

General Counselling & Psychotherapy Web Portals

COUNSELLING ORGANISATIONS IN IRELAND, BRITAIN AND EUROPE	
IACP Website	https://www.iacp.ie/
IAHIP Website	https://iahip.org/
NAPCP – National Association for Pastoral Counselling and Psychotherapy	http://www.napcp.ie/
Association of Professional Counsellors and Psychotherapists in Ireland	https://www.apcp.ie/
Psychotherapy Council Ireland	http://www.psychotherapycouncil.ie/
BACP	https://www.bacp.co.uk/
The National Counselling Society (UK)	https://www.nationalcounsellingsociety.org/
UK Council for Psychotherapy	https://www.psychotherapy.org.uk/
European Association for Counselling	http://eac.eu.com/
European Association for Psychotherapy	https://www.europsyche.org/
European Association of Integrative Psychotherapy	http://www.euroaip.eu/
RESOURCES FOR THERAPISTS	
PsychCentral Directory of online psychology and mental health resources	https://psychcentral.com/resources/
Therapist Aid - creates and shares worksheets, videos, guides, and other tools to aid mental health professionals in the course of their work	https://www.therapistaid.com/
Psychology Tools CBT resources – worksheets for therapists	https://www.psychologytools.com/
PSYCOM - A mental health resource	https://www.psycom.net/
PsychotherapyNet - Resources to Inspire Therapists	http://www.psychotherapy.net/
Counselling Resource - Overseen by an international advisory board of distinguished academic faculty and mental health professionals with decades of clinical and research experience in the US, UK and Europe, CounsellingResource.com provides	https://counsellingresource.com/

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peer-reviewed mental health information you can trust	
Centre for Clinical Interventions – Self help resources for mental health problems	https://www.cci.health.wa.gov.au/resources/looking-after-yourself
Therapy Worksheets	https://therapyworksheets.blogspot.com/
Belmont Wellness - Therapy Worksheets	https://belmontwellness.com/psychoeducational-handouts-quizzes-group-activities/
Positive Psychology Programme – positive psychology activities to use with clients	https://positivepsychologyprogram.com/positive-psychology-exercises/
Kim's Counselling Corner - worksheets	https://kimsounselingcorner.com/tools-for-parents/printable-worksheets-and-charts/
Zur Institute ethical, clinical, practice management resources (American)	https://www.zurinstitute.com/free-resources/articles/
Zur Institute audios, videos, podcasts	https://www.zurinstitute.com/free-resources/audios-videos-and-podcasts/
Zur Institute a-z of articles and resources	https://www.zurinstitute.com/free-resources/course-resources/
PsychPage perspective on psychology in daily life	http://www.psychpage.com/