PCI College’s mission is to make transformative contributions to individuals and society as the leading third level educational and continuing professional development provider in Ireland; in the field of counselling and psychotherapy, mental health and wellbeing, with a specific goal of providing second chance education to all.

In light of the COVID-19 Global Pandemic we are all facing together, PCI College are ensuring we continue to deliver our programmes through a ‘Live’ online classroom setting with breakout groups and sessions built into all lesson plans, whilst focusing on excellence and innovation in contemporary academic knowledge and ethical practice within the helping professions.

For the aspiring professional in this increasingly important area, and with social distancing affecting our mental wellbeing it is more important than ever that highly skilled and qualified professionals are available to support the population at this time.

PCI College provides a wide range of high-quality academic programmes taught and designed to standards comparable to Levels 6, 8 and 9 on the National Qualifications Framework, validated by Middlesex University and quality assured by QAA. PCI College is one of a small number of private Colleges in Ireland to offer University validated programmes, internationally recognised and adhering to strict Quality Assurance. These include our well-established and popular BSc (Honours) Degree in Counselling & Psychotherapy degree accredited by the Irish Association of Counselling & Psychotherapy (IACP), our Advanced Diploma Clinical Supervision and our suite of Master’s level programmes in Child & Adolescent Counselling and Psychotherapeutic Skills, Addiction Counselling and Psychotherapy and Family Therapeutic Skills.

In addition, PCI College offers a Certificate in Counselling & Psychotherapy, along with a Blended Learning edition that can be completed at your own pace, accredited by The National Counselling Society (NCS), together with a suite of Continued Professional Development programmes.

As a prospective student with PCI College, you can be assured of our total commitment to quality assurance providing the highest standard of lecturing and ongoing professional support. You can expect inspiring and memorable learning experiences specifically focused on the needs of the adult learner and mature student.

We are privileged to have an excellent, highly qualified and committed academic team who are all private practitioners with hands on experience, in a setting that accepts and values openness, honesty, difference, freedom of expression and the sharing of experience.

We look forward to welcoming you into our dynamic teaching and learning environment.

Best wishes
Rhiannon Murphy
College Director
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PCI College is Ireland’s leading provider of third level educational and continuing professional development courses in the fields of Counselling & Psychotherapy, including personal & professional development. PCI College is committed to the provision of expert professional training and education in mental health and wellbeing, to individuals and to specialist groups through tailor-made training. Our students come from a wide range of backgrounds and previous experience, while our corporate reach includes Government departments, organisations such as the Health Service Executive (HSE), the community and voluntary sector and commercial companies.

The BSc (Honours) degree in Counselling & Psychotherapy and Masters Programmes are validated, quality assured and awarded by Middlesex University, with the BSc programme being professionally accredited by the Irish Association for Counselling & Psychotherapy (IACP). Our Certificate courses provide a high standard introduction to counselling & psychotherapy, covering both theoretical and applied issues, while our Postgraduate and Professional programmes deliver enhanced learning in specialist areas of study.

Our online and blended learning programmes allow students the flexibility to study at home while a range of Personal development courses offer the opportunity to explore self-enrichment in short experiential formats.

PCI College was founded in 1991, by Liam McCarthy and Josephine Murphy, to provide students with a broad education in counselling & psychotherapy. In 2001 the college became a collaborative partner of Middlesex University and this has remained a fruitful working relationship. Our programmes are characterised by an integrative approach to counselling & psychotherapy training. Through their extensive training, students are introduced to all the main theorists, as well as being afforded the opportunity to delve into important topics such as Anxiety, Loss and Sexuality. This expansive breadth of training, in conjunction with the provision of high-quality, student-friendly teaching, is one of the key factors that each year continues to attract many students to join the growing PCI College family of qualified counsellors, psychotherapists and other therapeutic professionals.

PCI College continues our founders’ pioneering work by embracing the continued raising of academic standards in the context of proposed professional regulation, while still making training as accessible as possible; by continuing to set a high standard of personal development in training; by raising awareness around the wide range of mental health issues with which people struggle daily, and by promoting an integrative approach within our field, and with our fellow professionals.

WHERE WE TEACH

PCI College offer programmes in Athlone, Belfast, Cork, Dublin, Kilkenny and Limerick. Our main campus is just off the N7 and M50 in Dublin 22 and our Belfast campus is located on Malone Road, Belfast.

OUR OTHER TEACHING LOCATIONS AROUND THE COUNTRY ARE:
- Athlone Education Centre
- Cork Education Centre
- St. Kieran’s College, Kilkenny
- Mary Immaculate College, Limerick

CPD’s are available at various locations Nationwide.
SENIOR FACULTY AND STAFF

Rhiannon Murphy
College Director

As College Director, Rhiannon manages all aspects of running PCI College, as well as coordinating operational planning and strategic developments. Rhiannon holds a degree in Communication Systems and Marketing from the University of Lincoln and a Certificate in Equality in Training and Education from NUI Maynooth. Rhiannon provides valuable knowledge and experience in higher education matters, coupled with over 20 years’ experience in higher education, working with both UK and USA universities specifically in the fields of recruitment, admissions, academic boards and student services. Rhiannon has a keen interest in strategic change and business management development and is highly focused on student support and customer service.

Rose Bedford
Academic Director, PCI College and Principal, Iron Mill College

Rose is the Academic Director at PCI College, providing support and leadership relating to strategic development, academic standards and practices, and the development of new and existing programmes. The role also includes sharing and aligning the excellent standards and practices offered by both PCI College and Iron Mill College, our sister college in Exeter. As a senior accredited and registered member of the BACP, Rose has been in private practice for many years, providing counselling and supervision, board member coaching, and organisational group development and training. Rose is continually involved with universities in external examiner and external advisor roles on academic committees.

Jade Lawless
Head of Counselling & Psychotherapy

Jade is the Head of Counselling & Psychotherapy for all our Counselling & Psychotherapy programmes at PCI College. Jade was recently selected as a member of the IACP Board of Directors and is a registered Counselling Psychologist and accredited member of the IACP. Jade has experience working in a number of areas with a particular interest in autism, specifically in relation to psychotherapeutic supports, knowledge and education for parents and carers of children diagnosed with autism. Jade currently teaches across the BSc (Hons) in Counselling & Psychotherapy as well as guest lecturing on additional programmes. Jade is also interested in the relational aspects of therapeutic work and has a growing interest in working with children in care.

FACULTY LECTURERS

Antoinette Stanbridge
BA (Hons) Psychology, H. Dip. Counselling, MIACP

Dr Cóilín Ó Braonáin
PhD Developmental Psychology, MA in Humanistic & Integrative Counselling, MIACP

Dr Krzysztof Kielkiewicz
PhD Psychotherapy and Spirituality, Dip. Integrative Counselling & Psychotherapy, Cert. in CBT

Colm Early
MSc Couns. & Psychotherapy, Dip Couns, Dip Gestalt, Dip Couns Supervision, MIACP, MAPPI

Donagh Ward
BSc (Hons) Counselling & Psychotherapy, MSc Psychotherapeutic Studies, MIACP

Gael Kilduff
BSc (Hons) Counselling & Psychotherapy, Advanced Dip. Supervision, MIACP

John Wills
BA (Hons) Psychology, MA (Hons) Addiction, Dip CBT and Certificate Adult Ed., MPSI, MAPA, MTCI

Mike Hackett
BSc (Hons) Counselling & Psychotherapy, MA Pluralistic Counselling & Psychotherapy Advanced Dip. Supervision, PMP, MIACP, MARCHTI

Simon Forsyth
BSc (Hons) Counselling & Psychotherapy, MIACP, MNCS

Shane Morrow
BA (Hons) Combined Studies in Art & Design, BA (Hons) Humanities Combined, DHP Hypnopsychotherapy, MSc Guidance and Counselling, MIACP, MBACP

Willie Egan
BSc (Hons) Counselling & Psychotherapy, Advanced Dip. Supervision, Dip. Social Studies, MIACP

See full details of Faculty teaching responsibilities and specialist areas on our website www.pcicollege.ie
PCI College has been a proud collaborative partner of Middlesex University since 2001. The nature of this collaboration ensures that PCI College continues to design and deliver programmes to the very highest of academic standards, quality assured by a British University with an international reputation for excellence.

Middlesex University only validates programmes that meet the highest standards in academic provision and practitioner training. The programme that you are seeking to embark on has been designed to ensure that you receive a rigorous training in both the theory and practice of Counselling & Psychotherapy.

To ensure the high standards and quality of Middlesex University provision, all programmes are subject to the University’s academic quality assurance procedures (which include those procedures related to programme approval, monitoring and review). A key feature of these processes is the input from external subject experts (External Examiners) who ensure that Middlesex University awards are comparable to those of other UK higher education institutions, and that the programme curriculum, teaching, assessment and resources are appropriate.

The partnership between PCI College and Middlesex University is collaborative in more than name only. As well as providing quality assurance for all our validated courses, support and guidance is always to hand from their excellent academic staff and quality enhancement teams on a day to day basis. Both PCI College and Middlesex University appoint Link Tutors who are senior members of the academic team who liaise on a regular basis. Both are jointly responsible for ensuring the programmes are delivered according to the arrangements agreed when they were approved. Both Link Tutors attend the Board of Study meetings where they hear the views of students on the programme, however you can contact either if you have a query or suggestion. The Link Tutor at PCI College for all Middlesex University validated programmes is Antoinette Stanbridge (astanbridge@pcicollege.ie) and the Institutional Link Tutor at Middlesex University is Dr. Antonia Bifulco (a.bifulco@mdx.ac.uk).

With an established reputation for excellence and expertise in the field of counselling and psychotherapy, Middlesex University currently collaborates with fifteen other colleges across the United Kingdom and further afield, as well as providing robust psychology and psychotherapy training programmes at their London and overseas campus. PCI College is their only Irish partner and all students at PCI college on Middlesex validated degrees and masters programmes are also Middlesex University students with access to a range of services including an online library.

