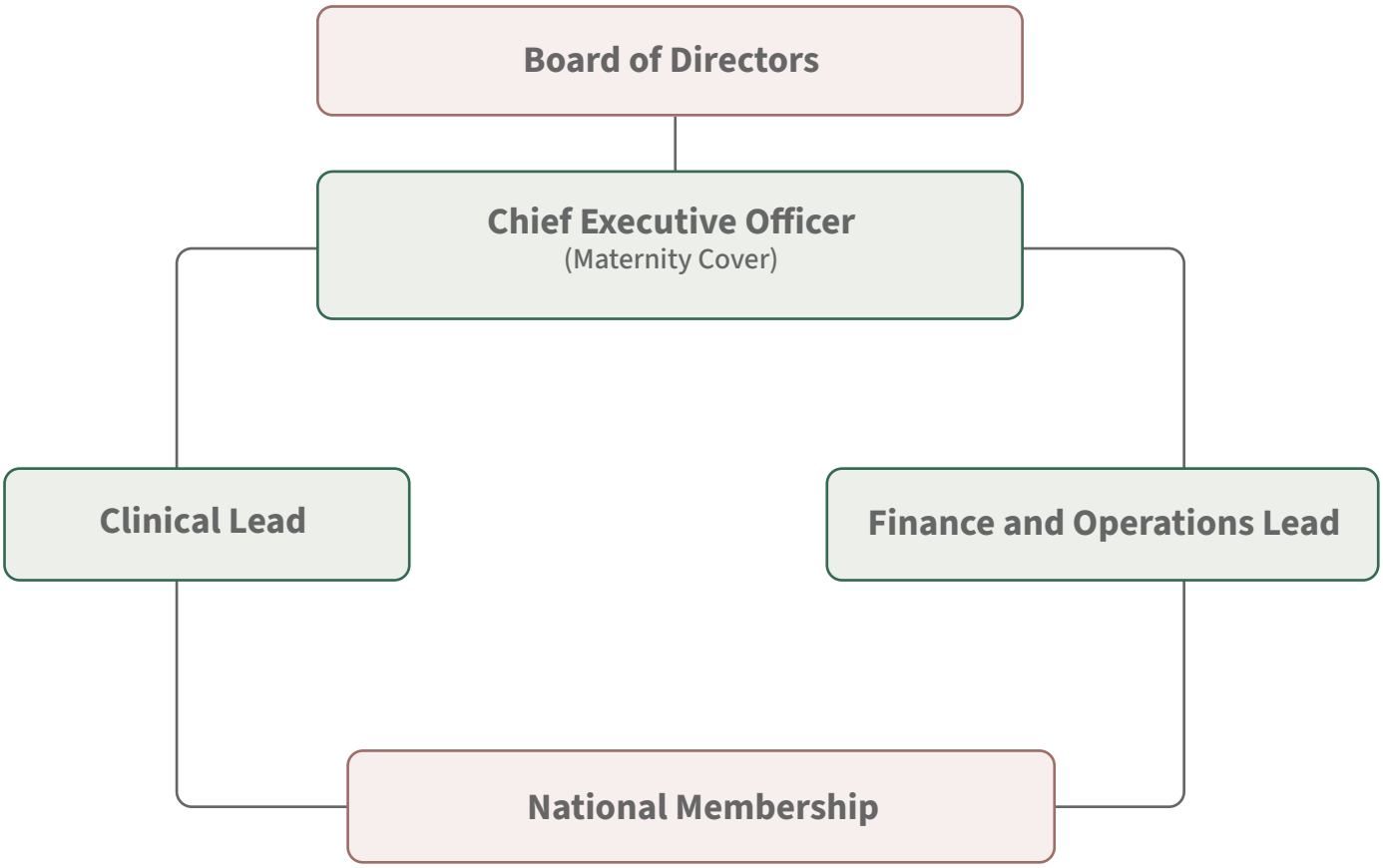
Pillar 3:

Seek influence

No	Objective	Outcome
3.1	Fully roll out the Community Therapy Ireland rebrand	An enhanced profile of our revitalised organisation
3.2	Continue to gather and publicise numeric data on community therapy in Ireland	A growing quantitative evidence base for community therapy
3.3	Gather and publicise examples of community therapy experiences	A growing qualitative evidence base for community therapy
3.4	Undertake proactive and reactive lobbying to support the development of community therapy	A greater appreciation of community therapy amongstkey decision-makers
3.5	Disseminate clinical standards research and agitate for funding for the full implementation of recommendations	Funding to enable ongoing excellence in community therapy
3.6	Continue to be represented on relevant fora and seek representation on additional fora	'A seat at the table' to keep the community therapy agenda on relevant agendas
3.7	Collaborate with allies and seek champions	Joint campaigns and similar initiatives that address shared goals
3.8	Engage with national bodies that are involved in referrals to/from therapy	The opening up of more and clearer pathways between community therapy and other providers

Community Therapy Ireland

Organisational Structure 2025



Pillar 1:

Role of the Board

Community Therapy Ireland is governed in accordance with our Constitution and by our Board of Trustees, comprised of people with a direct interest in our mission and vision. The Board's decisions were put into effect by the CEO (Maternity Cover) and staff team. Our Board members and members of our sub-committees are volunteers who donate freely their time, skills, and experience. None of our Trustees receive any remuneration for their service.

The Board of Directors received a comprehensive Board pack, including the agenda and supporting documentation, at least one week in advance of each Board meeting. This ensured that Directors had adequate time to review and prepare for informed discussion and decision-making. The Chairperson and CEO (Maternity Cover) collaborated in advance of each meeting to agree the agenda, with Board members also able to submit items for consideration through the Chair, Company Secretary, or CEO. Standing agenda items included a CEO (Maternity Cover) report, management accounts, conflict of interest declarations, updates on lobbying activities, risk register review, child safeguarding, health and safety and governance matters. The CEO's report outlined progress against the organisational strategy, as well as any significant opportunities, challenges, or developments affecting the organisation. Board minutes were reviewed by the Chairperson and approved as the first item at the subsequent meeting. Attendance records were maintained by the Chairperson, Secretary, and CEO (Maternity Cover).

Delegation of Decision-Making Authority

The Board of Directors retained overall responsibility for the governance, strategic direction, and oversight of Community Therapy Ireland. The Board established a clear framework for the delegation of authority, enabling the CEO (Maternity Cover) to manage the day-to-day operations of the organisation within approved policies and delegated authority.

The CEO (Maternity Cover) was responsible for implementing the organisation's strategic plan, managing operational and financial performance, leading the staff team, and ensuring compliance with legal and regulatory requirements. The CEO (Maternity Cover) was supported by the Clinical Lead and the Finance and Operations Lead, who had delegated responsibility for their respective areas of accountability.

Matters reserved for the Board included the approval of the strategic plan, annual budget, financial statements, major policies, significant financial commitments, risk management framework, and the appointment and performance oversight of the CEO (Maternity Cover). The Board regularly reviewed the effectiveness of its delegated authority arrangements to ensure appropriate oversight and accountability.

The Board of Directors met on eight occasions during the year, with full attendance recorded at each meeting, demonstrating the Board's strong commitment to effective governance and active oversight of the organisation.

Governance- Integrity, Conflict of Interest and Loyalty

Community Therapy Ireland had a Conflict of Interest Policy in place to safeguard the integrity of Board decision-making, and Directors were required to declare any actual, potential, or perceived conflicts of interest.

Conflicts were recorded and managed in accordance with the policy to ensure transparency and good governance. Where appropriate, Directors withdrew from discussions and decisions relating to matters in which they had a conflict of interest.

Structure, Governance and Management

The Board was committed to maintaining an appropriate balance of skills, experience, and diversity to support the effective governance of Community Therapy Ireland. The organisational approach is that Board vacancies are identified through regular reviews of the Board's composition and skills requirements.

In 2025, Board composition remained stable and consistent. No new Board Directors were recruited in 2025. In principle, new Directors are recruited through an open and transparent process, with candidates assessed against the organisation's governance needs and the competencies required to support the delivery of its strategic objectives. Prospective Directors are interviewed by members of the Board and, following appropriate due diligence, are appointed in accordance with the organisation's Constitution.

All newly appointed Directors receive a comprehensive induction programme, including information on the organisation's governance framework, strategic priorities, legal responsibilities, and key policies. Ongoing training and development opportunities are provided to ensure Directors remain informed of their duties and emerging governance requirements.

Risk Management

The Board of Directors recognised the importance of effective risk management in supporting the achievement of Community Therapy Ireland's strategic objectives and safeguarding the organisation's assets, reputation, and stakeholders.

Community Therapy Ireland maintained a comprehensive Risk Management Policy and organisational Risk Register, which identified and assessed the principal risks facing the organisation and the controls in place to mitigate them. The Risk Register was reviewed regularly by the senior management team and the Board to monitor emerging risks, assess the effectiveness of existing controls, and ensure that appropriate actions were implemented where required.

Risk management was embedded within the organisation's governance framework and informed strategic planning, operational decision-making, and the ongoing review of internal controls.

Principal Risks

The Board of Directors oversaw the organisation's approach to risk management through regular review of the organisational Risk Register and Risk Management Policy. During the year, the Board monitored a range of strategic and operational risks and the effectiveness of the controls in place to mitigate them.

The principal risks identified by the organisation included:

Financial sustainability – ensuring sufficient funding to deliver services and achieve the organisation's strategic objectives.

Regulatory and legal compliance – ensuring ongoing compliance with statutory, regulatory, and governance obligations.

Cybersecurity and data protection – protecting sensitive information and maintaining secure information systems in compliance with data protection legislation.

Reputational risk – maintaining the trust and confidence of members, funders, partners, and the wider public through high standards of governance, transparency, and accountability.

People and organisational capacity – attracting, retaining, and supporting skilled staff to deliver the organisation's strategic priorities.

