Founder and Director
Dr Ann O'Hanlon, BA (Hons), MSc, PhD, Dipl Couns, PG Dipl CBT, Cert Ed

Ann is a psychologist and a CBT Therapist. She completed two advanced degrees in psychology from the University of Southampton, and 5 years of postdoctoral psychology and research training at the Royal College of Surgeons in Ireland. At Queens University Belfast, Ann also completed a Diploma in Person Centred Counselling (with distinction), and a Postgraduate Diploma in Cognitive Behaviour Therapy (CBT). Clinically, Ann has worked with a range of clients in public and private healthcare settings. She has also taught in higher education for nearly twenty years, and published many scientific journal papers and books, including a second edition academic textbook in psychology.

Ann is passionate about lifelong learning, and does not believe that people should have to wait until they are in crisis before learning techniques and tools to manage how they feel. Instead, by gaining these insights early, we believe that a lot of angst and distress will be avoided, and that people can soon add/regain quality in their lives and relationships. Even when each course finishes however, ongoing follow-up supports will be available, including meditation classes, regular “top-up” seminars and courses, and peer events with fellow-Moodsters®, DAKtivists®, Medsters® and others. We are really looking forward to working with you, and creating lasting change together.

Additional information
To protect the privacy of attendees, no one will ever be asked in front of others to answer a question, or to talk about how they feel. Instead, slides will have all the information needed, with examples. However, attendees can ask questions of the course leader - either directly, or anonymously via a class mailbox.

Our "Teen Stress Busters" course is a CBT stress-management intervention suitable for those aged 13-18 years.

Our "Feel Great Gifts" initiative is a new psychology feel-great gift range to supplement and reinforce inside-out CBT change. We hope this initiative will provide jobs, while also bringing smiles to faces and helping people feel really great.

As active researchers, we are available to supervise/contribute to research projects and evaluations on topics linked to psychology, gerontology (incl age friendliness), mental health, or kindness.

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Want to feel more confident? Happy? Less down, stressed or worried? We can help! Talk to us in confidence.

Health and well-being supports for men and women of all ages, backgrounds and cultures!

The problem is not that life is short, but that we wait so long before we start living!
The I Can Centre
The I Can Centre™ is a psychology, counselling and kindness centre that changes lives! Through 1-1 CBT, and community courses, we help people prevent or manage low mood, depression and all types of anxiety. We also offer supports and training towards happiness and well-being, which includes becoming the best and finest version of ourselves.

Our community supports are needed because all of us feel stressed, anxious or down at times, but techniques to manage these feelings are not routinely taught, and often people do not know what they can do to improve or manage how they feel. Also, if these moods stay, negative consequences can follow: time and energy get wasted, relationships become impaired, and many physical ailments can follow.

So, do get in touch, and let us show you (or your staff) how to drop 'I can’t ..' and become someone who says: "I can manage anxiety / anger / low mood" or 'I can stop worrying / shopping / procrastinating', or "I can be happy / confident / myself".

WHAT SUPPORTS ARE ON OFFER?
We offer a wide range of supports incl. 1-1 CBT counselling, meditation classes, and informal community courses for the general public. We offer these to a wide range of groups representing all ages, backgrounds and cultures, including:
- older people (see our “AgeSPIRE” project);
- young people (see “TeenSPIRE”);
- men’s groups;
- corporate (see “Staff Matter”), and professional groups (e.g. GPs, Nurses, Teachers, and Counsellors).

1-1 CBT Counselling
Cognitive Behaviour Therapy can help with specific or urgent issues around low mood, and/or all types of anxiety, incl shyness (or social anxiety), phobias, and worry or worrying. A short phone / skype call will determine initial suitability (FREE), followed by a more detailed but informal face-to-face chat. This support may even be free-of-charge with one of our CBT trainees.

Mindfulness Meditation
Mindfulness refers to the non-judgmental attention and acceptance of the present moment. We offer a low-cost six-week course of mindfulness meditation which builds and deepens practice week-on-week. New six week courses start regularly, and drop-in / per-session guests are also welcome.

Community Courses and Workshops*
We offer a range of sequential, informal, low-cost community courses / workshops that can be taken for information, support, or personal development:
1) Level 1 courses: at this level, learn how our actions and behaviours affect mood, and how changing these can help us feel better. For instance, our “Stress Busters I” course is especially for those feeling down or tired, but this course is also very suitable for those who simply want learn how to self-care.
2) Level 2 courses: At this level, learn how our thinking affects mood, and how to manage busy, anxious, angry or worry thoughts. For instance our 6-week "Stress Busters II" course takes a different theme each week so that attendees can understand their own thoughts in a range of contexts, while building a wide range of coping strategies.

3) Level 3 courses: At this level, we teach techniques to manage or prevent stress-related cravings (e.g. chocolate) and compulsions (e.g. compulsive facebooking, shopping, or checking). (Please note: Stress Busters II is a prerequisite for most Level 3 courses).
4) Level 4 courses enable attendees to make mindful, compassionate choices toward happiness and well-being. These cannot occur where people are down or anxious; therefore doing at least ‘Stress Busters II’ is recommended before doing level 4 courses.
5) Level 5 courses: with the basics in place, we talk informally and without jargon, about continuing development towards the very best and finest versions of ourselves - evident through genuine and mindful awareness, confidence, creativity, compassion and wisdom.

*Attendees also complete mood surveys to help ensure we are meeting our feel-great objectives.

ANY FOLLOW UP SUPPORTS?
Yes– "The I Can Club" encourages members to meet like-minded others socially for fun, enjoyment and ongoing peer support, incl Stress Café meetups:
- Moodsters™: While "youngsters" are people who are young, Moodsters™ describes those with some training in mood and stress, i.e. those who finish our Stress Busters II or higher courses.
- DAKtivists™ are kind, caring people countering negativity with at least one daily act of kindness for themselves, or others in their communities. Core to DAKtivism™ are daily acts of self-care.
- Medsters™ and Foodsters™ are members with interests in meditation and healthy eating respectively.