Although you will enrol and attend PCI College, all Counselling and Psychotherapy programmes are validated by Middlesex University, therefore, you are a student of both. Within Middlesex University the BSc (Hons) Counselling and Psychotherapy is part of the School of Science and Technology.
PCI College’s suite of foundational courses in Counselling & Psychotherapy (Certificate; Blended Learning Certificate; and Online Introduction) are the first courses of their kind in the Republic of Ireland to receive 'Quality Checked Training' status from the National Counselling Society (NCS).

This means that the NCS, who are based in the UK, have extensively reviewed and approved the course’s content and delivery. Our students on these courses can therefore be reassured by the fact that an esteemed outside organisation known for upholding the highest standards of ethics in our profession has deemed it worthy of their recognition.

The National Counselling Society was established in 1999 and plays an important role within the profession of counselling in the UK. Their ethos is that counselling is a unique vocation and that this should be reflected in all related policies. They act to protect counselling from inappropriate regulation if they feel it could harm the work of counsellors and the diversity, creativity and range of training options that currently exist within the profession. For more information, please visit the Society’s website:

www.nationalcounsellingsociety.org

In a profession that works with vulnerable people on a daily basis it is essential that two standards of professional qualification are achieved:

1. **Academic standard, for example, a University validated award**

2. **Professional standard, for example, professional accreditation**

Accreditation encompasses both of these standards and ensures that the counsellor/psychotherapist has been trained to an acceptable level and qualification and also that they are working within an agreed standard of professional competence, which includes practicing within an agreed ethical framework and code of practice.

The IACP is the largest accrediting body for counselling and psychotherapy in Ireland with over 4,500 members nationwide. Accreditation with the IACP guarantees formal recognition of qualifications and professional experience. This ensures that the public, who are availing of counselling and psychotherapy services, can be assured that they are accessing a qualified professional. This creates reassurance, safety and reliability for those seeking out counselling and psychotherapy. IACP accreditation is an automatic safeguard for the public in their search for a suitable counsellor/psychotherapist.

IACP accreditation is also a safeguard for qualified professionals, as accreditation automatically connects to a network of colleagues and sets safe standards and ethical guidelines within which we should practice. In addition, IACP accreditation provides a direct pathway for client referrals via their telephone referral service and their online directory listing.

Many members of the IACP also have the opportunity to directly influence the profession by becoming members of committees, working groups that draft policy and the Executive Board of Management, all of which consist of active IACP members.

**Other benefits of IACP accreditation include:**

- Use of the IACP logo and letters MIACP after your name
- Access to free CPD annually
- Reduced rate workshops
- Quarterly Journal
- Regional Support
- Reduced health and professional insurance
- International representation
- International recognition - members are automatically entitled to become European accredited (EAC)
- BACP recognition of accreditation status
- IACP membership discount card
WHY CHOOSE PCI COLLEGE?

Here are 8 important things that PCI College offers when you choose to study with us... and 8 reasons why these are important when you are choosing your course:

UNIVERSITY VALIDATION

PCI College provides a number of programmes including our BSc Honours degree, two Master’s programmes, a Postgraduate Certificate and Advanced Diploma, all validated by Middlesex University. Holding a qualification with University validation holds a certain amount of status due to the standard of lecturing and programme design and is nationally and internationally recognised. Our academic standards are set in partnership with Middlesex University and are monitored on an ongoing basis and subject to QAA standards and audits.

Our BSc programme is awarded at Level 6 on the UK FHEQ framework, comparable to Level 8 on the Irish NFQ system. Recognised academic validation is an increasing requirement within the Counselling & Psychotherapy professions and as the Irish government move towards statutory regulation, a level 8 honours degree from a University or a QQI provider is expected to be the minimum standard. The IACP has stated that from 2018 only Level 8 accredited courses will be recognised, which includes our University validated BSc.

ACCREDITED COURSES

Our BSc (Hons) Counselling & Psychotherapy programme is accredited across all locations by the Irish Association of Counselling & Psychotherapy (IACP). In addition, our Certificate Counselling & Psychotherapy and Blended Learning Certificate programme are accredited by the National Counselling Society (NCS) in all locations.

The IACP is Ireland’s largest, and most well-recognised accreditation body for counsellors & psychotherapists. GP’s, state-bodies, HSE professionals and others usually specifically request IACP accreditation when referring clients to counsellors.

NATIONWIDE CLASSES

PCI College provides our students with the opportunity to study at venues, around the country, with part-time class timetables and online resources to facilitate students’ busy lives. At this time PCI College is providing 'Live' Online Classes to facilitate our student’s ability to study and learn with us while dealing with the Global Pandemic. We aim to make our courses as accessible as possible, with not only providing seven regional locations to study but the ability for us to come together and focus on excellence and innovation in contemporary academic knowledge and ethical practice whilst dealing with external social distances constraints. While we passionately believe in classroom learning for our profession, we support learning online along with complementary supports such as online library access, e-submissions for assignments and a web-based Student Portal to connect our student body and faculty together around the country.
STUDENT-FOCUSED TRAINING

PCI College has a person-centred, student-focused approach. This is at the heart of our teaching ethos and means that we work hard to ensure every student receives a high standard of education and training, in a supportive and empowering environment. Training as a counsellor & psychotherapist is a rewarding and life-changing journey but it can be challenging at times. We understand the commitments and sometimes sacrifices that students make along this journey and we do our utmost to support you every step of the way.

PRACTITIONER LECTURERS

Our lecturers are experienced, qualified practitioners with expertise and training in a wide range of psychological and psychotherapeutic areas. Most importantly, all of our lecturers are practising counsellors.

Our lecturers bring their own valuable experience which students can learn from. This is combined with thorough training in the skills and personal development that are essential for therapists to be effective professionals.

STUDENT SUPPORT

Since our foundation, we have prioritised the delivery of a service characterised by an attitude to adult learners which is supportive and encouraging, as well as developing in students a hunger for reflective and critical analysis. Our programmes are designed to be participative and experiential, drawing whenever possible on prior lived experience. The academic value of our courses is enhanced by a learning environment that is warm, transparent and genuine. Learners and staff interact in a mutual effort to engage in and promote the concept of lifelong learning.

PCI College provides students with online access to a student portal with course timetables and content, on online library and a dedicated email account. Students are invited to note any diagnosed learning difficulty, e.g. dyslexia on their application and can expect to be provided with advice and support to complete their chosen course. Students connect with their Core Tutors throughout the degree programme making this an exceptionally supportive adult education experience. In cooperation with lecturers and other college staff, Core Tutors monitor student participation in professional degree and postgraduate programmes including academic assignments, clinical work and personal development.

EXPERIENTIAL LEARNING

PCI College offers an approach which combines experiential, ‘Live’ online or classroom-based learning with up-to-date theory and approaches across all our programmes. Our degree programme is taught in a face-to-face online or classroom environment and we support students with their 120 hours of client work practice.

As a professional therapist, you need to be fully comfortable with both theory and practice when you counsel clients. Our unique teaching approach ensures students gain skills and knowledge which they have practised, tried and tested throughout their training.

UNRIVALLED REPUTATION

PCI College has been providing counselling & psychotherapy training since 1991. We have trained thousands of counsellors & psychotherapists and have an unrivalled reputation for high academic quality, experiential courses that teach practical skills for professional practice.
GENERAL OVERVIEW
This comprehensive course offers you an enjoyable introduction to the world of counselling and psychotherapy through an experiential learning experience. The programme duration of 75 hours is divided into two parts, progressing from personal development and introductory counselling skills, to an overview of theoretical approaches interwoven with further skills practice. There are three entry points during the year; autumn, spring and summer. You can expect hands-on experiential learning with the chance to forge real and often lasting connections with your colleagues. Our classes typically include students from a wide range of ages and backgrounds, offering opportunities for rich interpersonal sharing and learning. The programme is validated by the National Counselling Society (NCS).

WHO IS THIS COURSE FOR?
This course is for those who wish to learn more about both the inner workings of counselling and psychotherapy, and themselves as individuals. It will also appeal to those who intend to pursue a career in the field or who wish to incorporate counselling knowledge and skills into their current personal/professional lives.

WHAT WILL YOU LEARN?
You can expect to learn more about yourself and your inner processes, and how this may inform your everyday life. This is fostered by the lecturer's facilitation of a safe, supportive learning environment that encourages and respects your uniqueness. You will be introduced to some of the key influencers of psychotherapy and will learn some of the essential baseline skills of the counselling relationship. You will also have the chance to practice these in a live setting, with lecturers on hand to provide guidance and feedback.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
The course aims to be both intellectually and experientially stimulating. The skills and knowledge acquired may be effectively applied to any number of personal and professional situations. These skills may include increased self-awareness and empathy, improved communication and listening abilities, and a range of counselling tools that can enhance interpersonal relationships. Students wishing to pursue a career in the field will also be provided with the essential foundational elements needed as part of enrolment for a further qualification, such as our BSc (Hons) Counselling and Psychotherapy.

SYLLABUS
• Part 1: Personal development and introduction to counselling skills
• Part 2: Theories, skills and integration
BLENDED LEARNING CERTIFICATE & ONLINE INTRODUCTION

The Certificate can also be completed online via our Blended Learning course option. Learners begin by undertaking our Online Introduction to Counselling & Psychotherapy via the PCI College Student Portal. Help is on hand through a dedicated Programme Leader, who will monitor your progress and provide feedback as you submit your work. Once completed, students are invited to upgrade to the full programme by attending two, in-person weekend workshops in Dublin. Here you will have an opportunity to practice what you have learned in real-time with other students. The programme is validated by the National Counselling Society (NCS).

CAREER POTENTIAL

Students who successfully complete either the classroom-based or Blended Learning Certificate course will be invited to apply for entry to our BSc (Hons) Counselling & Psychotherapy, which leads to qualification as a professional therapist. The skills and knowledge gained from the Certificate are also beneficial in many other roles, as students develop listening skills, interpersonal communication and a range of basic counselling approaches to both personal and professional contexts.

