TOWARDS HEALING

ANNUAL REPORT 2025

Company Registered Number: 431457
Charity Number: 20741 / 20082574

Background

Towards Healing is a company limited by guarantee and a registered charity. It was established 15 years ago to continue the important work of Faoiseamh, therefore, the Catholic Church in Ireland has now provided 30 years of outreach and support to survivors of clerical, religious and institutional abuse.

This remains a significant and necessary commitment for Towards Healing to provide quality, professional counselling to enable survivors to recover, heal, and rebuild their lives.

In 2025 Towards Healing continued to be guided by our Vision, Values and Mission .

Values

Compassion

Empowerment

Hope

Vision

A world where every child and adult can be safe to thrive, and where survivors of abuse and their family members will receive compassionate listening, support and healing that empowers them to live their lives to the full.

Mission

Enable survivors of Catholic institutional, clerical & religious childhood abuse to recover, heal and rebuild their lives by providing professional counselling and other supports to them & their family members

Chairperson's Report

It gives me great pleasure to present the Annual Report in which we present the achievements and work of Towards Healing in 2025.

Throughout 2025 the Board continued to oversee the implementation of the Strategic Plan (2021 – 2025). Our focus was to ensure that service provision to clients was enhanced and organisational capacity was strengthened. Our strategic plan enables us to incorporate this mission into day to day service delivery at Towards Healing with survivors at the forefront of what drives us to achieve our key strategic themes.

During 2025 Towards Healing provided 10,594 sessions of individual counselling delivered by our contracted professional Affiliate Counsellors to 625 clients. This is an increase of 55% on the counselling sessions provided in 2024 and an increase of 24% on the 504 clients who received counselling in 2024. The increase in numbers of clients in 2025 reflects the emerging of new revelations of historical abuse in Catholic schools and the ongoing impact of the Scoping Inquiry.

In 2025 we contracted over 226 counsellors who are professionally qualified and registered. We are deeply indebted to our Affiliate Counsellors for their dedication and commitment to Towards Healing. Towards Healing provided a range of training opportunities for staff and Affiliate Counsellors throughout 2025.

As a Board we are deeply indebted to our staff and I would like to take this opportunity to sincerely acknowledge their contribution: Dr Aisling Hearns, Director of Services, for her leadership and effective management of the organisation, John O'Donoghue, Counselling Manager, Sinead Domican, Martina Keogh and Susan Halpin Counselling Coordinators for their constant dedication and professionalism. Also our Finance Officer, Noeleen Reilly, and Marie Freeman, our Administrator, for their continued hard work and commitment to the service.

2025 presented both challenges and opportunities. We successfully secured new offices and moved in June 2025. We are grateful to the Members and funders for their support of this move. The mid-term financial review in July highlighted that the number of counselling sessions delivered in the first half of 2025 were 24% over budget. The financial forecast for July to December 2025 indicated additional funding of €155,000 would be required. Following meetings with the members and funders the additional funding requested was granted. The work of Towards Healing is made possible through the ongoing support and funding of the sponsoring bodies (IEC and AMRI) who finance the entire operation of Towards Healing.

As a Board we are conscious of our responsibilities towards the people who use our services, the funders, staff of Towards Healing, and the Affiliate Counsellors. Sr Christina Goodman and Fr Ryan Holovlasky nominated by AMRI to serve as Directors joined the Board in April 2025 and were ratified by the members at last year's AGM. Despite our best efforts we were unsuccessful in recruiting other Board members and we continue our endeavours in this regard including our commitment to recruit a survivor to the Board. We know the importance of the service for the people who use it and for the funders and we recognise the commitment of the staff of Towards Healing in providing the support that Towards Healing offers. I once again acknowledge their work and commitment and thank them for their endeavours.