The Board was satisfied that appropriate systems of internal control and risk management were in place to identify, monitor, and mitigate these risks. The Risk Register was reviewed regularly, with mitigation actions monitored throughout the year to ensure risks remained within acceptable levels.

During 2025, we also commissioned Carmichael to undertake a comprehensive Governance review of the organisation to meet the new requirements under the Charities (Amendment) Act. It reviewed our governance structures, policies, procedures, and Board practices against recognised best practice standards for the community and voluntary sector. The findings provided valuable recommendations for strengthening governance, enhancing oversight, and improving organisational effectiveness. Following the review, a governance action plan was developed and implemented to further strengthen compliance and support continuous improvement. These developments further reinforced our commitment to transparency, accountability, and good governance, ensuring the organisation is well-positioned for future growth and sustainability.

CRM Redevelopment and Digital Transformation

Community Therapy Ireland's bespoke CRM system, developed in partnership with members and Tusla in 2012, successfully supported service delivery and national reporting for over a decade. Recognising the need for a more modern, integrated digital platform, Community Therapy Ireland secured funding from Tusla and, in partnership with the Family Resource Centre National Forum, successfully procured Evide in late 2025.

The new CRM will provide a unified platform across member services, enhancing data collection, case management, reporting, and impact measurement. The system is expected to improve the quality and consistency of national data, support real-time reporting, strengthen governance and compliance, and provide deeper insights into service demand, outcomes, and therapeutic impact.

Development of the new system commenced in collaboration with Evide, the Family Resource Centre National Forum, and Tusla, with a pilot phase scheduled for 2026. In the interim, the existing CRM continues to support national data collection and reporting across the Community Therapy Ireland network.

This investment represents a significant milestone in Community Therapy Ireland's digital transformation, strengthening our ability to demonstrate impact, support evidence-based planning, and meet the evolving needs of members, funders, and stakeholders.

Pillar 2:

Nurture Membership

At the heart of Community Therapy Ireland are our members. Everything we do is driven by a shared commitment to supporting community counselling and psychotherapy services to provide safe, professional, trauma-informed, person-centred, rights-based, culturally competent and high-quality care within their local communities.



Throughout 2025, we continued to strengthen and nurture our growing national membership by investing in clinical governance, professional development, advocacy and practical support. As our membership has grown, so too has the strength of our collective voice and our ability to learn from and support one another.

Strengthening Clinical Governance

One of the defining moments of 2025 was coming together as a national membership in September at Buswells Hotel in Dublin to launch the Community Therapy Ireland Clinical Governance Badge of Excellence. It was a significant milestone, not only for Community Therapy Ireland but for the community counselling and psychotherapy sector as a whole.

The Badge has quickly become a defining feature of Community Therapy Ireland membership, recognising organisations that demonstrate excellence across governance, clinical leadership, ethical practice, safeguarding, supervision, quality assurance and continuous improvement.

More than simply a quality mark, the Badge provides a practical framework that supports services to continuously reflect on and strengthen their governance arrangements while giving service users, funders, stakeholders and communities confidence in the quality and safety of the services they receive. It has been particularly encouraging to see so many member organisations embrace the process with such enthusiasm, demonstrating a shared commitment to excellence and a genuine willingness to continually improve.

Throughout the year, Community Therapy Ireland worked closely alongside members preparing for the Badge assessment, providing guidance, resources and individual support. This collaborative approach has not only strengthened governance across the network but has also created valuable opportunities for members to learn from one another and share examples of good practice.



Investing in Member Development

Supporting the ongoing development of our members remained a key priority throughout 2025 and is central to Pillar 2 of our Strategic Plan.

Our national training programme was shaped directly by member feedback and the emerging needs of the sector, ensuring that learning opportunities remained relevant, practical and responsive.

During the year, members participated in Disclosure Training delivered by Galway Rape Crisis Centre, Enhancing and Developing Grief Practice in Counselling for Community Therapy Providers facilitated by the Irish Hospice Foundation, and What Good Corporate and Clinical Governance Looks Like delivered by Sarah Murphy.

Alongside the learning itself, these training opportunities created valuable spaces, both in person and online, for members to connect, exchange ideas, reflect on practice and support one another. This sense of connection is one of the greatest strengths of Community Therapy Ireland. Nationally coordinated training also continues to reduce inequalities in access to specialist education, particularly for smaller community organisations, while promoting consistency and quality across our membership.

National Advocacy for the Regulation of the Counselling and Psychotherapy Profession

Advocacy remained a significant part of Community Therapy Ireland's work throughout 2025.

One of the most important issues for members has been the ongoing development of statutory registration of the counselling and psychotherapy profession through CORU. Community Therapy Ireland continued to engage actively with CORU, professional accrediting bodies, policymakers and Government departments to ensure that the perspectives of community counselling and psychotherapy services were represented throughout the process.

Recognising the significance of these developments, we maintained regular communication with members through online meetings, briefing papers and updates as new information emerged. This remains a live and evolving issue that will have a direct impact on many of our member organisations, and Community Therapy Ireland remains committed to ensuring that members' voices continue to be heard at national level.



Supporting Members Beyond Governance

While clinical governance remains central to our work, membership is about much more than standards and compliance.

As the Community Therapy Ireland team expanded during 2025, we were able to provide more responsive and practical support to members as they navigated increasingly complex governance, operational and clinical challenges.

Members received advice, support and collaboration across a wide range of areas, including governance, safeguarding, policy development, service delivery, workforce matters and emerging national issues. Practical guidance was also provided around developments such as Workplace Relations Commission processes and the introduction of Auto-Enrolment, both of which affected many member organisations.

Equally important were the opportunities created for members simply to come together. Through regular membership meetings, informal lunchtime conversations, training events and the launch of the Clinical Governance Badge of Excellence, members were able to connect, share experiences and learn from one another. These connections continue to reinforce the value of belonging to a supportive national professional network.

Strengthening Communication and Engagement

Throughout 2025, we also placed a strong emphasis on building on our communication and ensuring members remained connected to the work of Community Therapy Ireland throughout the year.

Regular updates, member meetings and information briefings provided opportunities to share national developments, celebrate member achievements and keep services informed about advocacy work, funding developments, training opportunities, clinical governance initiatives and wider policy changes affecting the sector.

These more frequent opportunities to connect have strengthened engagement across the membership, encouraged greater collaboration and helped ensure that members feel informed, involved and connected to both the strategic direction and the day-to-day work of Community Therapy Ireland.

Looking Ahead

As Community Therapy Ireland continues to grow, so too does our commitment to supporting our members.

We will continue to invest in strong clinical governance and our Clinical Governance Badge of Excellence, meaningful professional development via our national training programme, evidence-informed practice, effective national advocacy and responsive member support. Above all, we will continue to strive to build a community where services feel connected, valued and supported.

Pillar 3:

Seek Influence



With closer engagements with officials from the Department of Children, Department of Health, and the Department of the Taoiseach, as well as Tusla, the HSE, and Cuan -

With the publication of the Programme for Government 2025: Securing Ireland's Future -

With the introduction of the Mental Health Act 2026 -

With the Connecting for Life (2026 – 2035) latest strategy being developed through policy consultations –

With policy implementation advancing under Sláintecare, Sharing the Vision, Young Ireland, and Zero Tolerance (among other relevant national policies and implementation plans) -

With the CORU draft standards and criteria for counsellors and psychotherapists being published –

With the Tusla Reform Programme being underway –

With the WRC Pay Agreement for Section with 39 and Section 56 organisations like Community Therapy Ireland and our national membership –

With Budget 2026 establishing the first-ever dedicated talking therapies fund for community-

based services, backed by a recurring €1 million investment -

With the launch of the Community Therapy Ireland Clinical Governance Badge of Excellence -

2025 was a pivotal year for Community Therapy Ireland's positive influence on the mental health system in Ireland, on our national membership, and on the people across communities in Ireland who access community therapy services.

Throughout 2025, our advocacy and policy work was grounded in the lived experience of people who worry about their mental health or the mental health of their loved ones, as well as the voice of people who already have access to the safe, professional, effective, trauma-informed, recovery-focused, culturally competent, person-centred, and rights-based services that Community Therapy Ireland's national membership delivers. In 2025 in particular, we honoured the voice and lived experience of Jess and we fiercely

advocated for the expansion of community therapy services across Ireland so that every person who has grappled with mental health challenges can access high-quality counselling and psychotherapy services right within their community.

In 2025, for the first time ever, The Wheel featured Jess's Story – a powerful example of the transformative positive impact of community therapy and our national membership – in their Pre Budget Submission.

Through Jess's Story, Community Therapy Ireland advocated fiercely with policy and funding stakeholders for:

- recognition of the high-quality practice and clinical governance expertise that already exists among Community Therapy Ireland's national membership

- funding to enable the ongoing scaling up of community therapy service provision across Ireland

- for the opening up of more and clearer referral pathways between community therapy and other mental health service providers

- for a 'seat at the table' to keep community therapy at the heart of policy discussions, including discussions about Connecting for Life, the Mental Health Act, Zero Tolerance, and Young Ireland Through the launch of the Community Therapy Ireland Clinical Governance Badge of Excellence in September 2025, our sustained, positive impact on children, young people, families and community members across Ireland was recognised and celebrated. Community Therapy Ireland welcomed the national membership, elected representatives, and key stakeholders to reflect on our Clinical Governance journey and celebrate the contributions of community counselling and psychotherapy services over the last 18 years.



Our strategic advocacy was underpinned by the Community Therapy Ireland

Strategic Plan (2024 – 2028). Community Therapy Ireland's national membership was represented, and their voice was amplified at the Tusla Coalition, The Tusla Commissioning Advisory Group, the Save our Services (SOS) Coalition, Mental Health Reform, The Wheel (including the Tusla Funded Organisations and the HSE Funded Organisations networks), and Carmichael.