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<thead>
<tr>
<th>Location</th>
<th>Athlone, Cork, Dublin, Kilkenny &amp; Limerick, Online or Blended Learning - Nationwide</th>
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<tr>
<td>Duration</td>
<td>75 hours&lt;br&gt;Autumn: starting in October&lt;br&gt;Spring: starting in March&lt;br&gt;Summer (intensive): starting in June</td>
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<tr>
<td>Fees</td>
<td>Certificate Counselling &amp; Psychotherapy: €1,100&lt;br&gt;Online Introduction: €675*&lt;br&gt;Upgrade: €425*&lt;br&gt;* Booked together as Full Blended Learning Certificate: €1000</td>
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“I have really loved doing the certificate course and I look forward to moving on to the degree course.”
Amy O’Connor
BSc (HONS) COUNSELLING AND PSYCHOTHERAPY

GENERAL OVERVIEW

Validated by Middlesex University, leading to an internationally recognised award, and accredited by IACP, Ireland’s largest accrediting body, this course is designed to provide comprehensive training within the field of counselling & psychotherapy. As a leading educational establishment in the field of mental health and wellbeing, PCI College is committed to making transformative contributions to individuals and society. In recognition of the many varied effective approaches to therapy, PCI College’s unique training programme is centred around an integrative model which is inspired by an underlying humanistic philosophy. The integrative training programme, resting on a humanistic framework, emphasises the importance of the therapeutic relationship as a medium through which healing can occur, whilst embracing and integrating the schools of Existentialism, Cognitive Behavioural Therapy and Psychodynamic Psychotherapy. On completion of this course participants will qualify as skilled, competent and creative therapists, who are ready to meet with confidence the needs of a fast-evolving society and are equipped to work in a variety of settings with a wide range of presenting issues.

The programme is developed, delivered and assessed by PCI College, and validated and awarded by Middlesex University

WHO IS THIS COURSE FOR?

This course is intended for those who are interested in becoming professional counsellors & psychotherapists and wish to do so via an internationally recognised, university validated honours degree with professional accreditation. The course is suitable for people who want to obtain a counselling and psychotherapy qualification of high academic standard and high professional integrity. The course will also meet the needs of those who have an opportunity to use counselling skills as part of their work (either in a paid or voluntary capacity), or to simply broaden their existing qualifications.

WHAT WILL YOU LEARN?

The main components of the learning experience focus on your own personal and professional development, which, along with providing theoretical understanding and excellence in skills practice, will also emphasise the importance of personal development and its impact on the trainee counsellor. You will, within a safe and secure learning environment, explore these aspects of personal development whilst building and refining a repertoire of clinical skills. You will study a variety of counselling theories that include person-centred, existential, cognitive behavioural, psychodynamic and other approaches and you also receive a solid foundation in conducting primary research. Each year of study is designed to provide you with a set of integrative skills which can be applied in a wide variety of clinical settings.
CAREER POTENTIAL

Students who graduate from the BSc (Hons.) Counselling & Psychotherapy will be fully qualified to practice as professional counsellors & psychotherapists. Graduates pursue a wide variety of career options including private practice and the provision of counselling services to voluntary, community and statutory organisations. Many graduates continue their professional development with courses of study in specialist areas, including CPD certificates, workshops and postgraduate programmes. The majority of graduates work towards full professional accreditation with an organisation, such as the IACP.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will receive a Middlesex University Honours Degree that is accredited by the IACP, the largest accrediting body in Ireland. You will be ready to pursue a wide variety of career options, including private practice and employed settings. You will be equipped to make a transformative impact on those with whom you work professionally. You will benefit from our commitment to providing high quality, inspiring, memorable, positive, professional and potentially life changing experiences through a participative, experiential programme which values the prior lived experience of each learner.

SYLLABUS

Year 1
- Contemporary Humanistic & Existential Perspectives in Counselling & Psychotherapy
- Professional Competence: Counselling Skills & Ethical Practice
- Personal Development: Self Awareness & the Reflective Practitioner
- Online research tutorial x 2

Year 2
- Contemporary Cognitive Behavioural Therapy Theory & Practice
- Professional Competence: Advanced Skills & Ethical Practice
- Personal Development: The Relational Self
- Online research tutorial x 2

Year 3
- Early Psychodynamic Perspectives: The Unconscious Mind
- Professional Competence: Research Methodologies in Counselling & Psychotherapy
- Professional Development: The Integrative Therapist

Year 4
- One elective theories module to be chosen:
  - Advanced Humanistic Psychotherapy
  - Advanced CBT
  - Advanced Psychodynamic Psychotherapy
  - Professional Competence: Thesis
  - Professional Development: Clinical Placement Case Study

Clinical requirements:
- 50 hours personal therapy with an IACP/BACP/IAHIP accredited therapist*
- 120 hours of client work within an approved PCI College placement
- 24 hours of supervision with an IACP/BACP/IAHIP accredited supervisor*
- 24 hours of CPD - 6 hours can be personal development, 18 hours minimum must be professional development
- 32 hours of group supervision in-house (Year 3 and Year 4)

* Therapist and supervisor must be accredited by the IACP, IAHIP or BACP.

"I enjoyed every moment of my time in class with my colleagues and lecturers. It was a wonderful, life changing experience."

Sharon Deering

Location
Athlone, Cork, Dublin, Kilkenny & Limerick
All locations IACP accredited

Duration
4 Years - Part-Time

Fees
Year 1: €4,250
+ Middlesex University Registration Fee €1,100
Year 2: €4,250
Year 3: €4,250
Year 4: €3,200
Course fees for BSc programme are eligible for Tax Relief from Revenue.ie
Payment plan available
BSc (HONS) COUNSELLING AND PSYCHOTHERAPY UPGRADE PROGRAMME

GENERAL OVERVIEW

Validated by Middlesex University, leading to an internationally recognised award, and eligible for accreditation by IACP*, Ireland’s largest accrediting body, this course is designed to upgrade an existing qualification in counselling and psychotherapy to meet the minimum standards of practice within the field. The BSc Honours Counselling and Psychotherapy Upgrade Programme is integrative in approach. Classes are taught in 30-hour module blocks with continuous assessment across the programme. There are no formal written examinations. Upgrade students enter the degree programme in year three and receive exemptions from year one and year two modules. Any year one or year two module that was not exempted must be taken as a catch-up module.

On completion of this course participants will have successfully upgraded their diploma qualification to an internationally recognised, University validated BSc (Hons) Counselling and Psychotherapy.

The programme is developed, delivered and assessed by PCI College, and validated and awarded by Middlesex University.

* Students interested in IACP accreditation will be required to combine their existing diploma qualification with the BSc (Hons) Counselling and Psychotherapy Upgrade Programme. Students should ensure that their existing diploma qualification meets the standards required for IACP accreditation for combined courses.

WHO IS THIS COURSE FOR?

This course is intended for those who are interested in upgrading their existing professional counselling & psychotherapy qualification and wish to do so via an internationally recognised, university validated honours degree that is eligible for professional accreditation*. Our BSc Honours Degree in Counselling and Psychotherapy Upgrade Course offers qualified practicing professionals the opportunity to receive a Level 8 honours degree in just two years, part-time. Many Diploma qualified counsellors are choosing to upgrade their qualifications to an honours degree to enhance their career options in a variety of areas and in response to changes to the professional accreditation standards by the IACP and other bodies.

WHAT WILL YOU LEARN?

You will join the programme in Year 3 of the BSc (Hons) Counselling and Psychotherapy programme where the focus is on psychodynamic psychotherapeutic approaches, research and professional integration. You will, within a safe and secure learning environment, build upon the personal and professional development foundation established during your primary studies in this area. In Year 4 of the Upgrade Programme, the focus will move to independent learning where you will choose one of three optional modules, research an area of counselling and psychotherapy that you are interested in for your thesis and evidence your professional competence via a case study. You will also be equipped during the Upgrade Programme to enter the business world of therapy through our ‘Setting Up Private Practice’ Workshop at the end of Year 3.
CAREER POTENTIAL

Students who graduate from the BSc (Hons) Counselling & Psychotherapy Upgrade Programme will be fully qualified to practice as professional counsellors & psychotherapists. Graduates pursue a wide variety of career options including private practice and the provision of counselling services to voluntary, community and statutory organisations. Many graduates continue their professional development with courses of study in specialist areas, including CPD certificates, workshops and postgraduate programmes. The majority of graduates work towards full professional accreditation with an organisation, such as the IACP*.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will receive a Middlesex University Honours Degree that is eligible for accreditation by the IACP*, the largest accrediting body in Ireland. You will meet the minimum standard for practice within Ireland. You will be ready to pursue a wide variety of career options, including private practice and employed settings. You will benefit from our commitment to providing high quality, inspiring, memorable, positive, professional and potentially life changing experiences through a participative, experiential programme which values the prior lived experience of each learner.

SYLLABUS

Year 1
- Exempt

Year 2
- Exempt

Year 3
- Early Psychodynamic Perspectives: The Unconscious Mind
- Professional Competence: Research Methodologies in Counselling & Psychotherapy
- Professional Development: The Integrative Therapist

Year 4
- One elective theories module to be chosen:
  - Advanced Humanistic
  - Advanced CBT
  - Advanced Psychodynamics
- Professional Competence: Thesis
- Professional Development: Clinical Placement Case Study

Clinical requirements:
- Exempt

“Excellent lecturers and course-work, made this course very enjoyable.”
Jenny Hannigan

Location
Athlone, Cork, Dublin, Kilkenny & Limerick
All locations IACP accredited

Duration
2 Years - Part-Time

Fees
Year 3: €4,250
+ Middlesex University Registration Fee €1,100
Year 4: €3,250
Course fees for BSc programme are eligible for Tax Relief from Revenue.ie
Payment plan available
MSc ADDICTION COUNSELLING AND PSYCHOTHERAPY

Course available as a 1 Year Postgraduate Certificate or 2 Year Postgraduate Diploma

GENERAL OVERVIEW

Validated by Middlesex University, leading to an internationally recognised Master of Science award this course is designed to provide a comprehensive overview of the world of addiction and equip students with the skills necessary to support those impacted by addiction. As a leading educational establishment in the field of mental health and wellbeing, PCI College is committed to making transformative contributions to individuals and society. There is a growing awareness of the widespread harm caused by addiction to individuals, families and society and an evolving shift of reliance from a medical based model of treatment to engaging in Talking Therapies. In an experiential and participative environment, this course offers students the opportunity to acquire key skills and theoretical knowledge to effectively engage with the addiction recovery process.