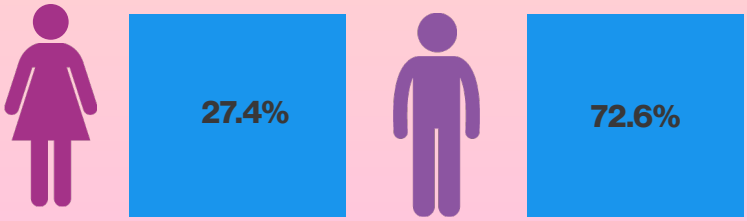
I thank the Directors of the Board and Members and all our funders for their continued support and encouragement.

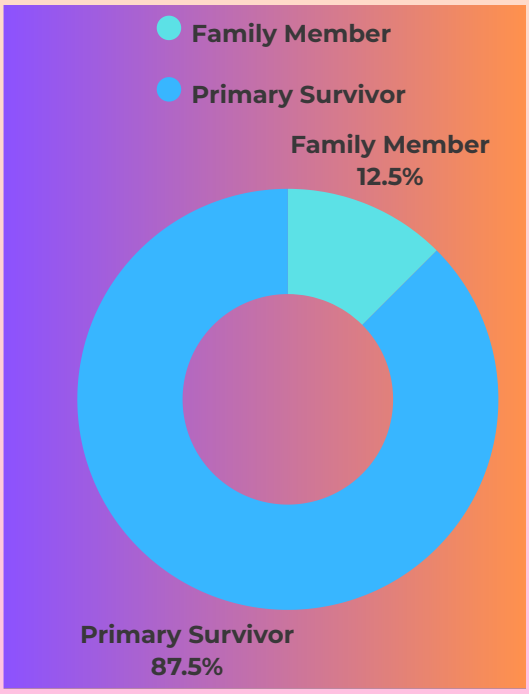
Greg Price
Chairperson

Work of Towards Healing
SUMMARY 2025

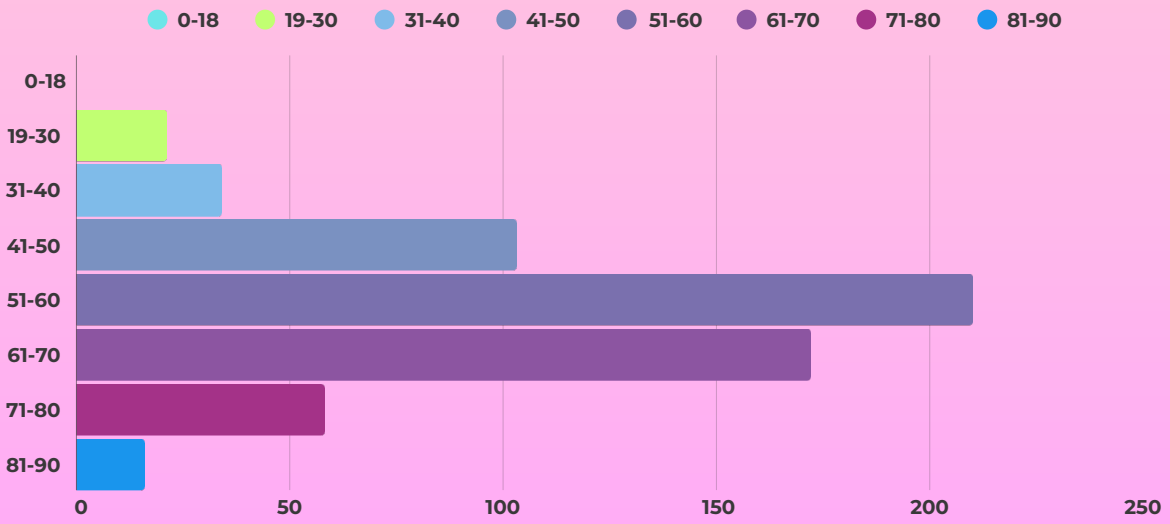
625	230	85	226	10,594
No. Clients	No. New Clients	No. Returning Clients	No. Affiliate Counsellors	No. Counselling Sessions