Our national membership was consulted and empowered to voice priorities, which were represented in Community Therapy Ireland's Pre-Budget Submission for 2026.

OPERATING ENVIRONMENT

Operating Context

Community Therapy Ireland seeks to shape and influence the future development of accessible, high-quality community-based counselling and psychotherapy services in Ireland. During **2025**, the operating environment continued to evolve significantly, with major developments in mental health policy, regulation and clinical governance that will shape the delivery of services for years to come. These developments have informed Community Therapy Ireland's strategic priorities and national programme of work for 2026 and beyond.



A Strengthened Focus on Quality, Governance and Accountability

Ireland's mental health system is entering a significant period of reform. The implementation of the **Mental Health Act 2026,** alongside the continued implementation of Sharing the Vision and Sláintecare, reflects an increasing national emphasis on quality, accountability, human rights and integrated community-based care.

The continued development of **CORU** standards and regulation further reinforces the importance of professional practice, governance and public protection across health and social care. Together, these reforms signal a clear expectation that services demonstrate robust clinical governance, evidence-informed practice and continuous quality improvement. These principles have been central to Community Therapy Ireland's work since 2008 and continue to underpin every aspect of our national programme.

Leading Clinical Governance Across Community Therapy Services

Clinical governance remains the cornerstone of Community Therapy Ireland's national programme. For over 18 years, Community Therapy Ireland has worked alongside its national membership to develop a comprehensive clinical governance framework that supports community-based counselling and psychotherapy providers to deliver safe, professional, effective, trauma-informed, recovery-focused, culturally competent, person-centred, and rights-based services.

In 2025, Community Therapy Ireland launched the **Clinical Governance Badge of Excellence**—the first national quality recognition of its kind for community-based therapy services in Ireland. The Badge recognises organisations that demonstrate

excellence in clinical governance, safeguarding, supervision, professional standards, organisational leadership and continuous quality improvement. It provides funders, commissioners and the public with confidence that member organisations operate within a robust governance framework while encouraging a culture of excellence across the sector.

Community Therapy Ireland believes every community therapy provider should be supported to achieve these standards and continues to advocate for sustainable investment that enables organisations to strengthen governance, improve quality and expand access to safe, effective therapeutic services.

Increasing Demand for Community-Based Mental Health Supports

Community Therapy Ireland's members continue to experience sustained growth in demand for counselling and psychotherapy services among children, young people, adults, families and communities. Presentations are becoming increasingly complex, while statutory mental health services continue to experience significant capacity pressures.

Community-based organisations are uniquely positioned to provide accessible early intervention, prevention and specialist therapeutic supports that complement statutory services and improve outcomes for individuals and families. As Ireland continues to implement Sharing the Vision, Community Therapy Ireland's national membership represents an essential component of the country's community mental health infrastructure.

However, this potential continues to be constrained by longstanding structural underinvestment. Many members operate with significant core funding deficits while relying on annual funding allocations that create uncertainty, limit workforce planning and restrict service development. Greater investment in Community Therapy Ireland's national membership would strengthen service capacity, improve access to timely therapeutic supports and contribute directly to the Government's ambitions for integrated community mental health care.

Delivering Equity Through Community-Based Services

Community Therapy Ireland welcomes the continued emphasis within national policy on equality, inclusion and human rights. Community-based counselling and psychotherapy services play a vital role in reaching individuals who experience barriers to accessing traditional services, including children and young people, survivors of domestic, sexual and gender-based violence, members of LGBTQIA+ communities, people living with disabilities, Travellers and Roma, minority ethnic communities, refugees, people seeking international protection, people experiencing homelessness and others experiencing multiple forms of disadvantage.

Embedded within local communities, Community Therapy Ireland's national membership delivers flexible, responsive services that complement statutory provision and improve access to high-quality therapeutic supports. Further integration of community-based providers within Ireland's mental health system will strengthen referral pathways, improve continuity of care and deliver better outcomes for individuals, families and communities.



PROGRAM SERVICE REVIEWS

Community Therapy Ireland Clinical Governance Badge of Excellence: A Year of Strengthening Quality and Accountability

1. Purpose

The Community Therapy Ireland Clinical Governance Badge of Excellence was established in 2025 to strengthen and support the quality, safety and accountability of community-based counselling and psychotherapy services across Ireland. While clinical governance is often associated with standards, policies and compliance, its purpose extends far beyond governance structures alone. At its heart, it exists to ensure that every child, young person, adult and family engaging with a Community Therapy Ireland member service can have confidence that they will receive safe, professional, effective, trauma-informed, recovery-focused, person-centred, rights-based, and sustainable therapeutic care.

The Clinical Governance Badge of Excellence provides a nationally recognised clinical governance quality framework underpinned by 87 standards that supports member organisations to embed continuous improvement within their governance, clinical practice and organisational culture. It offers assurance to individuals accessing therapy, funders, statutory agencies and the wider public that Community Therapy Ireland members are committed to delivering services that meet consistently high standards of quality and accountability.

2. Impact

The continued implementation in 2026 of the Clinical Governance Badge of Excellence has strengthened governance across Community Therapy Ireland's national membership. Throughout the year, member organisations have enhanced governance systems, reviewed policies and procedures, strengthened safeguarding and supervision arrangements, and continued to embed reflective practice within their organisations.

Beyond individual organisations, the Clinical Governance Badge of Excellence has contributed to a stronger culture of collaboration across the membership. Services have shared knowledge, discussed emerging ethical issues supported by the Clinical Governance Board Committee, exchanged examples of good practice and supported one another in responding to increasingly complex clinical environments.

The greatest impact, however, is experienced by those individuals engaging with therapy. Strong clinical governance creates the conditions in which high-quality therapeutic relationships can flourish, enabling services to provide care that is safe, consistent, effective and responsive to the diverse needs of the communities our members are working in across Ireland.

3. Strategy

The Clinical Governance Badge of Excellence remains central to Community Therapy Ireland's strategic commitment to strengthening community-based counselling and psychotherapy services nationally. The framework reflects national policy priorities while recognising the unique strengths of community organisations in delivering safe, professional, effective, trauma-informed, recovery-focused, person-centred, rights-based, and sustainable therapeutic services.

As the counselling and psychotherapy sector continues to evolve, clinical governance must evolve alongside it. Increasing clinical complexity, technological developments, artificial intelligence, changing professional regulation (CORU) and a growing demand for services require governance systems that are adaptable, evidence-informed and forward-looking.

Community Therapy Ireland continually reviews and strengthens the Clinical Governance Badge of Excellence to ensure that it remains responsive to emerging practice, considering changes in legislation, reflection any relevant publications around new guidance and informed by evidence and reflective of the lived experiences of individuals and families accessing community therapy services.

Clinical Governance Badge of Excellence Underpinning Frameworks 2026





4. Governance

Effective governance provides the foundation upon which safe, ethical and high-quality counselling and psychotherapy services are built. The Clinical Governance Badge of Excellence supports member organisations in embedding governance not as an administrative exercise, but as an organisational culture that promotes accountability, learning, reflective practice and continuous quality improvement.

Throughout the year, Community Therapy Ireland's Board has provided strategic oversight of the Clinical Governance Badge of Excellence, supporting its ongoing development while ensuring alignment with national policy (The Mental Health Act 2026, Sharing the Vision, Sláintecare, Young Ireland, and the Programme for Government – Securing Ireland's Future) professional standards and emerging governance priorities. The Board has continued to strengthen clinical governance across the membership through leadership, oversight, ongoing membership engagement and a commitment to promoting excellence throughout the community therapy sector.

5. Transparency

Transparency is fundamental to building trust and maintaining public confidence in counselling and psychotherapy services. The Clinical Governance Badge of Excellence provides visible assurance that member organisations are committed to maintaining recognised standards of governance, quality and accountability.

Equally important is the transparency demonstrated across the membership itself. Organisations have engaged openly in reviewing practice, identifying areas for development and sharing learning with colleagues across the national network. This culture of openness reflects Community Therapy Ireland's commitment to continuous improvement and collective responsibility for maintaining high standards of care.

6. Financial Accountability

Community Therapy Ireland recognises that demonstrating accountability extends beyond clinical practice to encompass sound organisational governance and responsible financial management.

The Clinical Governance Badge of Excellence complements these principles by supporting organisations to operate within a clear governance framework that demonstrate accountability to funders, statutory agencies and the communities they serve. By strengthening governance systems and promoting consistent standards, Community Therapy Ireland continues to support member organisations in delivering high-quality services while ensuring that resources are used effectively, responsibly and in the best interests of those accessing therapy. As Community Therapy Ireland looks to the future, the Clinical Governance Badge of Excellence will continue to evolve in partnership with its members, informed by emerging evidence, changing policy and the experiences of those working within and accessing community counselling and psychotherapy services. The Clinical Governance Badge of Excellence represents more than a quality mark, it reflects a collective commitment to excellence, continuous improvement and the delivery of safe, ethical and compassionate care within communities across Ireland.

AOIFE AND JASON'S STORY



Listening to the lived experience of young families

Aoife and Jason were a young couple with two little boys. Like many families across Ireland, they were doing what most of us do – working, parenting, just the everyday business of getting on with life.

They did not expect to become experts in navigating systems, chasing answers, or advocating for care. They certainly did not expect to learn, in the hardest possible way, what happens when quality, communication, and governance fail.

For Jason, life had always been complicated by an underlying health condition, one that followed him from childhood into adulthood. A condition that meant he needed medical support at different times throughout this life.

Over many years of living with and managing his health condition, Jason encountered a healthcare system that didn't always work as it should. His experience was that various healthcare professional did not always speak to one another.

Judgement instead of compassion and shame instead of understanding

As Jason's physical health deteriorated, so too did his mental health. Jason experienced addiction, self-harm, and suicidal ideation. At times when he was most vulnerable, and while engaging with the services and professionals that should be providing care for him, he encountered judgement instead of compassion and shame instead of understanding. Jason began to feel like a burden. He carried enormous shame for simply being unwell.

