



Supporter's Newsletter

Issue No 4 | Winter 2011

Immigrant Counselling & Psychotherapy

Welcome



Your support is invaluable to our work helping people heal shattered lives and deal with emotional trauma, depression and risk of suicide.

We support some of the most vulnerable in our Irish community, and people from other communities too. Emotional trauma knows no boundaries of culture, class or income.

I was delighted to meet many of our regular supporters in November at our Race Night at the Crown Moran Hotel in Cricklewood, north London – a hotel with a long association with the London Irish community. It was an enjoyable night, raising over £4000 for our work. Can I say a big thank you to all our supporters who came along and made it such a successful night.

Our next event is our annual dinner on 24th February 2012 at the Painters Hall in the City of London – details are in this newsletter. The evening, now established on the Irish social calendar in London, always proves to be a great night for guests, with some fabulous auction prizes generously donated that ensure it's a key fundraising evening for us.

In this edition of the newsletter are a number of articles that we hope will give you a greater insight into the work we do, including some statistics on who we help, a case study of a typical client, and short feature on Daniel Linehan, one of our highly experienced psychotherapists.

I hope you find the newsletter informative and thank you for your continuing support. Without your help we couldn't provide many of our vital services.

Colin McNicholas, Chairman

promoting mental health and well being...

...rebuilding shattered lives through psychotherapy

Introducing....



**Daniel Linehan,
Psychotherapist**

Where are you from?

I was born in Solihull in the West Midlands but grew up in Leamington Spa in Warwickshire. When I was sixteen my parents decided to return 'home' to Cork and I went with them. I finished my secondary education in Cork, went to University there (University College Cork), worked for a couple of years in a local hospital, before making the decision to return to the UK, to London.

How did you become a Psychotherapist?

I studied Applied Psychology at UCC and became interested in psychotherapy during my studies. At that time I didn't feel ready to take it any further but promised myself that when I had a little more life experience I would come back to it. In the meantime I focused on organisational and developmental psychology.

What interested you in the work of icap?

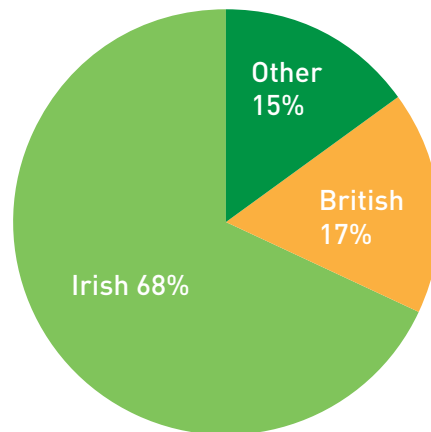
I first heard of icap in 2002 and of the work it was doing with Irish people living in London. icap offered a unique service and cared about this community in a way that no one else did. It was this dedication to supporting others in making a difference that made me decide to become an icap therapist.

What is it like being a team member at icap?

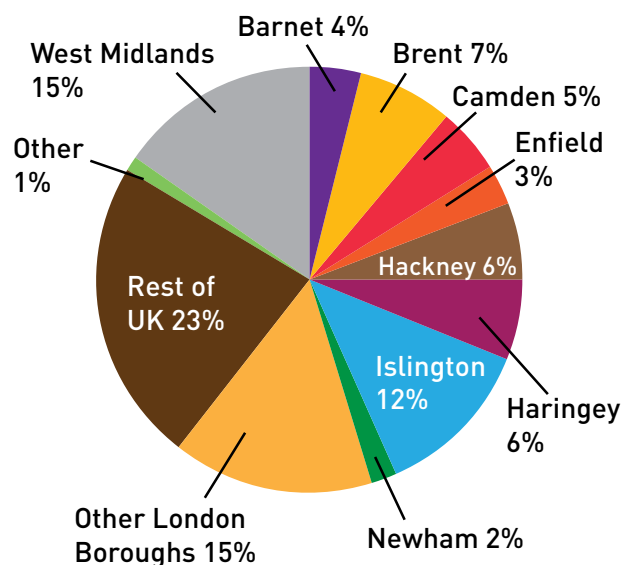
I have now been working for icap for nearly eight years and I continue to be impressed by the dedication, skill and expertise of my fellow therapists and of the icap team in offering support to vulnerable people.