Gender



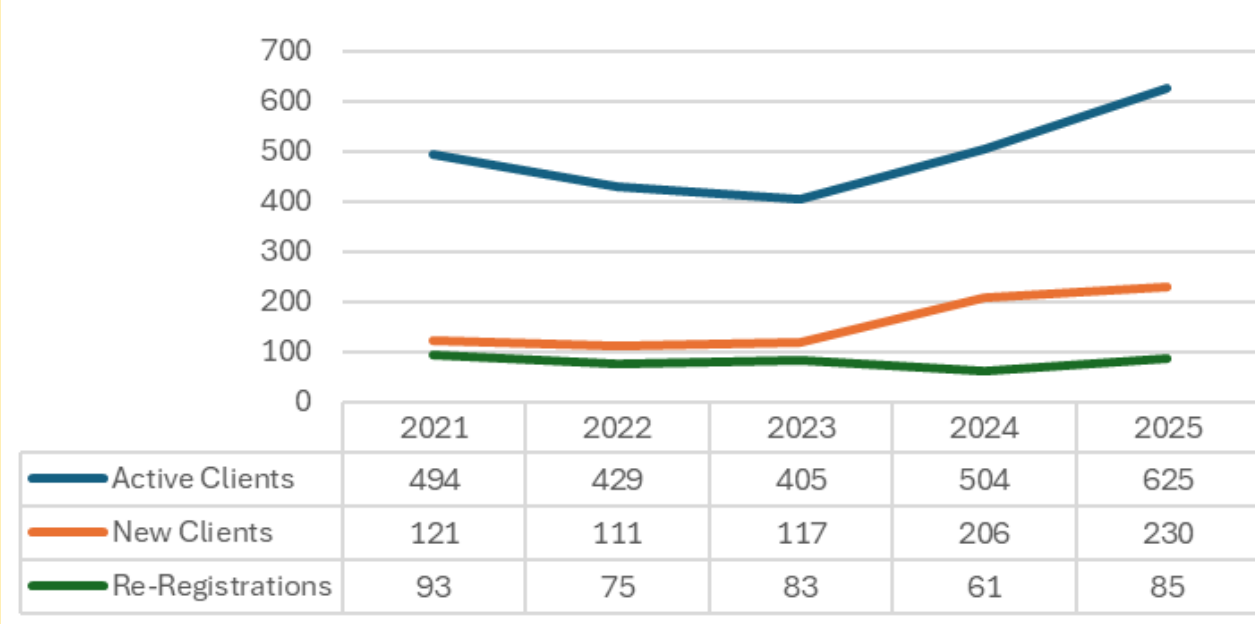


Age Group



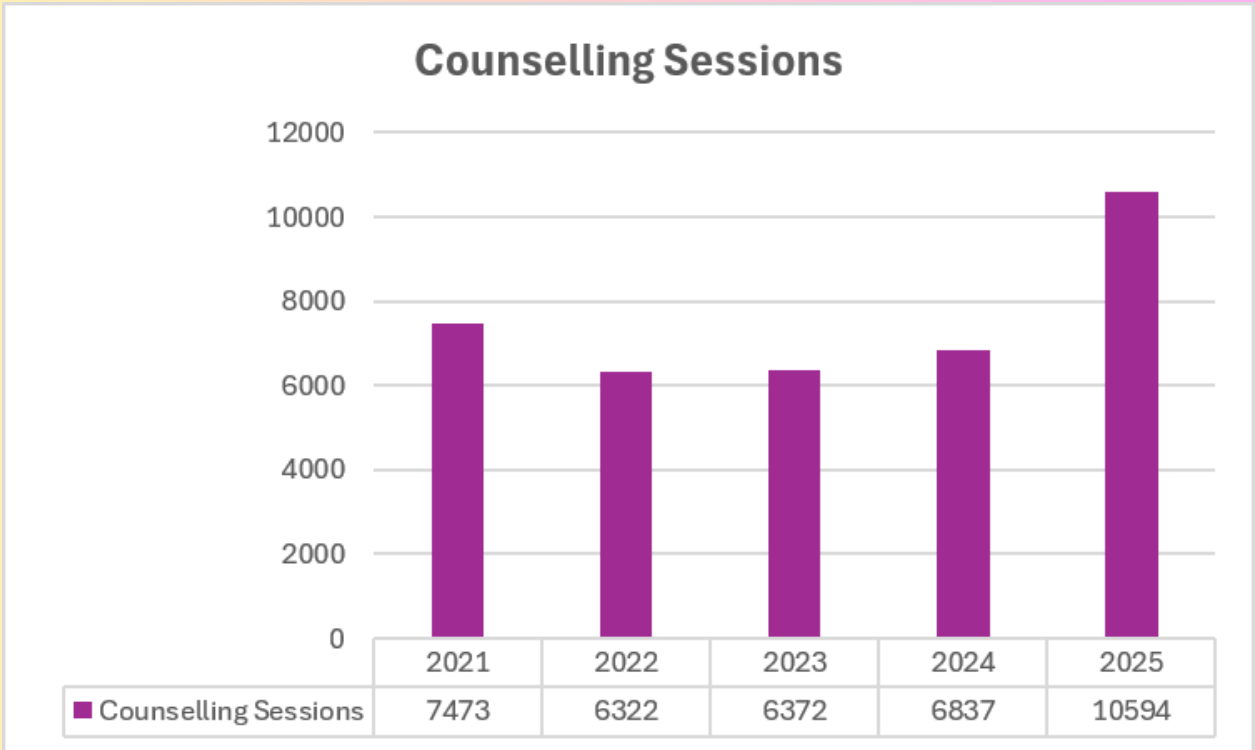
Towards Healing 5 Year View
2021 - 2025

Client Numbers 2021- 2025



	2021	2022	2023	2024	2025
Active Clients	494	429	405	504	625
New Clients	121	111	117	206	230
Re-Registrations	93	75	83	61	85