The ways in which these challenges impacted his ability to care for his physical well-being were largely unseen. Between the two worlds of physical and mental health care, there was a lot of separately treating his symptoms as opposed to really considering the bigger picture of what was going on for him, and perhaps most damaging of all, Jason did not always feel listened to.

That is what poor quality feels like to a human being

Aoife stood beside him, doing everything she could to hold their family together, while trying to hold down a full-time job, navigate a complicated healthcare systems and advocate for Jason when he wasn't able to. Her own mental health was being challenged as part of trying to support Jason in the way that he needed her.

After the birth of their first son, Aoife experienced postnatal depression. In being supported for this, Aoife was prescribed antidepressants. When she attended a psychiatric review, she was told she should wean off the medication—that she would be fine. She wasn't fine.

As Aoife came off the medication, she still felt deeply unwell and felt shame for struggling and so alone in what she was experiencing. With a husband who was not doing well and a new baby to care for and feeling as she was, hopelessness was starting to kick in. It was only much later – after months of continued suffering – that Aoife discovered the psychiatric professional that she had being dealing with had been reviewing someone else's file when he had met with her. She never should have come off that medication at all.

There was no system in place that caught that error. No safeguards that protected Aoife. She suffered needlessly for months.

That is what gaps in clinical governance look like when they land in a person's life.

A community support that worked

Covid was particularly hard and isolating for the family. Along with welcoming their second son, Jason would end up admitted to hospital for months on end, while their older son would experience significant struggles. Aoife would eventually have to give up work entirely.

It was at this juncture, Aoife found her way to the Curragh Family Resource Centre. The Curragh FRC is a long-standing member of Community Therapy Ireland, and they hold the Community Therapy Ireland Clinical Governance Badge of Excellence.

As Aoife navigated the healthcare system for Jason and child mental health services for her son, she found a reliable and unwavering support at the Curragh FRC. It was a support that adapted and changed to meet the family's needs and one that was always accessible and warm [in a way that is not always the experience in other settings]. It was a support they didn't realise then, that they would need and receive time and again.

Then came the moment that changed everything

Jason's illness was now terminal and there was nothing the health service could do to change this course.

With Jason gravely unwell in hospital, and Aoife unable to visit due a chest infection, they awaited a much-anticipated update from Jason's consultant about his prognosis. Sitting alone in her car, Aoife received the news over the phone that her husband had 6 - 12 months to live. Jason had not yet been told. Aoife had to make that call herself. She had to tell her husband, over the phone, that the news was worse than they hoped and his time was very short. They then went days without being able to see each other.

Living with anticipatory grief, fear, trauma, and absolute heartbreak

Aoife and Jason – and their two young sons – were now living with anticipatory grief, fear, trauma, and absolute heartbreak. And yet, when Aoife tried to find support for herself and her children, she found a gap. There was no medical social worker at the hospital, or later at hospice, that could advise her. There were post-bereavement services—but almost nothing for families living before the loss. Particularly nothing suitable for young children. What supports she could identify, she couldn't access as Jason did not have cancer.

The Curragh Family Resource Centre and Community Therapy Ireland

So, with nowhere else to turn, Aoife called on the Curragh FRC again. Welcomed in, she was again in a space where the complexities of her family's situation were embraced and where she knew she would be supported.

"Support was timely, appropriate, and grounded in quality practice"

Returning to a Community Therapy Ireland member service, Aoife and her family encountered something they really needed - A reassurance that they would be supported whatever that would need to look like. In the supports they received, they were met with professionalism, compassion, and care. They were listened to. Their experience was understood in context - which was so important. "Support was timely, appropriate, and grounded in quality practice." This was clinical governance in action – not as paperwork, but as people doing the right thing, in the right way, at the right time.

Aoife received counselling support [and advocacy support] which was flexible and responsive to her needs. Her boys were supported through their anticipatory grief in age-appropriate, sensitive ways. They were helped to make sense of what was happening, to express their emotions safely, and to feel less alone when Jason passed away in the summer of 2025.

Clinical Lead Reflection - Community Therapy Ireland

Aoife and Jason's story is a story about illness, grief, loss and heartbreak. But it is also a story about systems, and what happens when systems either hold people safely or fail to do so.

As Clinical Lead of Community Therapy Ireland, I hear the stories of individuals and families like this and consider them with two lenses: the human lens and the governance lens. Both matter. Both are inseparable.

Jason's experience of fragmented care, where professionals did not communicate with each other, where physical and mental health were treated in silos, where shame replaced compassion, reflects what poor quality feels like on the ground. It is the experience of not being heard.



Clinical governance, at its core, exists to prevent exactly that

When communication fails between services, when risk is not considered holistically, when a person's distress is not fully taken into account, these are not simply interpersonal failures. They are governance failures. They are failures of systems, of oversight, of integration.

Aoife's experience following the birth of her son is another stark reminder. A medication review based on the wrong file. A clinical decision made in error. Months of unnecessary suffering. No system that caught the mistake. No safeguard that intercepted the harm.



This is what gaps in governance look like in real life

Governance is often discussed in terms of frameworks, policies, and audit cycles. But when governance fails, it does not fail on paper, it fails in people's lives. It fails in the silence after a phone call. It fails in months of untreated depression. It fails in a person beginning to feel like a burden.

What stands out most powerfully in this story, however, is the contrast.

When Aoife turned to the Curragh Family Resource Centre, a long-standing member of Community Therapy Ireland and holder of our Clinical Governance Badge of Excellence, she encountered something different. She encountered a service where:

- Support was timely.
- Care was responsive and flexible.
- Complexity was embraced rather than avoided.
- She was listened to.

This is governance in action

Clinical governance, when embedded into an organisation ensures that:

- There are high clinical standards in place supporting the best possible client outcomes.
- There are performance accountability and continuous quality improvement mechanisms in place to support continued best practice.
- There are structures and systems in place to demonstrate and reassure the public and funders of the delivery of services that are safe, professional and of a high standard.
- Services are enabled to deliver safe, professional, effective, trauma- informed, recovery-focused, person- centred, rights-based, culturally competent and sustainable therapeutic services to those who need therapy, when they need it, and where they need it.

In Aoife and Jason's story, we see two versions of systems.

One where fragmentation, poor communication, and lack of oversight compounded suffering.

And another where structured governance enabled consistency, accessibility, and relational safety during anticipatory grief and then bereavement.

My learning is continually reinforced: governance is not about control, it is about trust. It is about ensuring that when a family reaches out at their most vulnerable moment, they are met by a service that is steady, accountable, and capable of responding and meeting them where they are at.

The anticipatory grief experienced by Aoife and her children also highlights a broader systems issue around gaps in pre-bereavement support for families where terminal illness does not fit conventional pathways. Good governance requires us not only to maintain standards but to identify gaps and advocate for systemic improvement.

Aoife and Jason's story reminds us that:

- Quality is experienced relationally.
- Communication is a safety mechanism.
- Integration between physical and mental health care is not optional but is essential.
- Clinical governance exists to prevent avoidable harm.
- Community-based counselling services are a vital part of the national mental health ecosystem.

When governance works, it is often invisible. Families simply feel supported, They feel understood, They feel less alone.



And that is the point.

I see governance not as paperwork, but as the quiet architecture that allows profes¬sionals to do the right thing, in the right way, at the right time. Aoife and Jason's story reinforce why this work matters and why strengthening governance across community counselling services is not administrative work, but deeply human work.

It reminds us of what happens when systems fail, and what is possible when they work.

MEMBERS HIGHLIGHTS

Beacon of Light

Beacon of Light Counselling Centre:

Beacon of Light Counselling Centre (BLCC) is a community-based counselling project which has been providing counselling services to individuals and families in the Clondalkin area since 2000. In this time BLCC has assisted and supported thousands of adults and children who have been going through critical and/or life-changing periods in their lives – some as a result of bereavement, some who are experiencing anxiety & depression, some who are directly or indirectly suffering from the impact of addiction, some who are at risk of suicide and some who need support in working through difficulties taking place within families. The services provided by BLCC are both accessible and affordable and BLCC prides itself on the fact that no one is ever turned away due to financial constraints.

Since its establishment in 2000 by Sister Patricia Kidd OSF (who sadly passed away in 2020 during COVID), and Sister Carmel Earls OSF (who retired to Philadelphia in September 2025), BLCC has become an important part of the community Mental Health infrastructure in the greater Clondalkin area. It receives referrals from many statutory agencies, voluntary organisations, GPs, schools and community development groups in Clondalkin. These organisations and groups



clearly recognise the benefits of BLCC and the ways in which BLCC can help to alleviate common issues such as stress and anxiety. From a community perspective it is a tremendous advantage and asset to have a high quality accessible and affordable counselling service with the greater Clondalkin area.

Since its inception BLCC has facilitated approximately 400 individual clients per annum and a minimum of 4,000 sessions yearly. Over the last two decades that equates to 8,000 clients and 80,000 individual sessions of affordable psychotherapy to adults families and children in the local community.

The Breakthrough Programme:

The Breakthrough programme was founded by Geoffrey McCarthy CEO Beacon of Light in 2016; it was devised in response to high suicide rates of young men in the local area and in general young men are in the hard-to-reach category for psychotherapy.

It has run at least once a year since then sometimes twice a year, with various sporting activities, it was evaluated in 2017 for the men's programme by Professor Katriona O' Sullivan.

In 2025 for the first time, we ran a pilot for Women. The programme was hugely successful, and we evaluated it with Dr Siobhan Woods from NUIM and the outcomes were extremely positive.

