

Prospectus



PCI College

— Established 1991 —



25|26

Greetings from the Director of PCI College

Welcome to Prospectus 2025/26!



PCI College's mission is to make transformative contributions to individuals and society as Ireland's leading Counselling and Psychotherapy third-level provider, with a specific goal of providing second-chance education to all.

In conjunction with offering third-level education, PCI College specialises in providing continuing professional development programmes in mental health and wellbeing. Our expertise and excellence in this field is supported through practitioner led training and ensuring clear quality assurance through institutional validation with QQI (Quality and Qualifications Ireland) and partnership with Middlesex University (MDX).

PCI College is a place for aspiring professionals looking to expand their personal development and careers in Counselling & Psychotherapy. We provide a wide range of high-quality academic programmes taught and designed to standards comparable to Levels 6, 7, 8 and 9 on the National Qualifications Framework. For those looking to enter the field we provide a Certificate in Counselling & Psychotherapy, along with a Blended Learning edition that can be completed at your own pace, quality checked by The National Counselling & Psychotherapy Society (NCPS).

PCI College is one of a few private colleges in Ireland offering internationally recognised university-validated programmes, validated by Middlesex University and quality assured by Office of Students. These include our well-established and popular BSc (Honours) Counselling & Psychotherapy degree accredited by the Irish Association of Counselling & Psychotherapy (IACP), and our suite of Master's level programmes in Child & Adolescent Psychotherapy, Cognitive Behavioural Therapy and Addiction Counselling and Psychotherapy.

In addition, PCI College offers a Diploma in Supervision for the Helping Professions, together with a suite of Continued

Professional Development programmes, including a new Level 9 Professional Certificate in CBT, accredited by QQI. In response to recent global events, we have developed a suite of new lecturing tools to support hybrid delivery and augment our in-person learning environment. We offer several online courses in a 'Live' online classroom setting with breakout groups and sessions built into all lesson plans. This style of in-person and online lecturing focuses on excellence and innovation in contemporary academic knowledge and ethical practice within the helping professions.

Focusing on the sector and how the world is evolving, it has become increasingly important that highly skilled and qualified professionals are available to support the population at this time. PCI College focuses on cultivating the practitioner and academic skills required to ensure our graduates have the ability and suite of resources essential to future-proof their careers and deliver the mental wellbeing support needed in the years ahead.

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 focused explicitly on the needs of the adult learner and mature student.

We are privileged to have an excellent, highly qualified, and committed academic team of 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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About PCI College

PCI College is Ireland's leading provider with over 33 years of experience of designing and delivering third level educational and continuing professional development courses in the fields of Counselling & Psychotherapy, including personal & professional development.

We are committed to the provision of expert professional training and education in mental health and wellbeing, to individuals as well as 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 and organisations such as the Health Service Executive (HSE), community/voluntary sector and commercial companies.

Our Bachelor of Science (Hons) Counselling & Psychotherapy and Master's of Science Programmes are validated, quality assured and awarded by Middlesex University, with the BSc (Hons) Counselling & Psychotherapy programme being professionally accredited by the Irish Association for Counselling & Psychotherapy (IACP). Postgraduate and Professional

programmes deliver enhanced learning in specialist areas of study, specifically tailored to the needs identified by those working in the field; with our MSc Child and Adolescent Psychotherapy course meeting the competency standards for working with children and adolescents as set by the IACP.

PCI College's Certificate in Counselling & Psychotherapy is quality checked by NCPS and provides a high standard introduction to counselling & psychotherapy, covering both theoretical and applied issues, while our online and blended learning programmes allow students the flexibility to study at home. Learners are supported by the opportunity to access a range of personal development courses providing exploration in 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 delivering accessible experiential training; focusing on high standards of quality and personal development and the provision of a reduced cost counselling service.

Where We Teach

PCI College offer programmes in Athlone, Belfast, Carrick-on-Shannon, Cork, Dublin, Kilkenny and Limerick. Our main campus is just off the N7 and M50 in Dublin 22 and our Belfast venue is located on Stranmillis University campus.

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.