WHO IS THIS COURSE FOR?

The MSc Addiction Counselling & Psychotherapy is designed for professionals (counsellors/psychotherapists, doctors, nurses, teachers, social workers and psychologists) considering or currently working in the field of addiction. Members of Addiction Counsellors Ireland (ACI) may wish to hone their skills and knowledge base and/or enhance their qualifications to meet the academic requirements under the pending Statutory Registration and Regulation of Counsellors and Psychotherapists legislation.

This course is validated by Middlesex University and designed to supplement trainees’ existing qualifications and is not a stand-alone counselling qualification.

WHAT WILL YOU LEARN?

The course is designed to give learners a working understanding of the theories, process and dynamics of addiction in an ever-changing biopsychosocial context with a strong focus on effective, evidence-based approaches to treatment and counselling. It addresses the ever-pervasive influence of the internet and how it exacerbates the deleterious effects of behavioural addictions such as compulsive gambling, sexual addiction and gaming. Consideration is also given to broader mental health and dual diagnosis issues.

CAREER POTENTIAL

There is an ever-increasing demand for addiction services and the demand in the public sector in particular far outstrips the available resources. There are many current and future job opportunities with the public sector - particularly in the area of drug, alcohol and gambling addiction for suitably qualified addiction professionals. Up-to-date training in evidenced-based therapeutic approaches are also becoming essential for those working in this field, as funders are increasingly concerned about outcomes and value for taxpayers’ money.
WHAT ARE THE BENEFITS OF DOING THIS COURSE?

On completion of the course you will have developed an advanced competency and proficiency working with clients presenting with addiction problems. You will have a comprehensive understanding of the complex and challenging nature of addiction and recovery. Being more informed of the present diverse and fragmented approach to working with addiction, will provide an opportunity to influence attitudes and effect policy in the workplace, community and society.

SYLLABUS

Postgraduate Certificate/Year 1:
• Theories of Addictive Behaviour: History & Current Situation
• Generic & Specific Therapy Skills for Addiction
• Drugs of Abuse: Biological, Psychological & Social Aspects
• The Motivational Interviewing Approach

Postgraduate Diploma/Year 2:
• Behavioural Addictions: Gambling, Sex etc.
• The CBT Approach to Working with Addiction
• The Family Dimension in Addiction
• Dual Diagnosis: Common Mental Health Problems in Addiction

Masters/Year 2:
• Case Study
• Dissertation

Additional Course Requirements (applicable from Postgraduate Diploma onwards):
• 100 hours Clinical placement/Client work
• 20 sessions with a qualified supervisor to support client work
• 20 hours Personal Therapy

“ I think the lecturers are of an extremely high standard. So far I have received support in every area needed.”
Donna Jordan

Location
Dublin

Duration
Full Course: 2 Years - Part Time

Fees
MSc: Year 1 - €3,670 | Year 2 €4,250
+ Middlesex Registration Fee €1,200

Alternate Options of Study:
Postgrad Cert: Year 1 - €3,670
+ Middlesex Registration Fee €1,000

Postgrad Dip: Year 1 - €3,670 | Year 2 - €3,300
+ Middlesex Registration Fee €1,100

Please note that upgrading programmes will incur additional admin fees
MSc CHILD & ADOLESCENT COUNSELLING AND PSYCHOTHERAPEUTIC SKILLS
Course available as a 1 Year Postgraduate Certificate or 2 Year Postgraduate Diploma

GENERAL OVERVIEW
Validated by Middlesex University leading to an internationally recognised Master of Science award this course is designed to provide a comprehensive overview of working with children and adolescents and equip students with the skills necessary to engage creatively within this work. Exploring creative media such as art, sand play, therapeutic storytelling, drama, music and other approaches, this course places significant emphasis on experiential learning and the acquisition of key skills for work with young clients. It draws on established and current theory in counselling and psychotherapy, up-to-date approaches in child and adolescent mental health, lifespan development, family systems and trauma. This course meets the minimum standards for working with children and adolescents as set by Ireland’s largest accrediting body, the IACP.

WHO IS THIS COURSE FOR?
The MSc Child & Adolescent Counselling & Psychotherapeutic Skills is a comprehensive professional training course, focused on working therapeutically with young people. The course is validated by Middlesex University and designed to supplement trainees’ existing qualifications and is not a stand-alone counselling qualification. The course meets the minimum standards for already qualified counsellors and psychotherapists to work with children and adolescents as recognised by the IACP, Ireland’s largest accrediting body. Applicants include teachers, social care workers and counsellors/psychotherapists, all of whom seek to deepen or extend their current skills to facilitate therapeutic work with young people up to the age of 25 years.

WHAT WILL YOU LEARN?
The training consists of two broad strands, which are firstly, the presentation of counselling theories relevant to young people, and secondly, a mastery of a strong practical experiential component. The course includes training in play therapy, and creative methods such as sand therapy and art therapy. Appropriate talk therapy methods are also studied, with particular relevance to adolescence. Child development, both typical and atypical is addressed and the final component is a case study and dissertation. The dissertation is supported throughout by individual supervisors. Clinical work with young people is also supervised and supported by personal therapy.

CAREER POTENTIAL
Students who graduate from the MSc Child & Adolescent Counselling & Psychotherapeutic Skills will be qualified to work with children and adolescents using therapeutic tools. Graduates with an existing counselling and psychotherapy qualification will be qualified to work with children and adolescents in a therapeutic setting. Other career opportunities may include working for state and voluntary organisations, schools, community care centres, mental health organisations and also integrating the skills with any qualification that students have already achieved.
WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will develop a sound understanding of the nature of child and adolescent issues, which will in turn guide and direct the application of appropriate interventions. Completion of the MSc Child & Adolescent Counselling & Psychotherapeutic Skills will leave you with a high level of competence and confidence in your application of therapeutic interventions when working with children and adolescents. You will also cultivate an enhanced sensitivity to the experience of childhood, and the many developmental strengths and difficulties with which young people are constantly engaging.

SYLLABUS

Postgraduate Certificate/Year 1:
- Child and Adolescent Psychotherapy / Therapeutic Play Skills
- Family Therapy and Working with Parents
- Counselling & Psychotherapy Skills
- Creative Therapies - Sand play and Therapeutic Storytelling

Postgraduate Diploma/Year 2:
- Theories - Child and Adolescent Psychotherapy & Counselling
- The Effects of Trauma and Post-traumatic Stress Disorder on the Child and Adolescent
- Child Development and Mental Health
- Creative Therapies - Art, Clay, Music, Drama, Puppets

Masters/Year 2:
- Case Study
- Dissertation

Additional Course Requirements (applicable from Postgraduate Diploma onwards):
- 100 hours Clinical placement / Client work
- 20 sessions with a qualified supervisor to support client work
- 25 hours Personal Therapy

“The blend of theory and experimental is very good, in addition to being a very supportive learning space.”

Siobhan Murphy

Location
- Dublin & Limerick

Duration
- Full Course: 2 Years - Part Time

Fees
- MSc: Year 1 - €3,670 | Year 2 €4,250
  + Middlesex Registration Fee €1,200
- Alternate Options of Study:
  - Postgrad Cert: Year 1 - €3,670
    + Middlesex Registration Fee €1,000
  - Postgrad Dip: Year 1 - €3,670 | Year 2 - €3,300
    + Middlesex Registration Fee €1,100

Please note that upgrading programmes will incur additional admin fees.
POSTGRADUATE CERTIFICATE 
FAMILY COUNSELLING AND 
THERAPEUTIC SKILLS

GENERAL OVERVIEW

Validated by Middlesex University leading to an internationally recognised Postgraduate Certificate award this course is designed to provide an introduction to working therapeutically with families, couples and relationships. The programme augments and addresses the development of national and strategic policies by statutory, community and voluntary agencies across the health and social care services who, for the first time in Ireland, are focussing interventions firmly at a familial level. The content of this programme will complement and upgrade the knowledge of applicants already working with families, couples and young people across a range of professional settings and services. It is aimed at people interested in expanding and building on their existing knowledge in this area. The course also meets the requirements to progress to Postgraduate Diploma and Master’s level studies in this area.

WHO IS THIS COURSE FOR?

The course is designed to meet the needs of applicants already working within a professional setting. This includes those already working with families, couples and young people across a range of professional settings and services, including education, psychology, social care, social work, counselling and psychotherapy, health, community, voluntary and substance misuse contexts and Non-Government Organisations. It is also aimed at people who may not be currently working with families but have an interest in expanding and building on their existing skills and knowledge at a variety of levels, by developing a multi-disciplinary approach to improving the welfare and well-being of families and family groups.

WHAT WILL YOU LEARN?

The programme aims to introduce existing counselling and psychotherapy practitioners and related professionals to working therapeutically with families, couples, family groups, young people, organisations and related networks. You will gain an introduction to contemporary family therapy theoretical approaches and skills while also understanding the importance of developing personal and professional frameworks, essential to the application of the above learning to a range of case work.