"Importantly, survey results showed that ***participants' mental health substantially improved from the start (T1) to the end (T2) of the Breakthrough Programme. This evidence*** *reinforces the insights of participants and staff members provided on the programme's effectiveness in promoting psychological wellbeing". Breakthrough Women's evaluation report 2025, Woods, Doyle, et al.*





Care2Connect at Cork Counselling Services

Following a successful pilot at the Family Centre in Castlebar, Co. Mayo, Cork Counselling Services in collaboration with TUSLA Aftercare Services have launched a “Care2Connect” Service in Cork. The service, a first for Munster, is aimed at providing counselling and psychotherapy to young people engaged with TUSLA Aftercare and who are typically moving from foster care to independent living. The service has been tailored to meet the unique demands that arise with such a cohort. Cork has one of largest Aftercare Services in the country and we are delighted to provide these clients with much needed therapeutic support.

Our humanistic approach to counselling looks to empower clients and to support them in the challenges they face and in the choices they make. It also links in with TUSLA Aftercare staff to tailor support and to meet individual need. Our staff have experience and specialist training in Trauma, Adolescence, Neurodiversity which are helpful in providing the best possible service.

The service launched in October 2025 and to date we have offered over 210 sessions to 30 young people under the “Care2Connect” brand. One young person described the service provided as a ‘life-changing’ experience, and another says that he feels supported and “loves that we don’t seek to direct his choices”.

Quarterly meetings are held with TUSLA Aftercare to review our service and delivery, and to date, satisfaction has been expressed along with a desire to continually grow the service. The service has been managed by Emma Saul, Head Of Clinical Services. “Cork Counselling Services have been active in Cork City since 1982” she explains, “and we ensure the availability of counselling in our community on a self-referral basis, regardless of client background or means. The networking facilitated by Community Therapy Ireland has allowed us learn from fellow members in Castlebar and develop a similar project successfully in Cork”.

Dún Dealgan FRC, Community Therapy

Organisational Review

Expanding Our Vision, Strengthening Our Community

Dundalk Counselling Centre's Transition to a Family Resource Centre

The transition of Dundalk Counselling Centre CLG to **Dún Dealgan FRC, Community Therapy**, marks one of the most significant developments in the organisation's 44-year history. In August 2025, following a national application process led by Tusla and independently chaired by representatives of the University of Limerick, the organisation was selected under clear, published criteria to become Dundalk's first Family Resource Centre within the National Programme. This recognition reflects the Centre's longstanding reputation for excellence in therapeutic services and its readiness to expand into a broader community-based model of family and community support.

This transition reflects an evolution rather than a change of purpose. The organisation remains committed to high-quality counselling, psychotherapy, and mental health services, while extending its reach to include universal supports, prevention, early intervention, community development, and collaboration.

Since its establishment in 1982, Dundalk Counselling Centre has been a trusted provider of accessible counselling and psychotherapy services. For decades, it has responded to changing community needs by developing professional training and specialist services, including youth counselling, family therapy, and trauma support, and by becoming a sought-after clinical placement organisation for appropriately trained students. This strong foundation provided the platform for development into a Family Resource Centre that can respond not only to mental health needs, but also to wider family wellbeing, community resilience, and social inclusion.

Trading as Dún Dealgan FRC, Community Therapy, the organisation now embraces a whole-family, whole-community approach to wellbeing, with an emphasis on community prevention and early intervention, collaboration, and social inclusion. Therapy is no longer seen as a stand-alone intervention, but as part of a wider ecosystem of support that recognises the interconnected nature of mental health, relationships, education, poverty, isolation, and community wellbeing.

This has strengthened the organisation's ability to broaden its strategic priorities while maintaining its therapeutic expertise, building resilience, strengthening preventive practice, and integrating collaborative practice across the education, health, and community sectors. This will allow us to respond to emerging community needs across the lifespan, reduce barriers to support, increase preventative interventions, and promote positive mental health.

Transitioning to a Family Resource Centre requires ongoing organisational development across strategic planning, governance development, policy and quality assurance, workforce development, community engagement, funding diversification, partnerships, and service integration. Having outgrown our strategic plan quickly in 2026, we aim to begin a new strategic planning process early in 2027, with a wide scoping exercise involving Board members, senior management, staff, partner organisations, and service users, ensuring Family Resource Centre principles are embedded while clinical standards and governance remain robust.

Looking ahead, the establishment of **Dún Dealgan FRC, Community Therapy**, represents a new phase of organisational development. Future priorities include expanding community-based therapeutic services, increasing family support programmes, developing dedicated community wellbeing spaces, growing volunteer and peer-support initiatives, strengthening interagency collaboration, supporting practitioner training and professional development, continuing to respond to local needs through evidence-informed practice, and building a sustainable model that combines therapeutic excellence with community development.

The transition from Dundalk Counselling Centre to Dún Dealgan FRC, Community Therapy demonstrates how an established counselling organisation can evolve to meet changing community needs while remaining true to its core values. By combining over four decades of therapeutic expertise with the principles of family support, prevention, inclusion, and community development, the organisation is well-positioned to provide an integrated model of care that strengthens individuals, families, and communities across County Louth.

This is not simply a change of name; it is a strategic evolution towards a holistic, collaborative, and future-focused approach to community wellbeing. In 2027, we will celebrate 45 years serving the northeast counties of Ireland. Born of our community's needs, we have long been at the forefront of community development, and we continue to adapt and grow with those needs. We are deeply honoured to have been such an integral part of our community for such a sustained period. The overarching goal is to continue to bring creativity, authenticity, and a compassionate presence to our dynamic and wonderful community in Dundalk and the wider northeast region.



Southwest Counselling Service

SouthWest Counselling CLG was established in 1994 to provide affordable counselling to adults, adolescents and children in County Kerry. In 2025, the centre offered 4,588 sessions in Killarney and outreach locations.

In 2025, 115 children were referred for play therapy. SWCC's has a systemic approach to working with children, taking into consideration the wider family and relational context. This is based on strong evidence that parent psychoeducation and parenting support enhance children's therapy outcomes. Parents are therefore central to the intervention, attending for psycho education, to help understand their child's needs, learning how to respond more effectively and also to reinforce therapeutic strategies at home. Parents attend for parenting input (outlined below), on average, for 2 – 5 sessions (case dependent). This is often delivered online which supports flexibility on both the part of the parents and the service. In many cases this is sufficient intervention as the approach is essentially to re-orient the parent(s) in their role as the 'expert' in their child's life. Should a child be eligible for play therapy, they attend a separate therapist (to minimize boundary issues). The Parenting Input therapist and Play Therapist, continue to liaise while the child attends for therapy, to support the parent(s) with emerging themes, behavioural changes, relational development and sometimes relational repair, with the parent(s) frequently engaging in parent/child interaction work in the playroom. This is in line with the research which consistently shows that any treatments involving parents produces better outcomes than child-only interventions for many presenting difficulties (Bratton et al.,2025).

One core condition of accepting children for play therapy is that, if parents are separated, then a positive, child centred, non-conflictual co-parenting arrangement needs to be in place. Both parents, whether together or separated need to be able to offer a secure base both physically and psychologically which is the foundation for a child to safely explore and process feelings.

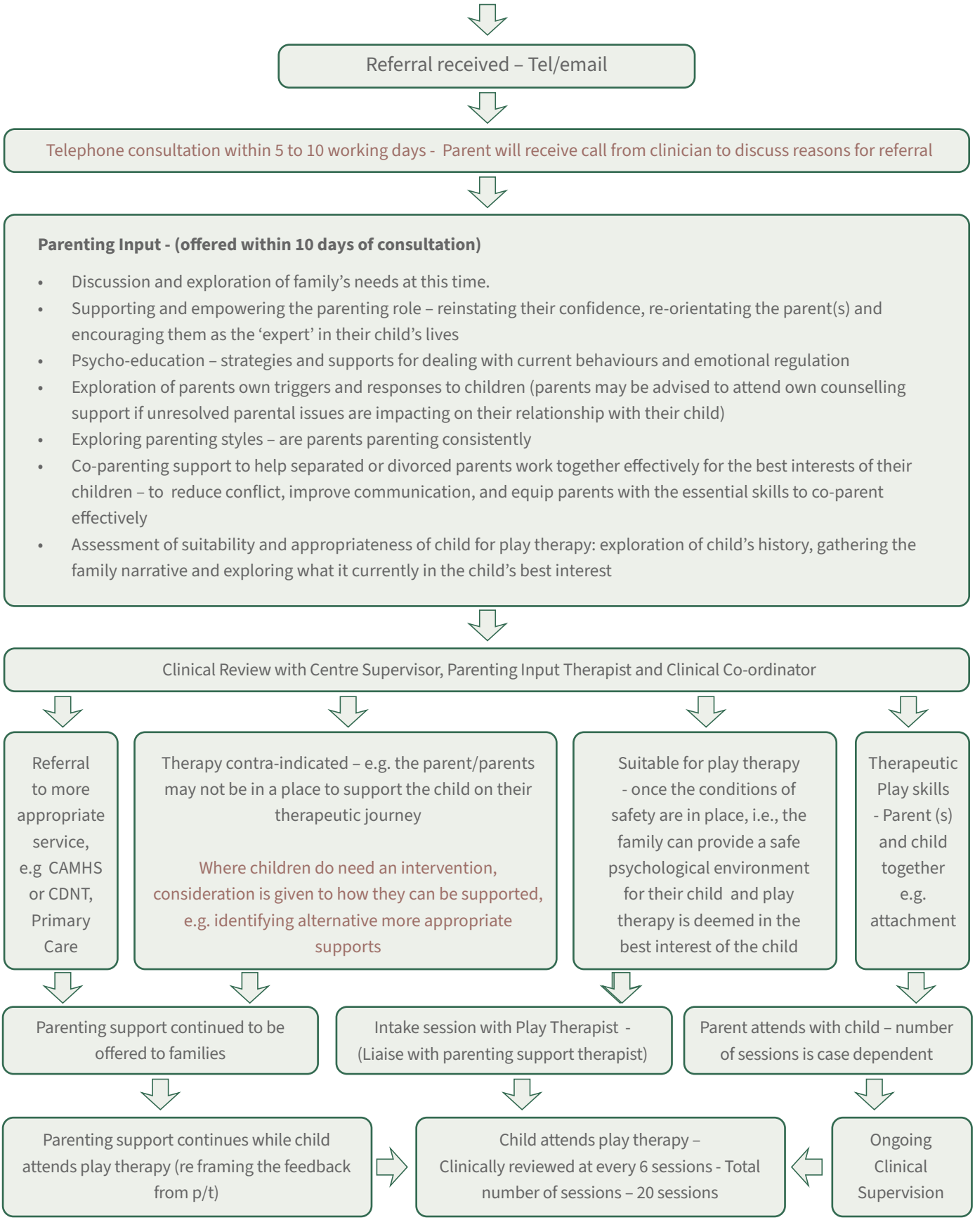
This approach facilitates a timely response to referrals. The average wait time for the initial telephone was 4 days and the average wait time for an appointment for parenting input' was 9 days from the consultation date.