Annual Counselling Session Numbers
2021 - 2025



	2021	2022	2023	2024	2025
Counselling Sessions	7473	6322	6372	6837	10594

Staffing & Human Resources 2025

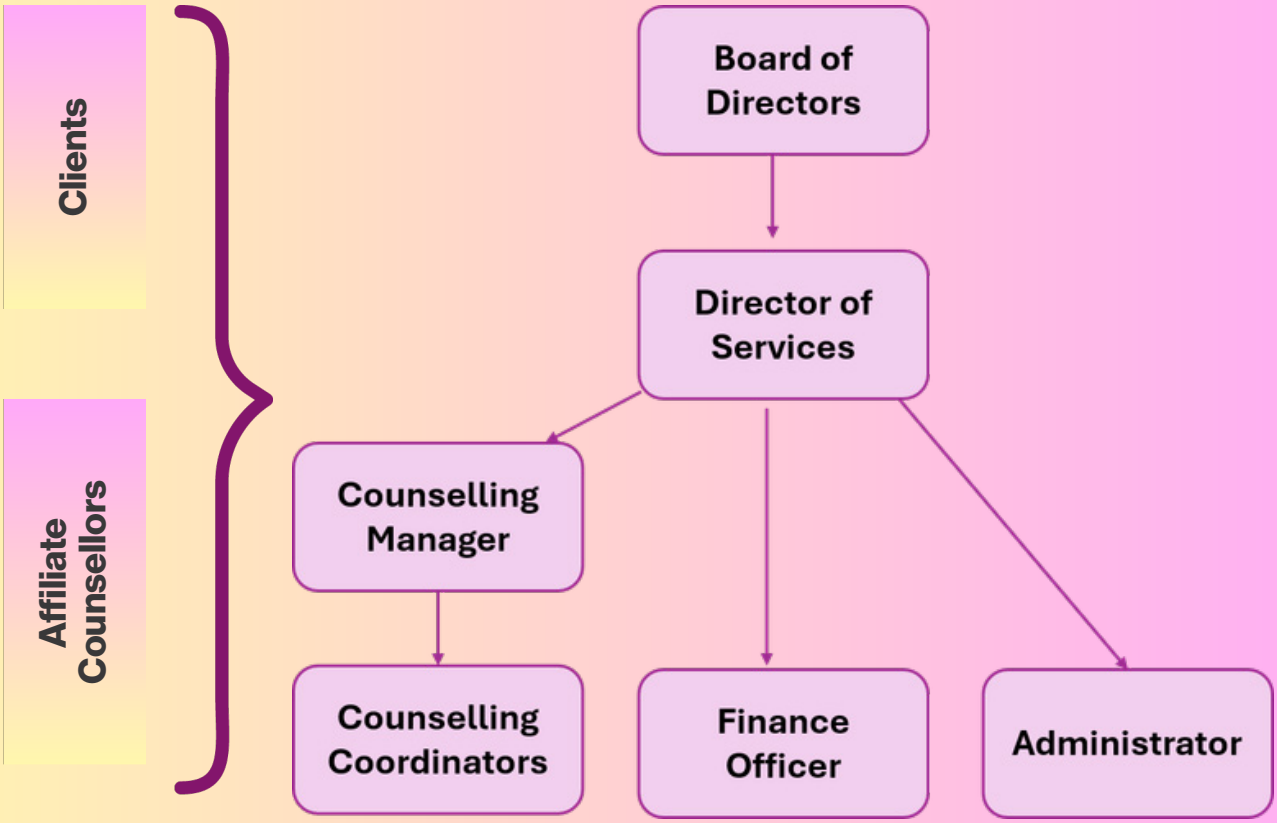
In 2025, the numbers of staff increased with the addition of a third counselling coordinator for three days a week, to help manage the increased demand on the service. In addition, Towards Healing contracted over 226 counsellors, who are professionally qualified and registered, to deliver the 10,594 counselling sessions to clients.

Throughout 2025 the staff of TH continued to network and collaborate with other agencies and organisations e.g. Towards Peace, DLPs Safeguarding Officers etc.

An advertising campaign highlighted the work of Towards Healing on a national level by sending posters and leaflets to all HSE Primary Care Centres and Garda Stations within each county of Ireland