CAREER POTENTIAL

Graduates with qualifications in family counselling and therapeutic skills may secure employment in a range of settings across health, social services, education, justice and related disciplines. Students who graduate from the PG Certificate Family Counselling and Therapeutic Skills will have gained introductory level skills and knowledge to work with families using therapeutic interventions. With an increased emphasis on therapeutic interventions at family level, career opportunities may include private practice, work with state and voluntary organisations, mental health organisations and integration of the learning with any qualification that students have already achieved.

In partnership with
Middlesex University London

Contents
WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will be provided with the opportunity to expand your existing skills and knowledge to include a range of systemic and family counselling and therapeutic skills and interventions. By immersing yourself in a safe, experiential learning environment, you will develop the ability and confidence to apply these new theories, relational perspectives, concepts and interventions to both your professional work and personal development. You will also be eligible to progress onto the Middlesex University Validated Postgraduate Diploma Family Counselling and Therapeutic Skills and the MSc Family Counselling and Therapeutic Skills.

SYLLABUS

Postgraduate Certificate/Year 1:
- Contemporary Family Therapy Theory, History, Current Perspectives & Emerging Dynamics.
- Therapeutic Relationships & Clinical Skills 1
- Personal & Relational Development in Family Therapy
- Emotional Focused Therapy

Available from 2021 onwards:

Should you decide to further your studies by deciding to progress onto a Postgraduate Diploma or Masters in Family Therapeutic Skills, the course requirements are as follows;

Postgraduate Diploma/Year 2:
- Theoretically Informed Family Therapy Practice • Professional Ethics & Family Law
- Working Therapeutically with Couples Dyad
- Advanced Clinical Skills 2

Masters/Year 2:
- Case Study
- Dissertation

Additional Course Requirements (applicable from Postgraduate Diploma onwards):
- 100 hours Clinical placement / Client work
- 20 sessions with a qualified supervisor to support client work
- 20 hours Personal Therapy

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“I have gained a broad and in-depth understanding and awareness of family systems which I have integrated into my practice as a counsellor which I feel has benefited my practice and my clients experience.”

Ann J

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Location

Dublin

Duration

1 Year - Part Time

Fees

Year 1: €3,670
+ Middlesex University Registration Fee €1,000
GENERAL OVERVIEW

Validated by Middlesex University leading to an internationally recognised Advanced Diploma award this course recognises that the working life of a counsellor, psychotherapist, social/youth worker, psychologist, nurse or indeed anyone in today’s caring professions, is both challenging and demanding. To do these jobs well, support in the form of supervised practice has become an important component of professional obligations. In the field of counselling and psychotherapy, supervisors are considered gatekeepers of the profession responsible for ensuring that the standards and supports necessary for the protection of vulnerable people are in place. This one-year (8 month) programme is designed to train experienced practitioners within the health and social care domain to provide supportive, educational and managerial supervisory skills which they can bring to private practice or their workplace setting. The emphasis of this course is on clinical supervisory practice rather than traditional line management supervision. Graduates of the Advanced Diploma in Clinical Supervision who also hold a qualification in Counselling and Psychotherapy will be eligible to apply to for IACP Supervisor Accreditation.

WHO IS THIS COURSE FOR?

This programme is designed to train existing professionals in the health and social care fields (e.g. counsellors, psychotherapists, social workers, youth workers, psychologists, nurses etc.) to supervise the work of other professionals. If you want to help other practitioners to thrive in difficult environments, improve your own skills as a practitioner and contribute to your organisation and/or profession, then this course may be of interest to you.

WHAT WILL YOU LEARN?

Our programme underpins professional clinical supervision practice by employing a training approach which encompasses theories and models of supervision, developing applied supervisory skills and building on your own existing personal and professional knowledge. The programme is designed to harness theoretical and experiential learning in service of contemporary clinical supervision best practice. 25 hours of external supervised clinical supervision practice will be required adding to a further 25 hours built into the programme itself. On completion of the programme, graduates will be able to work in one-to-one as well as group supervision contexts. Participants are required to contract with a clinical supervisor (appropriate to their accrediting body or similar) for a minimum of 7 hours of supervision as they train to become clinical supervisors themselves.
CAREER POTENTIAL

Graduates of the Advanced Diploma in Clinical Supervision will be qualified to practice as a professional supervisor, working with individual supervisees in a one-to-one and group contexts in private practice and/or organisational settings. Career opportunities may include private practice, work with state and voluntary organisations, mental health organisations, social care providers, business and any environment whereby clinical supervision is provided or required in those professions. This programme can be effectively integrated with any qualification that students have already achieved. Note: qualification is no guarantee of accreditation. Students are advised to verify accreditation eligibility requirements of their target accrediting body before applying to this programme. The course meets the criteria for accreditation with the IACP for qualified counsellors/psychotherapists.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will graduate with a University validated and professionally recognised (IACP) Advanced Diploma in Clinical Supervision. Once you qualify, you may apply to an accrediting body appropriate to your professional context e.g. IACP. Supervisors fulfil many roles determined by a variety of needs and contexts in which the supervisor is practicing. In general however, clinical supervision training enables existing professionals to provide educational, managerial and supportive input to practitioners designed to: assist them with reflecting on their clinical practice; provide a space to discuss case work in depth and enable them to adapt their existing practice in response to ever changing legal, organisational, social and clinical contexts. This programme is designed to equip students with the skills necessary to fulfil these functions. Note: qualification is no guarantee of accreditation. Students are advised to verify accreditation eligibility requirements of their target accrediting body before applying to this programme.

SYLLABUS

• Orientation Weekend
• Theories & Skills of Clinical Supervision
• Ethical and Professional Issues in Supervision
• Group Supervision in Theory & Practice
• 25 hours of supervised clinical practice (internal to the programme)

Additional Course Requirements:
• 25 hours of external clinical supervision practice in a placement suitable to effective practice (may be one’s own private practice or in an existing organisation)
• 7 hours of clinical supervision of the student’s supervisory practice (with a supervisor acceptable to the student’s target accrediting body, IACP, IAHIP or BACP)

“Learn the skills of being a supervisor and be able to implement them in work with supervisees.”

Mike Hackett, Programme Leader

Contents

Location
Dublin & Cork

Duration
Full Course: 100-hour programme over eight weekends (October to May)

Fees
€2,820 + Middlesex University Registration Fee €1,100
GENERAL OVERVIEW
The Professional Certificate in Cognitive Behavioural Therapy (CBT) Skills aims to increase knowledge, understanding and application of theoretical concepts and skills, by learning about evidence-based approaches to common experiences, such as anxiety, depression and anger. You will learn to observe, assess, evaluate, and formulate interventions using the client’s environmental influencers as well as their thoughts, moods, emotions and behaviour. The approaches presented are usable, up-to-date and strongly evidence-based.

WHO IS THIS COURSE FOR?
For helping professionals (with therapeutic experience) who want to gain the knowledge and skills necessary to incorporate Cognitive Behavioural Therapy (CBT) Skills into their practice and work.

WHAT WILL YOU LEARN?
The Professional Certificate includes an overview of the theoretical underpinnings and application of the CBT approach. You will be introduced to the key diagnostic symptoms of anxiety and the role of its physiological characteristics will be explored. Particular focus is given to disorder specific models for panic and social phobia. There is also an emphasis on Major Depressive Episode, symptoms, diagnosis and maintenance factors. You are taught the importance of the use of pacing, goal setting and choice of intervention with depressed clients. You will also consider the application of CBT interventions to working with anger. There will be a focus on integration of learning, where participants are given the opportunity to outline and describe how they have integrated the learning from the four core workshops and applied it to their practice.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Upon completion of the course participants will have the relevant knowledge and practical experience to understand and apply CBT interventions to a variety of presentations and issues. The course is designed to complement already existing qualifications by broadening the repertoire of practitioner skills. Experiential aspects of this course will allow participants to integrate theories into practice.

COURSE REQUIREMENTS:
• Record of 15 hours of supervised client work
• Record of 3 sessions with a qualified supervisor.
• Poster Presentation

“Lecturers’ engagement with the subject and students. The generosity of sharing knowledge and experience.”
John O’Carroll

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GENERAL OVERVIEW
From the early days of the profession, there has existed a rivalry among theoretical orientations as to claims of efficacy and superiority, however, as the field has become more mature, Psychotherapy Integration has become a therapeutic mainstay. The primary purpose of integration is to “enhance the efficacy, efficiency, and applicability of psychotherapy” (Norcross & Goldfried, 2019) and offers therapists a way to answer a key professional question ‘how do I know what I am doing is effective’ as well as providing strategies to overcome the limitations of single-school approaches. Further, many therapists struggle to keep up to date with the latest research findings in the profession with limited routes to updating original training and knowledge of what works for whom. This course aims to provide participants with a solid grounding in psychotherapy integration, effective routes to integration and how to use recent research findings to inform their existing practice and improve outcomes for their clients.

WHO IS THIS COURSE FOR?
Therapists wishing to explore how their current (or future) practice maybe best informed by integrative approaches and the very latest research on how to improve therapy outcomes for clients and themselves. These insights have been demonstrated to reduce drop-outs and early, unexpected therapy terminations.

WHAT WILL YOU LEARN?
On completion of this Certificate, participants will have relevant knowledge and skills about:
- An introduction to Psychotherapy Integration & the four routes
- What works in therapy and for whom
- Practical ways to improve therapy outcomes for clients
- Removing the obstacles to effective Integration
- Strategies for maximising the therapy relationship
- Evidence Based Responsiveness (preferences, feedback and stages of change)
- Research & Future directions in Psychotherapy Integration

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Participants who complete this course will have the knowledge and skills to setup, maintain and evaluate the conditions necessary for effective, contemporary integrative practice. These skills and techniques have been demonstrated to be highly effective and are based on the latest evidence to inform practice. Therapists will understand how to

COURSE REQUIREMENTS:
- Poster presentation on one aspect of participants resulting from their engagement with this programme e.g. How they integrate, use of outcome/process measures in contemporary psychotherapy etc.
- Reflective statement

“ This programme teaches a contemporary integrative approach, which enable you to develop a personal theoretical model that also fits with your own approach to life.”