- The 1st chart below outlines the progression of children referred to the centre and the 2nd chart outlines the outcomes



SWCC - Play Therapy Referrals – Pathway

The rationale for SWCC's approach to play therapy is based on the fact that play therapy is a serious psychological intervention. Parent/carers are the experts in their child's lives so therefore, supporting the parent to support their child is the primary initial intervention. After this intervention, a decision is made as to whether play therapy is in the best interest of the child.



SouthWest Counselling Centre – 2025 – Play Therapy

115
Referrals to SWCC - Children

Consultation - (within 4 days)
Assessment - What is in the best interest of this family?

18% better served elsewhere e.g. CAMHS, CDNT, CARI, ADAPT etc

9% conditions of safety not met - e.g. child protection concerns, parental conflict, not available for parenting input

13% non -contactable

Families engaging **30%** have an ASD/ADHD diagnosis

Therapist 1

60% attended for - Parenting Input (1 - 5 sessions) and Clinical Oversight to determine what is in the chlid's best interest

- Discuss and explore the child's needs at this time.
- Supporting and empowering the parenting role – reinstating the parent's confidence, re-orientating them in the role as the 'expert' in their child's life
- Psycho-education – strategies and supports for dealing with current behaviours and emotional regulation
- Exploration of parent's own triggers and responses to their child (parent may be advised to address their own unresolved parental issues if they are impacting on the parent/child relationship)
- Exploring parenting style
- Assessment of suitability and appropriateness of the child for play therapy: exploration of child's history, gathering the family narrative and exploring what it currently in your child's best interest

Average wait time for 'Parenting Input' apt - 9 days

19% of all referrals clinically eligible for play therapy (Therpist 2)
-note Parents continue to attend for Parenting Input as child attend play therapy

St Andrew's Resource Centre



About St Andrew's Resource Centre

St Andrew's Resource Centre is a Family Resource Centre serving Dublin's south-east inner city. We provide a wide range of services and wrap-around supports that include childcare, senior care, training, adult education, youth services, community employment and family support. Our approach is built on partnership, ensuring that individuals and families can access practical supports in a welcoming and trusted environment.

Our therapeutic supports include adult therapy, play therapy and speech and language therapy. We also provide Creative Mindfulness groups that we offer to children on the waitlist for play therapy and we are in the process of developing similar therapeutic groups for young people and adults who are referred for therapy. We are delighted to join the membership of Community Therapy Ireland and would like to thank the team for their ongoing support.

Spotlight: The Neurodiversity Project

With the generous support of the RTÉ Toy Show Appeal Fund, St Andrew's Resource Centre developed a dedicated Neurodiversity Project to support neurodiverse children and their families in the community. The project provided accessible, family-centred supports designed to reduce barriers to services and promote children's wellbeing and development. Families were able to access play therapy, speech and language therapy, and creative mindfulness sessions, while parents and caregivers participated in education workshops and self-care programmes that enhanced their understanding, confidence, and wellbeing. By combining therapeutic interventions with practical family supports, the project strengthened children's communication, emotional wellbeing, and social development while empowering parents with the knowledge and tools to support their children at home.

The Neurodiversity Project reflects St Andrew's Resource Centre's commitment to early intervention, inclusion, and community-based support. As community needs continue to evolve, St Andrew's Resource Centre remains committed to working collaboratively with families, funders, and partner organisations to deliver responsive services that make a meaningful difference in people's lives.

PEOPLE & CULTURE



MARIA CLEARY

Maria Cleary joined Community Therapy Ireland in January 2025 as CEO Maternity Cover. Since January 2026, Maria has served as Co-CEO, working through a shared leadership model with Sarah Jane.

Maria has worked collaboratively with the wonderful Community Therapy Ireland staff team, board, national membership, and policy stakeholders, to establish and embed the Community Therapy Ireland Clinical Governance Badge of Excellence as a quality mark for safe, professional, effective, trauma-informed, recovery-focused, person-centred, rights-based, culturally competent, and sustainable mental health services in Ireland. Maria has also led the growth of Community Therapy Ireland in terms of reach and impact; and she has contributed to key policy and regulatory developments including but not limited to the Mental Health Act 2026, the CORU standards for counselling and psychotherapy, and the Connecting for Life Strategy (2026-2035).

Maria has a track record of working in partnership with State Agencies to deliver high-quality, rights-based services and advocacy. Maria has been accountable and responsible for budgets of €9m+ a year and for programmes that have directly supported over 450,000 people a year.

Maria brings over a decade of experience in senior leadership roles at Board Director, CEO, Executive Director, and Manager level.

In addition to her Co-CEO role, currently, Maria is a Board Director and Chair of the Safeguarding and Clinical Risk Board Committee with Exchange House Ireland. Maria is also a Board Director and a member of the Ethical Funding Board Committee with the Glencree Centre for Peace and Reconciliation. As a Good Governance Awards Assessor, Maria contributes to Carmichael's commitment to building public trust in the civil society sector in Ireland, through analysing organisational impact and governance. As a FemMentored mentor, Maria participates in a structured 1:1 mentorship programme for women and non-binary people working in the social impact space. Maria loves being part of a community where expertise and curiosity meet, where social impact and

professional confidence are nurtured and mutually reinforced, and where diverse voices are amplified.

Previously, Maria served as Director of Funding and Programme Quality with Foundation Wings of Hope (Bosnia and Herzegovina), and her work ensured that the first-ever LGBTIQ+ safehouse in Bosnia secured a healthy flow of funding, allowing it to operate effectively and support the complex needs of the LGBTIQ+ community. Prior to that, Maria was the Director of Funding and Partnerships at Early Childhood Ireland - the organisation that works with 4,300+ members across Ireland to ensure every child is thriving and learning in quality early years and school age care settings. Maria has also worked with Trócaire and the International Organisation for Migration in roles based in Ireland and overseas. Thanks to these experiences, Maria has had the opportunity to lead and contribute to programmes and advocacy implemented in 19 countries in the Global South and Europe.

Maria holds three first-class Masters degrees in economics, politics, and human rights. In 2025, Maria was awarded the Séamus Ó Cinnéide Award for her Child Safeguarding Dissertation Research and contribution to human rights scholarship, policy, and practice in Ireland.

Maria also holds formal training in NGO Governance, Negotiations, Change Management, Project Management, and Innovation for Impact.





SARAH JANE HENNELLY

Sarah Jane is Co-CEO of Community Therapy Ireland, having led the organisation as CEO from 2021 before transitioning to a shared leadership model with Maria. During her time at Community Therapy Ireland, she has strengthened governance and regulatory compliance, reinforced financial sustainability, and delivered a strategic transformation that expanded Community Therapy Ireland's national reach, reputation, and impact.

Sarah Jane plays a key role in Community Therapy Ireland's digital transformation, promoting innovation to align with evolving policy and developments in digital mental health. She works to bring greater focus to members' excellent clinical practice, overseeing the publication of Community Therapy Ireland's Clinical Governance Research Report – the first study of its kind – establishing strong evidence base and a blueprint for excellence in Ireland and beyond.

Sarah Jane brings over a decade of senior leadership experience across the non-profit and higher education sectors, delivering large-scale publicly funded programmes and coordinating complex, multi-stakeholder initiatives. A former Governor of the University of Limerick and former National Chairperson and Mental Health Spokesperson for the Social Democrats, Sarah Jane has shaped national policy on mental health and health reform, combining high-level governance expertise with practical leadership to translate policy into effective community implementation.

With qualifications in policy, law, and governance, she is committed to building an accessible, professional therapy system in Ireland underpinned by strong governance and sustainable delivery.



BRÍD MEIGHAN

Bríd Meighan is the Clinical Lead with Community Therapy Ireland since February 2025 and an accredited psychotherapist with over 25 years of professional experience across financial services, leadership, counselling, psychotherapy, and community mental health.

Bríd began her career in the Financial Services sector, where she spent 13 years working in banking and audit. During this time, she gained valuable experience in organisational development, governance, people management, strategic planning, and quality improvement.

Motivated by a longstanding interest in mental health, wellbeing, and social justice, Bríd retrained as a counsellor and psychotherapist, completing a Postgraduate Diploma in Psychodynamic Psychotherapy with the Tivoli Institute in 2012. For the past 13 years, she has worked in community, education, and voluntary settings, supporting children, adolescents, adults, and families. She is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP) and is committed to practising in line with the highest professional and ethical standards.

In 2022, Bríd completed a Master's degree in Adolescent Psychotherapy, reflecting her particular interest in supporting young people and their families. She has also developed extensive experience working in the area of Domestic, Sexual and Gender-Based Violence (DSGBV), where she has supported individuals and services through trauma-informed practice, safeguarding, and service development.

Before joining Community Therapy Ireland, Bríd was Service Manager with Kilkenny Rape Crisis Centre (KASA), where she worked alongside a dedicated team to deliver specialist support services while strengthening organisational governance, quality, and partnership working.