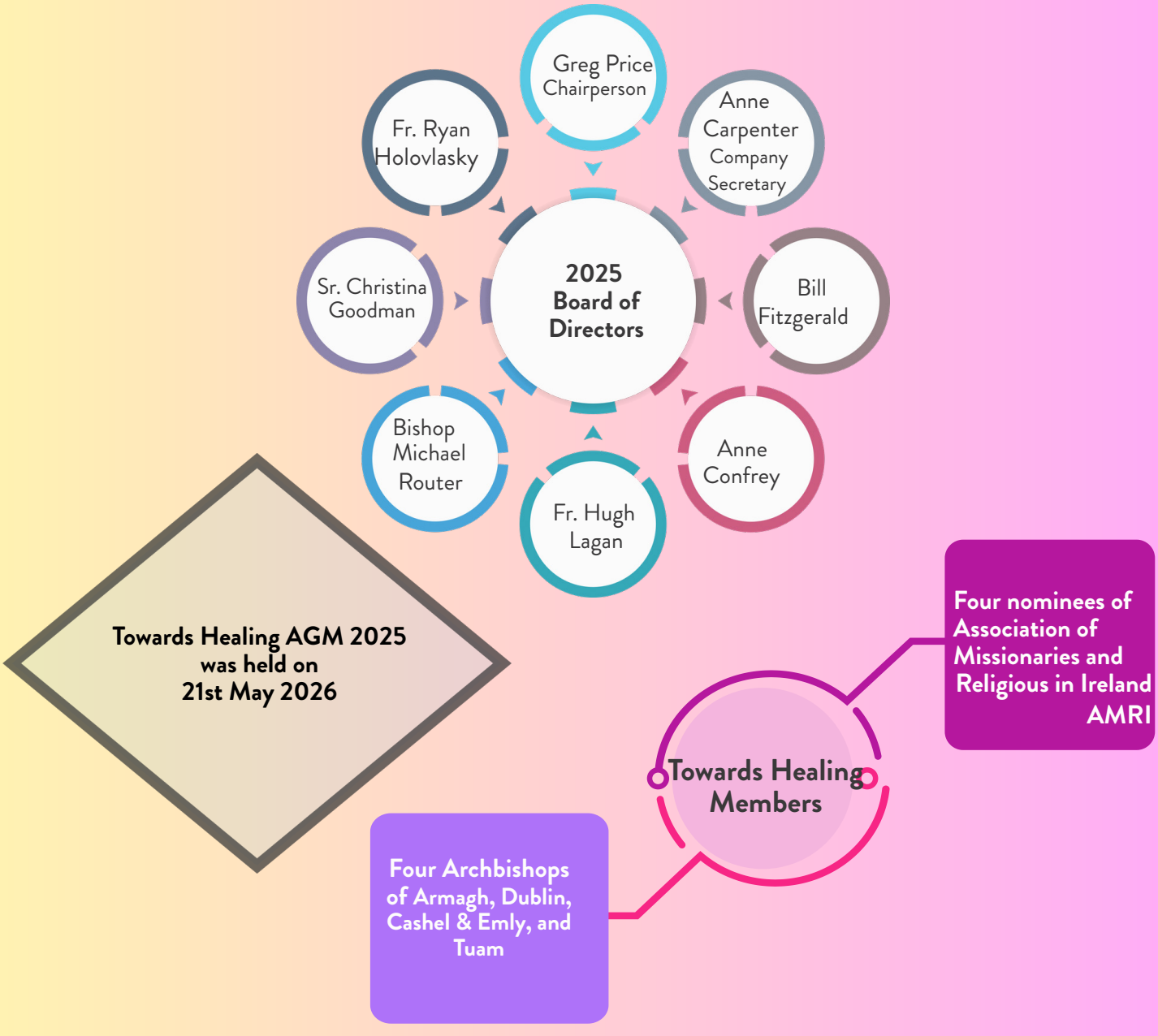
In 2025 a Research Project was initiated with TCD Centre for Global Health, to establish what resources are required and available to enable survivors to exit safely from long-term psychotherapy .

Towards Healing Organisational Structure



The Board of Towards Healing

Towards Healing is a company limited by guarantee and a registered charity. It was incorporated on August 17th, 2017, under the Companies Act 2014, specifically registered under Part 18 of the Act, and operates without share capital. The organisation is governed by its memorandum and articles of association, with oversight provided by its Members and Board of Directors. During 2025 there were 8 full Board Meetings and 2 workshops on preparing the new Strategy for 2026 to 2030. The structure of the Members and Board is outlined below.



Strategic Plan 2021 - 2025

Theme 1
Strengthen our approach to counselling and support provision for clients

Theme 2
Provide provide trauma–informed professional counselling which is responsive to individual client needs.

Theme 3
Enhance governance and regulatory compliance

Theme 4
Establish effective leadership, management and staffing structures

Despite the additional pressure due to rising numbers throughout 2025, the Board diligently pursued the implementation of the Strategic Plan. The Strategic Plan for 2021 - 2025 was fully implemented. At the end of 2025, the Board and staff started the planning process for a new Strategic Plan for 2026 -2030

Delivery of the Strategic Plan 2021 - 2025

2025 saw the final stage of the implementation of the 2021 - 2025 Strategy. This strategy had 4 key Strategic Themes and outcomes which has guided the work of Towards Healing over the last five years. These are:

1. Strengthen our approach to counselling and support provision for clients
2. Enhance Quality of Services
3. Enhance Good Governance and Regulatory Compliance
4. Establish Effective Leadership, Management and Staffing Structures

A review of the strategy in 2025 highlighted the implementation of the Strategic Plan has resulted in significant progress across clinical service delivery, governance, compliance, and organisational development within Towards Healing.