Jade Lawless, Head of Counselling & Psychotherapy

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GENERAL OVERVIEW
According to several studies, most therapists report that they attend to client dreams at least occasionally. Though dreams have been foundational to the early development of psychotherapy since the publication of Sigmund Freud’s “Interpretation of Dreams”, many contemporary therapists seem unsure as to how to work with dreams in clinical practice having barely (if at all) been equipped to work with dreams during their primary training. This programme aims to address this gap as well as offering therapists rich new avenues to personal growth and development as well as a professional skill to employ in clinical practice.

WHO IS THIS COURSE FOR?
This course is for any counselling or psychotherapy student or practitioner, psychologists or those more broadly in the mental health arena. No previous experience of working with dreams is necessary, except to have a curiosity about this phenomenon. The opportunity to work on your own dreams will be provided throughout the programme.

WHAT WILL YOU LEARN?
Various dream theories, models and methods of working with dreams and their usefulness in clinical practice will be explored. Exercises and skills designed to provide insights into the therapeutic process, the role of dreams in our own personal development and the relevance of dreams in supervision will also be covered. This programme is based on a pluralistic approach to dream work and will cover Freud, Jung, Perls, Ullman and Hill’s theories and methods of working with dream material. You will learn two practical approaches to working with dreams; the narrative method and the quick-draw method which integrate these theories into a highly practical set of tools to use for personal development, supervision and in clinical practice.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Dream work research informs us of the likely benefits of working with dreams including; decreases in general client symptoms and in levels of depression as well as increases in existential well-being when spiritual insight was the focus of the dream work. Further research shows that clients with positive attitudes towards dreams seem to have positive therapeutic outcomes. Therefore, therapists who can support clients in engaging with their dreams in therapy can further enhance therapeutic outcomes conducting talk-therapy alone. Another benefit of this course is in supporting your own psychological wellbeing by learning how to attend to your dreams. This can contribute directly to your self.

COURSE REQUIREMENTS
• Poster presentation on the application of dreamwork techniques (personal or professional context).
• Reflective statement

“ I enjoyed the topic and the passion in which it was delivered.”
Judith Dowling

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GENERAL OVERVIEW
In this couples counselling course, you will learn to observe, assess, evaluate and formulate therapeutic interventions and support using the couple’s environmental influencers as well as their thoughts, moods, emotions and behaviour. You will be introduced to the many dynamics within the couple relationship and how to work with these. The approaches presented are usable, up-to-date and strongly evidence-based.

WHO IS THIS COURSE FOR?
The course is for all counsellors and psychotherapists who want to broaden their practice to include work with couples, family members and relationship issues. This certificate course is designed to equip counsellors and psychotherapists with the knowledge and skills necessary to incorporate Couples Counselling into their practice in a client-centred, integrative way.

WHAT WILL YOU LEARN?
The course will provide an opportunity for qualified counsellors and psychotherapists to develop competence in working with couples and to empower counsellors and psychotherapists who work in a one to one setting to do so informed by relational dynamics. Students will be introduced to the theories underpinning this work, including internal family systems theory, and also to contemporary approaches to working with couples, such as those outlined by Gottman and Johnston. There will also be an introduction to EFT and the concepts within this model. An experiential approach to working with couples will allow students to practice their skills and deepen their understanding to these approaches on a practical level. The course will also introduce the area of sex and sexuality in the counselling room and within a couples dynamic, in addition to working with anger and control. There will be a focus on integration of learning, where participants are given the opportunity to outline and describe how they have integrated the learning from the four core workshops and applied it to their practice.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
This certificate course is designed to equip counsellors and psychotherapists with the knowledge and skills necessary to incorporate Couples Counselling into their practice in a client-centred, integrative way. The course presents an opportunity for professionals to broaden their client referral base. The course is designed to complement already existing qualifications by broadening the repertoire of practitioner skills. Experiential aspects of this course will allow participants to integrate theories into practice.

COURSE REQUIREMENTS
• Record of 15 hours of supervised client work
• Record of 3 sessions with a qualified supervisor.
• Poster Presentation

"I enjoyed sharing experiences with peers and the flexible and supportive approach of the lecturer."
Yvonne Lucas

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PROFESSIONAL CERTIFICATE IN GROUP FACILITATION SKILLS

GENERAL OVERVIEW
This five-day training program offers an introduction to the theory and practice of group facilitation. The course is designed for those working in a therapy, counselling, social care, mental health, drug/alcohol recovery, probation/prison service/nursing context or related fields. The course is designed to help develop an understanding of group dynamics as well as equipping professionals to add group facilitation to their repertoire of professional skills.

WHO IS THIS COURSE FOR?
The course is designed for those working with groups currently who wish to upgrade their skills/knowledge or those who are considering offering a group facilitation service or resource to their existing practice or their organisation’s services.

WHAT WILL YOU LEARN?
This programme consists of five one-day workshops, each of six hours duration. Each day will be highly experiential and focus on both the self-of-therapist and client case work through working with visual journaling, personal symbols, image making, music and drama. No prior experience in these areas is necessary in order to participate in the course. You will be provided with the opportunity to engage with and experience the creative modalities of art, music and drama therapy. You will be learning through ‘hands-on’ experience of each discipline, provide an introduction to the fundamental theoretical concepts of these arts therapies, exploring the unique contributions, qualities and features of different creative modalities, and considering the ways in which these can complement each other enhancing and transforming the therapeutic process.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
This is a comprehensive introduction with professional certification in group facilitation. Our focus is on imparting the necessary knowledge and skills to be an effective, ethical and professional group facilitator. This includes theories and models of group facilitation, group dynamics, group development and the role of the effective group facilitator. It will also afford an opportunity to practise group skills through participation in a small training group. Helping groups flourish, understanding the boundaries within groups, record keeping, how to start-up a group, matters of race, social/sexual diversity in groups and ethical considerations will also be explored during the short programme.

COURSE REQUIREMENTS:
Assessment will be via ongoing feedback and assessment through the supervision of the course leader.
• Poster Presentation
• Reflective statement

Fees
€780

Location
Nationwide

Duration
Full Course: 5 Days (30 hours in total)

“ It is a unique opportunity to learn about group dynamics in a safe and creative space!”
Karolina Kurszewska - Lecturer
GENERAL OVERVIEW
The creative arts are life enhancing and have been used since the beginning of time as part of ritual, healing and celebration. Art, music and drama enrich and help us make meaning of our lives and environment. The creative arts therapies draw on this richness to facilitate expression in multi-faceted ways integrating the experience of a given art form with the theories and practice of psychology, psychotherapy and psychiatry as a unique form of therapeutic intervention.

WHO IS THIS COURSE FOR?
Entry Requirement: Entry to this programme is restricted to qualified practicing therapists (minimum qualification level is a Diploma in Counselling/Psychotherapy). Creative arts therapies are widely used in a variety of settings from private practice to multidisciplinary teams within hospitals, rehabilitation centres, hospices, residential care facilities, mental health and social care services, schools and disability services. They are particularly useful where verbal expression is limited or difficult. Since images exist before words, they provide access to both unconscious processes as well as supporting us to work with both sides of the brain.

WHAT WILL YOU LEARN?
This programme consists of five one-day workshops, each of six hours duration. Each day will be highly experiential and focus on both the self-of-therapist and client case work through working with visual journaling, personal symbols, image making, music and drama. No prior experience in these areas is necessary in order to participate in the course. You will be provided with the opportunity to engage with and experience the creative modalities of art, music and drama therapy. You will be learning through ‘hands-on experience of each discipline, provide an introduction to the fundamental theoretical concepts of these arts therapies, exploring the unique contributions, qualities and features of different creative modalities, and considering the ways in which these can complement each other enhancing and transforming the therapeutic process.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Upon completion of this Certificate, participants will have relevant knowledge about the unique role of the creative arts and their place in the therapeutic process. Furthermore, participants will be familiar with the use of a range of creative interventions from the disciplines of art, drama and music and possess an understanding of their use and limitations.

COURSE REQUIREMENTS:
• 12 clinical hours of applied creative arts therapy (in private practice, agency or placement context)
• 3 hours of clinical supervision for those 12 hours (letter signed by supervisor validating 12 clinical hours)
• A final-day creative presentation designed to assess satisfaction of course learning objectives (e.g. via a poster presentation)

“Informative, creative, insightful into oneself.”
Mary K McGrath

Contents

Location

Nationwide

Duration

Full Course: 5 Days (30 hours in total)

Fees

€780
GENERAL OVERVIEW
This professional training course enables the counsellor to gain new insights into the arena of trauma. As our clients bravely present themselves into the therapeutic space we are often unaware of the trauma they bring with them. This course aims to introduce professionals to theories, concepts and research into the work with trauma in a therapeutic setting.

WHO IS THIS COURSE FOR?
This course is designed for helping professionals (with therapeutic experience) who wish to gain the knowledge and skills necessary to be confident and competent in working with individuals and groups who have experienced stress related traumatic events and to incorporate such skills into their practice. The course will assist counsellors facilitate their clients from trauma towards recovery. The course contains a mix of theory and has a high emphasis on the requisite effective skills to assist individuals and groups impacted by personal or workplace traumatic events both actual and potential.

WHAT WILL YOU LEARN?
This Professional Certification in Working with Trauma is designed to support participants to facilitate our clients to navigate their way to recovery by providing a comprehensive insight into Trauma, from its origins in history to up-to-date research, theories and evidence-based interventions. The course will introduce a broad range of themes and theories, addressing practical implications of working with trauma. Participants will gain insight and the ability to recognise and facilitate clients through the impact of trauma to a more integrated self. The course will equip participants with frameworks to support their work and integrate new knowledge and theories into a model for working with trauma. Participants will also expand new knowledge and experience through collaborative sharing within the group. There will be a focus on integration of learning, where participants are given the opportunity to outline and describe how they have integrated the learning from the four core workshops and applied it to their practice.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Upon completion participants will have gained comprehensive knowledge into the themes, theories and principles of trauma. They will have an in-depth understanding of a recovery process which will facilitate their work with trauma which will increase confidence as practitioners. Experiential aspects of this Certificate will allow participants to integrate theories into practice.