As Clinical Lead with Community Therapy Ireland, Bríd works collaboratively with member organisations across Ireland to support clinical governance, quality improvement, and evidence-informed practice within community counselling and psychotherapy services. She is passionate about helping organisations provide professional, safe, ethical, person-centred, trauma-informed, and accessible mental health services, believing that everyone should be able to access the support they need, when and where they need it. She is particularly interested in creating supportive systems that enable practitioners and organisations to thrive while continually improving the quality of care they provide.

Alongside her clinical work, Bríd enjoys contributing to education and professional development through training and occasional lecturing, sharing her experience with colleagues and future practitioners.

Above all, Bríd's most important and cherished role is being a proud mammy to her three little girls.



SWATI GUPTA

Swati Gupta joined Community Therapy Ireland as Finance and Operations Lead in June 2025 and has now completed her first year with the organisation. Swati is an ACCA-qualified Accountant with over a decade of finance and operations experience across the nonprofit and private sectors in Ireland. She is also an IPASS-certified Payroll Technician and holds a Diploma in Project Management from UCD.

In her role, Swati leads the organisation's financial management and operational functions, supporting strong governance, financial sustainability, and organisational effectiveness. Since joining Community Therapy Ireland, she has played a key role in maintaining accurate accounting records and strong financial controls within the organisation's accounting systems, leading the annual external audit process, reviewing and updating internal policies and procedures, and playing a vital role in the preparation and management of organisational budgets. She also successfully implemented the company's pension plan ahead of Ireland's auto-enrolment pension scheme, ensuring the organisation was well prepared for upcoming legislative requirements. In addition, she has strengthened management reporting, grant compliance, payroll processes, audit management, and operational systems, while supporting members and colleagues across the organisation by providing financial guidance, operational support, and responsive assistance to help achieve Community Therapy Ireland's objectives and enhance service delivery.

Prior to joining Community Therapy Ireland, Swati was Finance Manager with Active Retirement Ireland and previously worked within the Finance Team at Early Childhood Ireland. She brings extensive expertise in management reporting, budgeting, funder compliance, charity governance, financial controls, and Irish Revenue requirements. Her combination of financial, operational, and project management expertise enables her to support the organisation's growth, operational excellence, member support, and long-term sustainability.

2025 KEY STATISTICS & HIGHLIGHTS

76,376
Total Number of
Counselling Sessions
IN 2025

8,181
Total Number of
Clients supported
IN 2025

25.59%
Total Number of
Clients under 18 years
IN 2025

65.87%
Total Number of
Clients that were women
IN 2025

33.54%
Total Number of
Clients that were men
IN 2025

47.38%
Total Number of
Self-referred
IN 2025

KEY HEADLINE STATISTICS FROM NON-DATABASE REPORTING MEMBERS 2025

3,122
Total Number of
Clients
IN 2025

31,753
Total Number of
Sessions
IN 2025

KEY HEADLINE STATISTICS FROM ALL COMMUNITY THERAPY IRELAND MEMBERS 2025

8,181
Total Number of
Clients
IN 2025

76,376
Total Number of
Sessions
IN 2025

Annual Comparison on Key Statistics Since 2014

Year	2025	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014
Number of new clients	5,202	3,595	4,211	4,820	5,144	4,382	6,283	7,101	8,176	10,123	8,099	4,429
Total sessions provided	44,623	47,239	48,378	55,570	66,351	57,970	72,345	72,815	75,719	80,904	55,852	34,081
Sessions attended	33,823	36,233	36,907	43,724	52,650	45,653	55,376	44,146	48,989	64,925	45,586	27,665
Tusla clients	2,481	2,549	2,684	3,102	5,370	2,096	3,129	3,726	5,115	6,169	4,463	2,271
Tusla sessions	37,504	40,222	35,847	37,534	11,058	7,681	16,238	22,203	29,587	34,530	25,726	13,270
Under 18's	1,487	1,404	1,605	1,781	1,362	957	1,318	1,785	2,055	2,136	1,916	515
At Risk Clients	1,298	1,358	1,050	1,508	1,014	804	1,793	836	1,215	603	863	752
Child Protection	56	28	76	49	91	64	58	58	108	384	452	37
Waiting list (Days)	47	48	55	45	29	41	70	37	35	34	30	33
Total number of clients	**8,181**	**5,480**	**5,903**	**6,886**	**7,163**	**6,990**	**8,639**	**9,868**	**11,047**	**12,124**	**9,316**	**5,272**

Session Attendance 2019-2025

Year	2025		2024		2023		2022		2021		2020		2019	
	Session	%	Session	%	Session	%	Session	%	Session	%	Session	%	Session	%
Attended	33,823	75.80%	36,233	76.61%	36,907	76.29%	37,858	68.13%	33,980	51.21%	29,999	51.75%	55,376	75.60%
Cancelled	4,068	9.12%	4,252	8.99%	4,562	9.43%	6,589	11.86%	8,250	12.43%	8,239	14.21%	10,290	14.05%
Cancelled by Counsellor	1,159	2.60%	1,145	2.42%	1,001	2.07%	1,395	2.51%	1,492	2.25%	989	1.71%	1,931	2.64%
Cancelled Late	1,155	2.59%	1,034	2.19%	1,109	2.29%	1,041	1.87%	772	1.16%	573	0.99%	1,062	1.45%
DLP Consultation	8	0.02%	1	0.00%	61	0.13%	54	0.10%	42	0.06%	66	0.11%	94	0.13%
Did not attend	2,579	5.78%	2,487	5.26%	2,453	5.07%	2,720	4.89%	3,043	4.59%	2,413	4.16%	4,469	6.10%
GP Consultation	1	0.00%	4	0.01%	4	0.01%	12	0.02%	12	0.02%	11	0.02%	17	0.02%
Phone Consultation	1,294	2.90%	1,363	2.88%	1,314	2.72%	2,613	4.70%	7,347	11.07%	7,041	12.15%	-	0.00%
Remote Consultation	502	1.12%	756	1.60%	950	1.96%	3,253	5.85%	11,323	17.07%	8,613	14.86%	-	0.00%
School Consultation	1	0.00%	2	0.00%	1	0.00%	10	0.02%	17	0.03%		0.00%		0.00%
Social worker Consultation	33	0.07%	16	0.03%	16	0.03%	25	0.04%	73	0.11%	26	0.04%	6	0.01%
Total Sessions	**44,623**		**47,293**		**48,378**		**55,570**		**66,351**		**57,970**		**73,245**	

Gender breakdown of clients 2019-2025

Year	2025		2024		2023		2022		2021		2020		2019	
	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%
Male	1,783	34.28%	1,865	34.03%	1,996	33.81%	2,200	31.95%	2,171	30.31%	2,240	32.05%	2,893	33.49%
Female	3,374	64.86%	3,582	65.36%	3,870	65.56%	4,643	67.43%	4,974	69.44%	4,740	67.81%	5,678	65.73%
Not Recorded by Agency	38	0.73%	19	0.35%	30	0.51%	8	0.12%		0.00%		0.00%		0.00%
Not Disclosed	2	0.04%	5	0.09%	1	0.02%	28	0.41%	7	0.10%	8	0.11%	66	0.76%
Non-binary	5	0.10%	9	0.16%	6	0.10%	7	0.10%	11	0.15%	2	0.03%	2	0.02%
Total	**5,202**		**5480**		**5,903**		**6,886**		**7,163**		**6,990**		**8,639**	

Relationship Status 2019-2025

Year	2025		2024		2023		2022		2021		2020		2019	
	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%
Married	739	14.21%	884	16.13%	896	15.18%	1,202	17.46%	1236	17.18%	1343	19.21%	1798	20.68%
Children/ Adolescents	502	9.65%	731	13.34%	614	10.40%	364	5.29%	183	2.54%	0	0.00%	0	0.00%
In Relationship	463	8.90%	544	9.93%	499	8.45%	706	10.25%	790	10.98%	806	11.53%	1080	12.42%
Widowed	105	2.02%	121	2.21%	116	1.97%	125	1.82%	151	2.10%	169	2.42%	164	1.89%
Separated	254	4.88%	295	5.38%	280	4.74%	352	5.11%	424	5.89%	474	6.78%	554	6.37%
Civil Partnership	3	0.06%	1	0.02%	4	0.07%	5	0.07%	7	0.10%	11	0.16%	10	0.12%
Single	1,390	26.72%	1,516	27.66%	1,694	28.70%	2,309	33.53%	2470	34.33%	2493	35.67%	2939	33.81%
Divorced	80	1.54%	95	1.73%	113	1.91%	108	1.57%	120	1.67%	125	1.79%	129	1.48%
Not Recorded	1,575	30.28%	1,195	21.81%	1,583	26.82%	1,608	23.35%	1697	23.59%	1441	20.62%	1858	21.37%
Cohabiting	91	1.75%	98	1.79%	104	1.76%	107	1.55%	116	1.61%	128	1.83%	161	1.85%
Total	**5,202**		**5,480**		**5,903**		**6,886**		**7194**		**6990**		**8693**	

Age Range 2019 - 2025

Year	2025		2024		2023		2022		2021		2020		2019	
≤ 6	203	3.90%	229	4.18%	199	3.37%	159	2.31%	156	2.18%	141	2.02%	207	2.38%
7 - 12	502	9.65%	506	9.23%	553	9.37%	596	8.66%	534	7.45%	411	5.88%	514	5.91%
13 - 18	782	15.03%	836	15.26%	853	14.45%	1,026	14.90%	1,025	14.31%	872	12.47%	1,020	11.73%
19 - 20	143	2.75%	152	2.77%	178	3.02%	228	3.31%	271	3.78%	245	3.51%	251	2.89%
21 - 25	391	7.52%	383	6.99%	451	7.64%	583	8.47%	673	9.40%	607	8.68%	725	8.34%
26 - 30	418	8.04%	446	8.14%	474	8.03%	571	8.29%	1,271	17.74%	1,295	18.53%	1,753	20.17%
31 - 35	428	8.23%	414	7.55%	460	7.79%	609	8.84%		0.00%		0.00%		0.00%
36 - 50	1,292	24.84%	1380	25.18%	1507	25.53%	1,855	26.94%	1,994	27.84%	2,148	30.73%	2,672	30.74%
51 - 65	751	14.44%	827	15.09%	904	15.31%	956	13.88%	942	13.15%	991	14.18%	1,199	13.79%
66+	292	5.61%	307	5.60%	324	5.49%	303	4.40%	297	4.15%	280	4.01%	352	4.05%
Total	**5,202**		**5480**		**5903**		**6,886**		**7,163**		**6,990**		**8,693**	

