Tailor-Made Training

Our Tailor-Made Training enables participants to maintain, improve and broaden their knowledge and skills and develop personal qualities required in their professional lives.
Using our unique and talented faculty of highly trained and qualified mental health & wellbeing specialists, PCI College are delighted to offer a range of Tailor-Made Training programmes in a variety of subject areas.

Our team will provide you with the opportunity to delve into the world of professional development and self-discovery in a safe environment. We pride ourselves on our high standards and values. With our exciting approach and delivery, the learning experience is transferred into the workplace, making everyone a winner. Training courses are offered 7 days a week, anywhere in the Ireland, we will meet your requirements.

*Time, Date, Duration, Venue - The Choice is Yours.....*
Since our inception, PCI College has been providing expert training for organisations throughout the country. We can provide workshops / courses on counselling & psychotherapy, psychology or any of the professional and personal development, such as:

- Cognitive Behaviour Therapy (CBT)
- Counselling Skills
- Workplace Counselling
- Suicide Studies
- Couples Counselling
- Spiritual Counselling
- Creative Therapies
- Play Therapy
- Group Therapy
- Addictive Behaviours
- Substance Addiction
- Dual Diagnosis

We provide 2 hour Taster Sessions if you would like to find out more about a course before booking.

The delivery of the PCI College training will be essentially participative and experiential. The training will require participants to be willing to engage in some group participation and facilitation as learning/training tools. Handouts will be provided. PCI College adopts an adult education approach to group facilitation; there is a strong emphasis on self-directed learning, on active participation and on case studies, and group discussions.

Review

"Excellent facilitation. Interesting content. Good mix of theory with practical experience and demonstration was very valuable"

Institute of Guidance Counsellors, Cork
Corporate Training

Let us help you promote positive mental health in your workplace. We provide lectures and workshops which give practical, evidence-based skills & tools for your employees. We aim to help your employees achieve a state of wellbeing in which they realise their abilities, can cope with the normal stresses of life, can work productively and fruitfully and are able to make a positive contribution to their organisation. Our specialist mental health training provides staff with enough support to deal with difficult situations that they come across in everyday working life.

Here are some workshops / lectures that we have provided in the past. We can customise any of our courses to meet your organisations needs:

- Mental Health & Well Being
- Communication Skills
- Boosting Confidence
- Managing Stress - 5 Areas we can work on.
- Self-Esteem & Self-Belief; using CBT
- Flourishing - How to Achieve a Deeper Sense of Well-being, Meaning and Purpose, even when Facing Adversity
- Relationships and Mental Health - classic concepts in how we relate to one another and tips on how to improve our daily interactions with those we care about.
- Life Skills - Minding ones Mental Health in tough times
- Positive Psychology
- Psychometrics

Review

“It achieved a great balance between knowledge of the topic and making this interesting and close to us... Eoin managed to make [the lecture] understandable to us with day to day examples. At the same time we felt that he was really an expert in the topic. From a HR perspective we were delighted to get so many people participating in the Q&A after the talk, as this is not the usual way our staff behaves.”

Patricia Soria, Irish Life
About PCI College

PCI College was founded in 1991 to provide expert training in counselling and psychotherapy for mature students. In 2001 PCI College became a collaborative College of Middlesex University. PCI College is committed to the provision of expert training and education in mental health and wellbeing. We are now a leading provider of third level educational and continuing professional development programmes in the fields of counselling and psychotherapy, psychology, related social sciences and personal skills development.

PCI College attracts students from a range of ages, backgrounds and professions. Each student brings a depth of experience and diversity to PCI College and we are privileged to have teachers and trainers of high quality and commitment, with a wide range of areas of expertise, plus a dedicated and welcoming administrative team, who provide important back-up and support for the people studying here. We aim to provide students with experiences and opportunities which will enable them to develop their potential in a supportive, stimulating and challenging environment, where ideas are discussed freely and where there is a sense of sharing in a continuing process of self-discovery.

If you are preparing to join us on your educational journey, you can be certain of our pledge to maintain excellence and innovation in the provision of mental health and wellbeing training, and to provide ongoing professional support to qualified practitioners. Our training programmes cover a wide range of theories and are constantly updated to keep up with current theory and legislation. We remain committed to maintaining and enhancing our standards and continually developing as an organisation to remain at the cutting edge of therapeutic work and theoretical perspectives.

Our programmes are currently offered in:-

- West Dublin
- Dublin City Centre
- Cork
- Limerick
- Kilkenny
- Athlone