

About David Birch.



David Birch began his therapeutic career many, many years ago and is a fully qualified Psychodynamic Counsellor having trained at Peterborough Regional College in England for three years.

With a passion for more 'therapeutic tools' in his toolbox, he went on to train with The Institute for Stress Management in London for a further two years and became a fully qualified Cognitive Behavioural Therapist.

David has also trained in Solution Focused Therapy, Person Centred Therapy, Gestalt, Motivational Interviewing and many others and has always warmed to the word 'eclectic' (a bit of everything) to achieve maximum benefit to the client.

David also has an Advanced Diploma in Addiction Studies and is a fully qualified Addiction Counsellor and he is an Accredited Member of The Addiction Counsellors of Ireland (ACI) and has worked in many Treatment Centres in the UK and in Ireland specialising in addiction.

David then became extremely interested in Hypnotherapy and trained with Dr. Joe Keaney and The Institute of Clinical Hypnotherapy and Psychotherapy (IChP) here in Ireland and was awarded the Advanced Diploma in Hypnotherapy and Psychotherapy (ADHP) and is an Accredited member of that organisation.

David went on to complete a further course of study with the worlds leading Pure Hypnoanalysis school of Therapy in the UK The International Association of Pure Hypnoanalysts (IAPH) founded by Neil French and more recently by Rob Kelly and is an Accredited member of that organisation.

The IAPH has, in recent times, shifted it's emphasis onto more "evidence-based" Hypnotherapy & Psychotherapy interventions and has now become the International Association of Evidence Based Psychotherapy, the IAEBP.

David is also a validated practitioner registered with the General Hypnotherapy Standards Council (GHSC) and is a Certified Hypnotherapist registered with the National Guild of Hypnotists (NGH) which is the largest and oldest Hypnotherapy Membership Organisation in the world.

David firmly believes in a statement made by Dr. Burton which he said.. "Actually, all effective therapy seems to involve Hypnotherapy" ... "the problem is inside the client but outside their control"