Employmeny Status 2019-2025

Active (New and existing clients)	2025		2024		2023		2022		2021		2020		2019	
Employment Status	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%	Clients	%
Employed	904	0.1738	1,184	21.61%	1,147	19.43%	1,424	20.68%	1,440	20.10%	1,448	20.72%	1,819	20.92%
Self Employed	94	0.0181	129	2.35%	145	2.46%	144	2.09%	159	2.22%	138	1.97%	187	2.15%
Unemployed	438	0.0842	463	8.45%	488	8.27%	649	9.42%	881	12.30%	945	13.52%	1,225	14.09%
Part-time Employment	259	0.0498	264	4.82%	250	4.24%	375	5.45%	440	6.14%	464	6.64%	610	7.02%
Homeworker	141	0.0271	178	3.25%	164	2.78%	261	3.79%	316	4.41%	295	4.22%	342	3.93%
Retired	193	0.0371	269	4.91%	260	4.40%	246	3.57%	245	3.42%	211	3.02%	266	3.06%
Student	939	0.1805	1,113	20.31%	1,194	20.23%	1,317	19.13%	1,348	18.82%	1,180	16.88%	1,363	15.68%
Disability	117	0.0225	109	1.99%	134	2.27%	179	2.60%	157	2.19%	152	2.17%	159	1.83%
Not Recorded by Agency	2,117	0.407	1,771	32.32%	2,121	35.93%	2,291	33.27%	2,177	30.39%	2,157	30.86%	2,722	31.31%
Total	**5,202**		**5480**		**5903**		**6,886**		**7,163**		**6,990**		**8,693**	

Waiting Times 2014-2025

Year	2025	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014
From Contact until Assessment	37	39	38	30	26	24	30	23	18	15	13	28
From Assessment to First Session	8	8	15	14	6	16	40	14	17	19	18	14
From Contact to First Session	47	48	55	45	29	41	70	37	35	34	30	33

FINANCIAL STATEMENTS 2025

Teiripe Pobail Eireann

Trading as Community Therapy Ireland

(A Company Limited by Guarantee
Haying No Share Capital)

Directors' Report & Financial Statements

For The Year Ended 31st December 2025

Company Registration Number: 545085

Charity (CRN) Number: 20073619

Charity Tax (CHY) Number: 18950

Company Information

Chairperson:	Elizabeth McGuckin
Directors	Elizabeth McGuckin Una Holstead Desmond Bailey
Secretary	Una Holstead
Company Registration Number	545085
Charity (RCN) Number	20073619
Charity Tax (CHY) Number	18950
Registered office	77 Camden Street Lower Dublin 2
Auditor	Cronin Financial Limited Chartered Accountants & Statutory Audit Firm 1 Terenure Place Terenure Dublin 6w
Bankers	Bank of Ireland Lower Baggot Street Dublin 2
Solicitors	Byrne Wallace Shields LLP 88 Harcourt Street Saint Kevin's Dublin 2

Directors Responsibilities Statement

Year Ended 31st December 2025

The directors' are responsible for preparing the Directors report and the financial statements in accordance with applicable Irish law and regulations.

Irish Company law requires the directors to prepare financial statements for each financial year. Under the law the directors havo oloctod to prepare the financial statements in accordance with Gump:tides Act 2014 and accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland" (Generally Accepted Accounting Practice in Ireland) as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1st January 2019. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

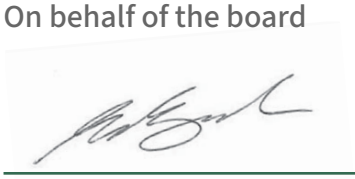
In preparing these financial statements, the directors are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and accounting estimates that are reasonable and prudent;
- State whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

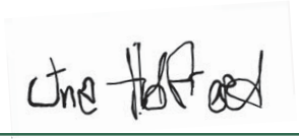
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

On behalf of the board



Elizabeth McGuckin, Director
Date: 12/08/2025



Una Holstead, Director
Date: 12/08/2025

Income And Expenditure Account

Year Ended 31st December 2025

	Notes	Unrestricted Funds	Restricted Funds	2025	2024
		€	€	€	€
Income from:					
Memberships	**3**	4,600	-	4,600	4,300
Government funding	**3**	-	233,948	233,948	129,468
Conference	**3**	-	-	-	1,749
Total income		4,600	233,948	238,548	135,517
Expenditure on:					
Other expenditure		-	(225,353)	(225,353)	(144,392)
Total expenditure		-	(225,353)	(225,353)	(144,392)
(Deficit) / surplus for the financial year		**4,600**	**8,595**	**13,195**	**(8,875)**
Total Comprehensive Income for the year		**4,600**	**8,595**	**13,195**	**(8,875)**

Balance Sheet

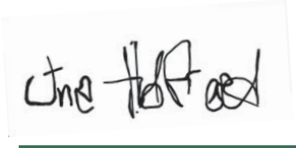
As at 31st December 2025

	Notes	2025 €	€	2024 €	€
Fixed assets					
Tangible assets	**12**	1,636		465	
			1,636		465
Current assets					
Debtors	**13**	3,411		12,991	
Cash at bank and in hand		147,614		168,855	
		151,025		181,846	
Creditors:					
amounts falling due within one year	**14**	(16,521)		(59,366)	
Net current assets			134,504		122,480
Total assets less current liabilities			136,140		122,945
Net assets			136,140		122,945
The funds of the charity					
Unrestricted funds			36,024		31,424
Restricted funds			100,116		91,521
Total charity funds			**136,140**		**122,945**

These financial statements were approved by the Board of Directors on 15th of September 2026 and authorised for issue on 15th of September 2026. They were signed on its behalf by:



Elizabeth McGuckin,
Director
Date: 15th September 2026



Una Holstead,
Director

Detailed Income Statement

Year Ended 31st December 2025

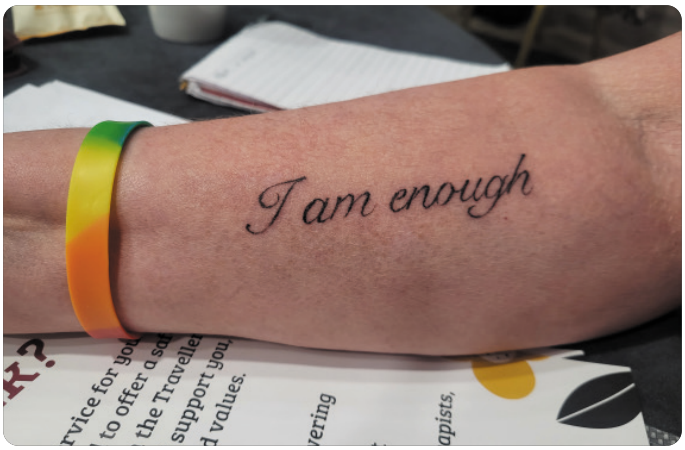
	2025	2024
	€	€
Income		
Member subscriptions	4,600	4,300
Tusla	226,523	127,390
Conference	-	1,749
Wrc agreement	7,425	2.078
	238,548	135,517
Gross profit	238,548	135,517
Overheads		
Administration costs	(225,353)	(144,392)
	(225,353)	(144,392)
Operating profit/(loss)	13,195	(8,875)
Profit/(loss) on ordinary activities before taxation	13,195	(8,875)

Year Ended 31st December 2024

Year Ended 31st December 2025

	2025	2024
	€	€
Overheads		
Administrative expenses		
Wages and salaries	126,637	82,745
Employer's prsi contributions	13,625	8,888
Staff pension costs	1,669	-
Membership and staff training	23,087	14,831
Rent payable	245	(2,034)
Insurance	1,473	1,062
Printing, postage and stationery	589	2,980
Advertising	140	4,150
Telephone	850	866
Computer costs	30,129	10,171
Travelling and subsistence	5,387	5,407
Legal and professional	3,051	797
Consultancy fees	7,334	4,593
Audit	8,303	8,303
Bank charges	144	155
Recruitment costs	-	295
General expenses	580	334
Subscriptions	1,098	382
Depreciation on fixtures, fittings and equipment	1,012	467
	225,353	144,392

2025 IN PICTURES
















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eveloping
ounselling
care
4th 2025
pm



The Lighthouse

I was swept under the sea

Each wave challenging my strength

Pushing me under

I was close to drowning

My breath focused on survival

Until there was a glimpse of hope within the depths

There was a faint light in the distance

This light guided me to shore

From the deepest, darkest place with seaweed tangling me

Struggling to fight for oxygen

There were no rescue boats nor helicopters looking for me

Yet your light never switched off

As the light drew closer

The water became shallow

I could finally stand and feel the ground beneath me

You are my beacon

You were my life buoy for so long

But now it is time to be my own ...



CB 2022

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Part of Community Therapy Ireland's national membership

Community Therapy Ireland



Community Therapy Ireland

77 Camden Street Lower
Dublin D02 XE80

Community Therapy Ireland is a trading name of Teiripe Pobail Éireann
Company Limited by Guarantee
Registered in Dublin, Ireland

Company Number: 545085
Registered Charity No: 20073619
CHY Number: 18950