Statistics for 2010/2011

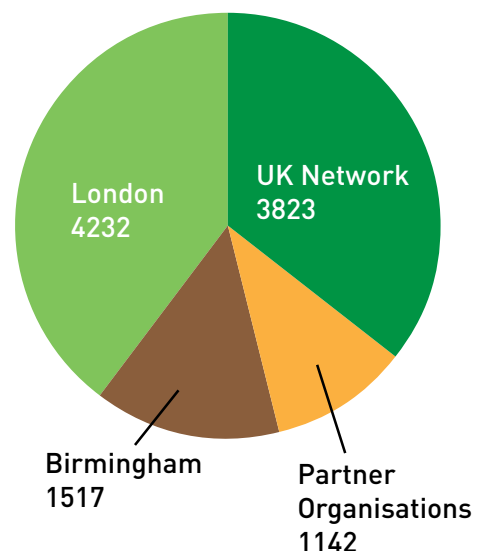
Client Ethnicity:



Client Location:



Therapy Sessions:



The Need

icap works with people affected by:

- › Abuse
- › Loss
- › Alcohol and Drug Issues
- › Shame
- › Depression
- › Anxiety
- › Suicide
- › Self-harm

A Typical Client

“Majella” set up her own company in Ireland in the early 1990s. Life was good, until cracks began to show a couple of years into her marriage, when her husband’s quick temper gave way to on-going domestic violence. She lost her business in 2009 and, faced with bankruptcy and an increasingly dangerous husband, she fled to London.



She struggled to find work, and is now desperately alone, overwhelmed by feelings of depression that sometimes tip over into thoughts of suicide. She finds herself unable to talk to anyone about all that has happened. Her husband managed to isolate her from her family and her friends are unable to understand the mix of love and hate she still holds about her violent husband.

How we Address the Need

icap does something no other organisation does.

Working primarily, but not exclusively, with the Irish community in the UK, we give people a chance to deal with problems that threaten their mental health. Some of our clients struggle with the most terrible feelings of low self-worth, to the point where the only solution they can imagine is to end their lives. Others are trapped in cycles of addiction, self-harming or depression.

Many of our clients have histories of sexual, physical and emotional abuse at the hands of those meant to care for them in orphanages, schools and other institutions. Others have experienced abuse at the hands of loved ones. For some, the experience of having to leave their homeland (escape the grinding aftermath of abuse, trauma and poverty) is one they are not equipped to deal with.

The feeling of being a stranger in a strange land has a particular pain for many Irish people, who end up feeling isolated, afraid and alone. icap gives hope to those who come to us. We provide each of our clients with a trained and experienced psychotherapist who can help them unpack their painful histories, and who can help them rebuild their shattered lives.

This can take time, particularly for those who have never known a childhood free from fear. Through weekly clinical sessions, the gradual process of building a sense of identity and self-esteem begins.

It can take time to build up trust, although this process is often helped by a client’s sense that icap can represent a kind of home – a safe space where they can learn what it is to be respected by another, where their history can be believed and validated, and where they can move towards a life of dignity and fulfilment. Therapy at icap is a way for survivors of trauma to access an inner strength that persists long after their therapy ends.

Annual Dinner 2012

We are delighted to confirm our Annual Dinner will be held on Friday 24th February 2012 at the exclusive Painters' Hall in the heart of the City. The evening will include a drinks reception, dinner, tour, entertainment, raffle and auction. Tickets are £125 each or £1200 for a table of 10.

To secure your place, at what promises to be a fabulous evening, contact Sinéad on 020 7272 7906 or email sinead@icap.org.uk.

Ways to Support Our Work:

Monthly Giving

Our work relies on supporters like you to help fund our vital work providing psychotherapy and counselling to people who are in need. A monthly donation would enable us to plan ahead with our projects and look towards the future of icap.

To set up a Direct Debit click on the Virgin Giving link on our website www.icap.org.uk, your support is greatly valued.

JustTextGiving

You can donate to support our work via text message thanks to JustTextGiving. To donate text **icap01** with either **£1, £2, £3, £5 or £10** to **70070** and follow the relevant Gift Aid instructions.



Annual Dinner 2012: In the fabulous Painters' Hall

Race Night 2011

Thank you to all those who attended yet another fun-filled race night at the Crown Moran Hotel in Cricklewood on Friday 11th November. Our guests had a wonderful evening placing their bets and collecting their winnings, whilst also helping to raise over £4,000 for icap.

We enjoyed a delicious Irish stew and listened to the exceptional talent of Morrissey & Marshall. The evening was kindly sponsored by Phil Cusack Tool Supplies Ltd and John McVeigh at Instalcom Ltd. The funds raised from the evening will help provide therapy sessions to help rebuild shattered lives.

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