COURSE REQUIREMENTS
• Poster Presentation
• Reflective statement

“Good structure and role play.”
Audrey Farrell

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PROFESSIONAL CERTIFICATE IN WORKING WITH GENDER, SEXUAL, RELATIONSHIP DIVERSE CLIENTS (GSRD)

GENERAL OVERVIEW
Historically, training on human sexuality has focussed on issues specific to LGBTQ clients including topics like coming out, safer sexual practices and identity integration. However, this position is neither adequately inclusive nor truly representative of the diversity of gender, sexual and relationship types which present

WHO IS THIS COURSE FOR?
Qualified or student therapists (you must be seeing clients) who wish to gain additional knowledge, insight and initial skills training to work with GSRD clients. This course is designed to help therapist navigate the ever increasing complex world of gender, sexual and relationship diverse client groups. Topics such as terms and terminology (transgender, asexual, polyamory etc.), therapist values and cultural values, and current best practice with working with GSRD clients will be explored in depth, enhancing your confidence and competence when faced diverse populations.

WHAT WILL YOU LEARN?
Definitions of normality, diversity and deviance will be explored along with enhanced insight into the myriad presentations of gender, sexuality and relationship diversity encountered in the modern therapeutic context. Discussion, reflection and exercises designed to explore our own personal/familial and societal values and how the construction of these can affect our ability to work ethically with GSRD clients. On completion of the programme, participants will have a renewed sense of clarity and confidence in an area which is rich, complex and constantly evolving.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Therapists already familiar with working with GSRD clients, this course will provide a skills refresh and insights into the most up to date research and findings applicable to professional practice. Therapists unfamiliar with GSRD complexity will benefit from a solid grounding in the what, who and how of GSRD and being to explore pathways to helping clients.

COURSE REQUIREMENTS
• Poster presentation on one aspect of the programme as covered.
• Reflective statement

“Explore the complexity and challenges inherent in working with diverse gender, sexuality and relationship diverse client groups.”
Mike Hackett, Senior Faculty Lecturer

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GENERAL OVERVIEW
The Professional Certificate in Family Therapy Skills will provide an introduction to the underlying theory and principles of family therapy theory and practice. Students will gain an overview and framework of different approaches and models of family psychotherapy. Students will be enabled and empowered to develop family therapy skills and apply these in their client work. These skills will extend to the work with couples and working with relationship dynamics. Family therapy is a creative, innovative and thought provoking model of Psychotherapy which places sound ethics at the heart of the work.

WHAT WILL YOU LEARN?
You will be introduced to modern and post-modern systemic theory and practice, beginning with a history of family therapy in Ireland and abroad. Students will become familiar with therapeutic tools, such as the genogram, in addition to recent research on concepts such as parental alienation, social constructionism and pathological alliances. You have an opportunity to engage in practices such as circular questioning and through experiential practice apply elements of the narrative approach. There will be a focus on integration of learning, where participants are given the opportunity to outline and describe how they have integrated the learning from the four core workshops and applied it to their practice.

WHO IS THIS COURSE FOR?
This course will appeal to professionals who are interested in family therapy, theory and training. It is suited for professionals who wish to incorporate therapeutic knowledge and interventions into their work within family contexts and with relationship dynamics. This program is designed for practitioners, undergraduates and postgraduate learners who wish to enhance their practice and skills while developing their understanding of family therapy theory, practice and approaches.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Upon completion of the course, students will gain an awareness and understanding of the key theory and skills from the systemic perspective that can be immediately introduced to your client work. Acquisition of key systemic skills to add to your existing skill set optimising outcomes for clients such as circular questioning, hypothesising, neutrality and Genograms among others. Learners will be enabled and empowered to locate client presentations in a relational context. The professional certificate is an excellent taster course for those who are interested in further postgraduate study in this area.

COURSE REQUIREMENTS
• Poster Presentation
• Reflective statement

“Perfect balance between interaction and theory.”
Mary Mullins

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GENERAL OVERVIEW
According to The National Office of Suicide Prevention, in 2018 there were 352 suicides in Ireland and 12,558 of self-harm presentations to hospitals. The highest rates of self-harm are consistently recorded in young people. This course is specifically designed to address the needs of professionals working with those who may present with suicide ideation, have made suicide attempts or are engaging in self-harm. The content of this course will be experiential in nature focused on building confidence and assurance when responding to such issues. Working with suicide and self-harm can be challenging therefore this course will also address the importance of supporting your own wellbeing while meeting the needs of our clients.

WHAT WILL YOU LEARN?
During this course you will gain insight into why suicide becomes the option to end emotional pain and self-harm becomes the method to live with emotional distress. We will explore both the myths and facts and the relationship between suicide and self-harm, how to assess the level of risk and respond rather than react. The course will provide a space to explore how to support ourselves in this work and the challenges that can emerge.

WHO IS THIS COURSE FOR?
This 5 day course is suitable for Psychotherapists, Counselling students, Psychologists, Social care workers, GPs, Residential care workers and other Allied Health professionals. It is aimed at those who wish to develop insight in how to respond to the needs of clients in crisis while maintaining the therapeutic relationship deep rooted in compassion and care.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
This course will provide the participants with a deeper understanding of how to work with suicide and self-harm with knowledge, self-awareness and confidence. It will provide skills in how to address these issues meeting both the needs of the client and the care of the professional in the therapeutic alliance.

COURSE REQUIREMENTS
• Poster Presentation
• Reflective statement

“An excellent opportunity and a privilege to share knowledge and skills for those working with suicide and self harm.”
Marguerite Kiely, Lecturer

Contents
GENERAL OVERVIEW
This online certificate in Psychology offers an introduction into Psychology and its broad areas of specialism. It provides students with the opportunity to explore some of the most important and upcoming fields of study within the discipline. There are five modules which include Introduction to Psychology, Developmental Psychology, Cognitive Psychology, Cyber Psychology and Abnormal Psychology. Each module is accompanied by an online tutorial and end of module assessment to consolidate the learning. As you progress with the course you can avail of continued support via portal access.

WHO IS THIS COURSE FOR?
This course is for anyone interested in expanding their knowledge of Psychology with the possibility of going on to further study. As it is online it can be completed in a time frame that suits the student. Those taking this course may also be thinking of further study in the area of Counselling and Psychotherapy and this will provide some insight into the foundational aspects which are developed in counselling. Certain topics covered may also be of interest to those working in the areas of childcare and mental health. As it an introductory course there are no entry requirements.

WHAT WILL YOU LEARN?
You will learn about a number of ideas and theories which make up the various aspects of Psychology. In the introduction you will be presented with a broad overview of the growth of Psychology and some of the main contributors and contributions to the discipline. From there you will learn more about Developmental, Cognitive, Cyber and Abnormal Psychology. Students will explore some of the main ideas within each module and their impact on individuals and society. You will identify areas you may wish to pursue and have an opportunity to evidence your learning by completing brief online assessments.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?
Upon completion of this course you will have a greater understanding of some of the most important areas in Psychology. The content covered will equip students with a broad understanding of the diverse nature of Psychology. Many areas of study can benefit from a grounding in the core aspects of Psychological theory. Also, in a world where social media and online platforms are being used, an understanding as to how these can impact human interactions is essential. Those who take this course will be well equipped to identify areas of further study while at the same time being better prepared for commencing any additional study in the area.

COURSE REQUIREMENTS
• 5 x online multiple choice questionnaire
• 5 x personal reflections

“By studying the online certificate in Psychology you will gain a strong understanding of the field and learn about some of the up and coming aspects of this exciting discipline.”

John Wills, Lecturer

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This two-day CPD workshop will introduce participants to the theory and skills of Schema Therapy.

Schema Therapy is an integrative approach to treatment that combines the best aspects of cognitive-behavioural, experiential, interpersonal and psychoanalytic therapies into one unified model. Research has shown that Schema Therapy has shown remarkable results in helping people to change negative ("maladaptive") patterns which they have lived with for a long time, even when other methods and efforts they have tried before have been largely unsuccessful.

Although schemas are usually developed early in life (during childhood or adolescence), they can also form later, in adulthood. These schemas are perpetuated behaviourally through the coping styles of schema maintenance, schema avoidance, and schema compensation. The Schema model of treatment is designed to help the person to break these negative patterns of thinking, feeling and behaving, which are often very tenacious, and to develop healthier alternatives to replace them.

This workshop will be facilitated by Jean Notaro and Eilish McGuiness, both of whom hold Advanced Level Accreditation with the International Society of Schema Therapy (ISST).

**COUSE CONTENT**
- An Introduction to the theory of Schema Therapy
- Key skills in Schema Therapy
- Putting theory into practice in a professional setting

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“Very experiential and we got to practice the therapy.”

Bryan O’Mara

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Introduction to Contemporary Clinical Supervision
Have you considered becoming a clinical supervisor? What are the various roles and functions of contemporary supervision and what are the routes and context you can commence to grow your professional services as a supervisor? These topics and more will be explored in this short one-day course.

What works in therapy? - Recent research findings to inform practice
What does the current evidence from decades of psychotherapy research tell us about what works for clients and what clients benefit? What prior practices are now discredited and no longer supported evidentially? This one-day course will bring you up to speed on these topics and more.

Working with Diversity in Counselling & Psychotherapy
In all kinds of ways, individuals can be perceived as being different. Reactions to difference can be mediated by negative attitudes and misconceptions perpetuated by peers, service providers, family members and society itself. This workshop seeks to provide participants with a series of lenses to explore dimensions of difference. It aims to deepen participants’ understanding and awareness of diversity and promote a positive attitude towards inclusion.