A major achievement was the articulation of a new trauma-informed Model of Care in February 2025, providing a clear evidence-based framework for client recovery and therapeutic intervention. Staff and affiliate counsellors continue to receive ongoing complex trauma training, ensuring that services remain aligned with best practice in supporting survivors of abuse.

The organisation has maintained timely access to counselling, with clients attending their first therapy session on average within three weeks of referral, and most referrals to affiliate counsellors occurring within the targeted two-week period. New psychoeducational and survivor support groups were introduced, including an online Psychoeducation Group and an in-person Survivors Group, expanding opportunities for empowerment and peer support. Client involvement in service evaluation has also strengthened through structured feedback systems and the production of an in-depth client feedback report in 2024.

Strong progress has also been made in governance, compliance, and organisational systems. Towards Healing is compliant with the Charities Regulator Governance Code, safeguarding policies were updated, and a comprehensive GDPR and Privacy Policy was developed and approved.

Monthly reporting systems and monitoring and evaluation processes are now embedded, supporting improved oversight and outcome measurement. Recruitment and governance processes for affiliate counsellors were strengthened through updated contracts, policies, and clinical governance procedures. In addition, the organisation strengthened collaborative links with external agencies, including advocacy, safeguarding, addiction services, and mental health services, helping to ensure clients receive appropriate and coordinated support. Leadership and operational structures have also matured, including the recruitment of the Director of Services, ongoing annual reviews of staffing arrangements, and the securing of new premises in 2025. Overall, the Strategic Plan has enhanced the quality, accessibility, accountability, and sustainability of services provided by Towards Healing.

In November 2025 we embarked on the development of the new Strategic Plan to guide our work over the next 5 years 2026 – 2030.

We look forward in 2026 to continue to ensure that we achieve our mission of enabling survivors of institutional, clerical, and religious childhood abuse to recover, heal and rebuild their lives in the most effective way possible.

Extract from Towards Healing Financial Statements 2025

CCSS CLG (T/A Towards Healing)
Company Limited by Guarantee, Pursuant to the Companies Act 2014
Statement of Financial Activities (including Income and Expenditure Account)
For the Year Ended 31 December 2025

	Note	Total 2025 Unrestricted €	Total 2024 Unrestricted €
Income and endowments from:			
Grants received for charitable activities		1,055,000	900,000
	5	1,055,000	900,000
Expenditure on:			
Charitable Activities	6	(1,143,217)	(825,770)
Net (expenditure)/surplus		(88,217)	74,230
Reconciliation of funds:			
Total funds brought forward		292,728	218,498
Total funds carried forward		204,511	292,728

There are no recognised gains or losses other than the net surplus/(expenditure) set out above.

The notes on pages 14 to 22 form part of these financial statements.

All income and expenditure derives from continuing activities from unrestricted sources.

On behalf of the board;

Anne Carpenter
Anne Carpenter
Director

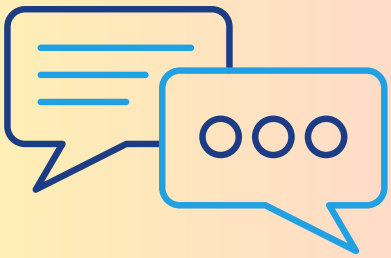
Greg Price
Greg Price
Director

Date: 29 April 2026

How to Contact Us

1800 303 416 (Ireland)
08001026172 (UK)

10am to 4pm Tues to Fri



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Hearing-impaired only

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www.towardshealing.ie