The Therapist Professional Will
Therapists sometimes are incapacitated or die due to ill health, incident or accident. What however is the impact on their clients, their practice and their families? This one day course introduces you to the topic of developing a Professional Will and walks you through the steps necessary to care for your clients, your family and yourself both ethically and effectively.

Supervising the Trainee Therapist
Supervising trainee therapists is a challenging and rewarding endeavour. This short one-day course introduces supervisors to working with contemporary trainee therapists and provides insights from research and contemporary practice on how to more effectively supervise early stage development therapists and trainee therapists.

Effective Supervisee Evaluation
Contemporary clinical supervision entails balancing support, education and the management of supervisees as they develop during their career. Providing critically constructive feedback can be challenging due to the complex nature of the work. This short workshop aims to help supervisors create the necessary conditions and strategies for effective evaluation of supervisees under their care at all development levels from novice to expert practitioner.

Deliberate Practice in therapy and supervision
Other than ongoing CPD, talking with your supervisor and your colleagues, what other methods can contemporary therapists use to improve their therapy practice? How can we learn from other experts on what makes them world-class in their fields. How can we use deliberate practice to improve our work and outcomes for clients? This short workshop explores pathways to competence and pathways to expertise in the work of the professional therapist/supervisor.

Working Therapeutically with Children and adolescents presenting with suicide ideation and self-harm.
This one day workshop will be experiential in nature addressing the needs of young people who struggle with suicide ideation, have made attempts or are engaging in self-harm. It will build confidence and assurance for those responding to these issues in their line of work. This workshop will also incorporate child protection and issues that can arise when working with high risk children and adolescents.

Mindfulness Based Cognitive Therapy
Mindfulness has become an increasingly popular method of increasing self-awareness and gaining more control over a modern tendency for mental busyness and negative thinking. Cognitive Therapy (CT) is similar to mindfulness in that the goal of treatment is an increase in awareness of mal-adaptive thinking that leads to changes in the thought process, which in turn results in behavioural change. This experiential workshop combines the above modalities by using mindfulness to encourage the client to sit with unpleasant thoughts and feelings while using cognitive techniques to address those difficulties.
“I found the workshop very worthwhile and the online delivery worked very well. 
Motivational Interviewing, Alan O’Toole

Relationships & Mental Health
The aim of this experiential workshop is to facilitate counsellors to work at greater depth with relational patterns and systems. The risk factors which can impact mental health, the resulting dynamics and how issues become compounded will be explored through the following questions and themes: Does how we interact with one another have an impact on our well-being? What are the essentials of healthy relationships? What can counselling teach us about ourselves in relationship? Participants will enhance existing understanding and explore new ideas and techniques.

Motivational Interviewing
This experiential workshop will orient attendees to all of the broad tenets of Motivational Interviewing (MI) using theory, conversation, and skills practice, with an emphasis on how MI may be applied in their own areas of work. It is designed to both enhance or refresh developing MI knowledge and skills you may already have, but also to thoroughly introduce the approach to newcomers. The workshop is delivered by a member of Motivational Interview Network of Trainers (MINT).

Cognitive Behavioural Therapy for Addiction
Participants will gain familiarity with the CBT model of Addiction and its application to the understanding and treatment of the most common addiction problems. This workshop will be based on up to date, evidence based approaches to working from a CBT framework with addiction and recovery.

An Embodied Approach to Working with Trauma
There is a significant body of evidence now available which shows that the majority of individuals who present for mental health and substance abuse treatment are primarily dealing with the impact of psychological trauma. Evidence from neurobiology shows that trauma impacts on areas of the brain which are sub-cortical and therefore not accessible by cognitions. There is a growing awareness of the need therefore for clinicians to have the therapeutic skills which support their clients in developing the ability to regulate their nervous systems. This workshop will give you an understanding of the need for these skills and introduction to them in practise.
PERSONAL DEVELOPMENT: ONE-DAY LIFE SKILLS COURSES

We have a choice of day, evening and weekend classes available, our topics include:

Personal Development
This short course aims to introduce participants to the process of reflecting on experience as the primary tool in developing self-awareness. It aims to act as a gateway for personal growth and development. Participants will begin a journey of self-discovery by exploring self-esteem, needs, feelings, and personal values. This will also include an exploration of building resilience, living mindfully, self-compassion, empathy and developing authenticity. This will be achieved through a combination of discussion and experiential exercises to take place in a safe and confidential environment. This course is run over 6 evenings, 3 hours per evening.

CBT for weight management
This workshop is designed to help you reach your target weight and to help you maintain it once you have reached your goal. It will explore motivation, thoughts and beliefs in relation to food and physical exercise. Using Cognitive Behavioural Therapy (CBT), techniques and the Symptom Cycle, it will look at breaking the cycle, changing eating habits and forming an activity and eating plan. CBT is not about putting you on an actual diet. It provides you with a set of tools to help you go on a diet and manage it in such a way that it is liveable and for life.

Life Writing
This course introduces participants to the practice and theory of life writing. Life writing refers to the practice of writing for oneself, not specifically with the view for publication (though this is a possibility) but as a way of healing, growing, discovering, exploring, awakening creativity and solving problems. It encompasses the keeping of journals, diaries, memoirs, biography, stories, letter writing, travel writing and fiction based on personal experience. This workshop is for anyone who would like to explore their own thoughts and emotions through writing. It will also look at other aspects of writing such as claiming one’s own voice, telling one’s story, discovering one’s strength and joyfulness.

Taming the anxious mind
Anxiety is common and normal. It can frequently be useful in alerting us to threats of various kinds. Sometimes people develop irrational fears of situations which do not actually threaten them, such as social anxiety, panic attacks and worry about the future. Cognitive Behaviour Therapy is a reliable approach that anyone can learn in order to cope better with difficult emotions e.g. stress, anxiety, fear, anger and low mood. This course demonstrates how CBT can help to understand and change our habitual thoughts and behaviours which can be very beneficial when it comes to dealing with the ongoing challenges of life, helping many people to largely rid themselves of these anxiety gremlins.

Workplace Resilience
Resilience is what allows us to adapt and thrive in situations which can be difficult or seemingly impossible. It is based on our human potential to respond rather than react, to constantly grow and improve and to learn powerful skills which can be applied in both work and life circumstances. Our focus is on harnessing your character strengths and building learnt optimism and tenacity in life and at work, with particular emphasis on resilience. We will empower you to enhance your own resilience for the benefit of your work life and beyond.

Self-care with Somatic Movement (Level 1)
“Somatics” is the Greek word for the living body. This is a series of movements which will systematically help release physical and emotional trauma from the body, creating new body awareness that improves your breathing and walking, offering relief from chronic muscle tension or pain, reduce work-related physical stress, eliminate pain or other dysfunction resulting from trauma, injury or an accident and avoid or reverse stiffness, pain and many other problems associated with aging. Participants learn to tune into sensory awareness of what is presently occurring in their living body, enhancing a unique and intimate relationship with in their internal / external environment.

Using our unique and talented faculty of highly trained and qualified mental health and wellbeing specialists, PCI College are delighted to offer a range of Personal Development programmes in a variety of subject areas such as Psychology, CBT Skills, Dealing with Everyday Anxieties and Life Writing.

The courses we offer allow students the opportunity to develop their skills and knowledge, learn more about subjects that are of personal interest to them and to enhance both their personal and professional development. Our desire is to give individuals a chance to take time out to enrich their lives, recharge their batteries and experience personal development in a relaxed environment.

Our team will provide you with the opportunity to delve into the world of self-discovery and development in a safe environment. No professional experience is necessary for these courses; they are open to all to attend.

We hope you enjoy the experience.

“I felt very connected with my body.”
Somatic Movement, Erika Fitzgerald
COUNSELLING PLACEMENTS

Counsellors in training are available for placement in community organisations and agencies.

PCI College student counsellors are mature adults who are undergoing comprehensive professional training and are in at least their 2nd year of our professional BSc (Honours) degree programme. They are engaged in regular supervision with a qualified and highly experienced mentor and are insured to practice. Contact our Client Work Team at 01-464 2268.

At PCI Counselling Service we provide quality and ethical counselling, on a nationwide basis, to individuals regardless of their financial circumstances. The service is provided at a low-cost; usually €10–€25 per session.

In today’s society, we all have stresses in our lives that can be alleviated through talking with a trained professional. Counselling is for anyone who wants support, perhaps at a time of crisis, who is unhappy with his or her present circumstances and hopes for change, or who wishes to make progress in personal development. It is a valuable aid to personal growth and can help you to develop assertiveness and self-confidence, and improve your sense of wellbeing.

Counselling is provided by mature adults who are currently undergoing professional training in Counselling & Psychotherapy with PCI College and are supported in their work by experienced Supervisors.

In some areas, we also have qualified pre-accredited and accredited Counsellors available on request or by advisement. Please note that fees for these qualified Counsellors are higher.

• Our service provides a safe and secure, one-to-one counselling environment for anyone aged 18 years and upwards.

• We work with relationship issues, life changes, loss and separation, bereavement, depression, stress, anxiety and many other issues.

• Calls to our PCI Counselling Service are dealt with promptly by a professional counsellor/psychotherapist and callers are matched with a suitable counsellor.

• A suitable low-cost fee is agreed with the caller so that the service is available to all, regardless of circumstance.

• We have day, evening and weekend appointments available, with both male and female counsellors.

To speak confidentially and to arrange an appointment

Republic of Ireland: 0818 555 450
Northern Ireland: 028 9099 8613

email: Republic of Ireland: info@pcicounselling.ie
email: Northern Ireland: counselling@pcicollege.co.uk

More details are available at
Republic of Ireland: www.pcicounselling.ie
Northern Ireland: www.pcicounselling.co.uk

PCI College Low Cost Counselling Service are offering a remote counselling service, with both online and telecounselling options, during the Pandemic restrictions.
UNDERGRADUATE COURSES
POSTGRADUATE COURSES
PROFESSIONAL DEVELOPMENT
PERSONAL DEVELOPMENT