Jade Lawless *Academic Director - C. Psychol. PSI, MIACP*

Jade is a chartered Counselling Psychologist with the Psychological Society of Ireland (PSI) and is an accredited psychotherapist the Irish Association for Counselling and Psychotherapy (IACP). Jade is PCI College's Academic Director, providing support and leadership relating to strategic development, academic standards and practices, and the development of new and existing programmes. Jade is a Counsellor/Therapist within the HSE Counselling in Primary Care team and consults as a member of the Clinical Team within a residential care setting. Jade is the Leas Cathaoirleach of the Irish Association for Counselling and Psychotherapy where she also served as Secretary and chaired the IACP Finance and Risk Management committee, which involved inputting into the organisation's risk management strategy.



Carolina Cirillo *Director of Marketing & Business Development, MMII*

As the Director of Marketing & Business Development, Carol leads initiatives related to student recruitment, including course applications, scholarships, and professional development courses. She oversees comprehensive marketing strategies and tactics, encompassing digital marketing, market research, website management, and PR activities. Carol and her team also manage significant events such as the National Counselling & Psychotherapy Conference, Charities/Volunteer events, and staff events to support staff engagement and foster a better work culture. Additionally, Carol spearheads business development efforts and serves as the organisation's Data Protection Officer, ensuring strict adherence to GDPR regulations.



Ethan Moore *Head of Operations*

As Head of Operations Ethan's primary responsibility is to oversee PCI College's daily functions including IT, Health and Safety and Quality Assurance as well as the management of both Programmes Office and Student Services departments. Ethan is responsible for overseeing the admissions, registry, enrolment, boards, timetabling and general programmes management processes including payment of tuition fees. He also helps to provide clear administrative processes that meet all quality assurance directives and improve the supports and customer service level to the student body. The Head of Operations role also encompasses co-ordinating the Equality, Diversity and Inclusivity strategy with the Academic Department.



Gael Kilduff *Head of Counselling & Psychotherapy*

As Head of Counselling & Psychotherapy, Gael is responsible for managing all counselling & psychotherapy programmes offered by PCI College. Her primary responsibility encompasses leading the lecturing team and ensuring all programmes meet the quality standards required by the College and any respective accrediting bodies. Working closely with Academic and Programme staff, Gael project manages and coordinates academic and programme delivery aspects for new courses. She is also involved in the implementation of new pedagogies across all programmes. Gael has been a member of the Lecturing team with PCI College since 2009 and has been a practising therapist for 25 years.



Faculty Lecturers

See full details of Faculty teaching responsibilities and specialist areas on our website www.pccollege.ie

Dr C  il  n    Braon  in

PhD Developmental Psychology,
MA in Humanistic & Integrative Counselling, MIACP

Shane Morrow

BA (Hons) Combined Studies in Art & Design. BA (Hons) Humanities Combined, DHP Hypnopschotherapy, MSc Guidance and Counselling, MIACP, MBACP

Colm Early

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

Dan O'Mahony

Dip., BSc (Hons) Counselling & Psychotherapy

Ramesh Ramsahoye

BA (Hons) Art History and Theory, BA (Hons) Integrative Counselling and Psychotherapy, MA History of Art, PGCE Art and Design, MIACP

Louise Brennan

Dip. In Humanistic & Integrative Psychotherapy

Katrina Dennehy

MA Cognitive Behavioural Psychotherapy,
BA Counselling and Psychotherapy and Youth Studies,

Mr. Andrew Twomey

BA (Hons) in Counselling & Psychotherapy

John Wills

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

Philomena Clarke

BSc Counselling & Psychotherapy (Hons)

Dr Krzysztof Kielkiewicz

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

Ray Tonge

IACP (Accred.) IAHIP (Accred.)

Margaret O'Connor

Faculty Lecturer, Academic Team Leader Dublin;
BSoc.Sc, BSc Counselling & Psychotherapy,
MA Gender, MIACP

Carol Gregg

Dip, BSc (Hons) Counselling and Psychotherapy. Pro Cert in Couples Counselling. Pro Cert in Trauma. MIACP.

Sorcha McGrath

MA, MIAPTP (Supervisor), MIPD (UK), MEAIP (EU).

See full details of Faculty teaching responsibilities and specialist areas on our website: www.pccollege.ie"

PCI College has been a proud collaborative partner of Middlesex University since 2001



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 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 are 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 programmes are delivered according to the arrangements agreed when they were approved. Both Link Tutors attend 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 Jade Lawless (jlawless@pcicollege.ie). 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 Ireland, 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 master's programmes are also Middlesex University students with access to a range of services including an online library.

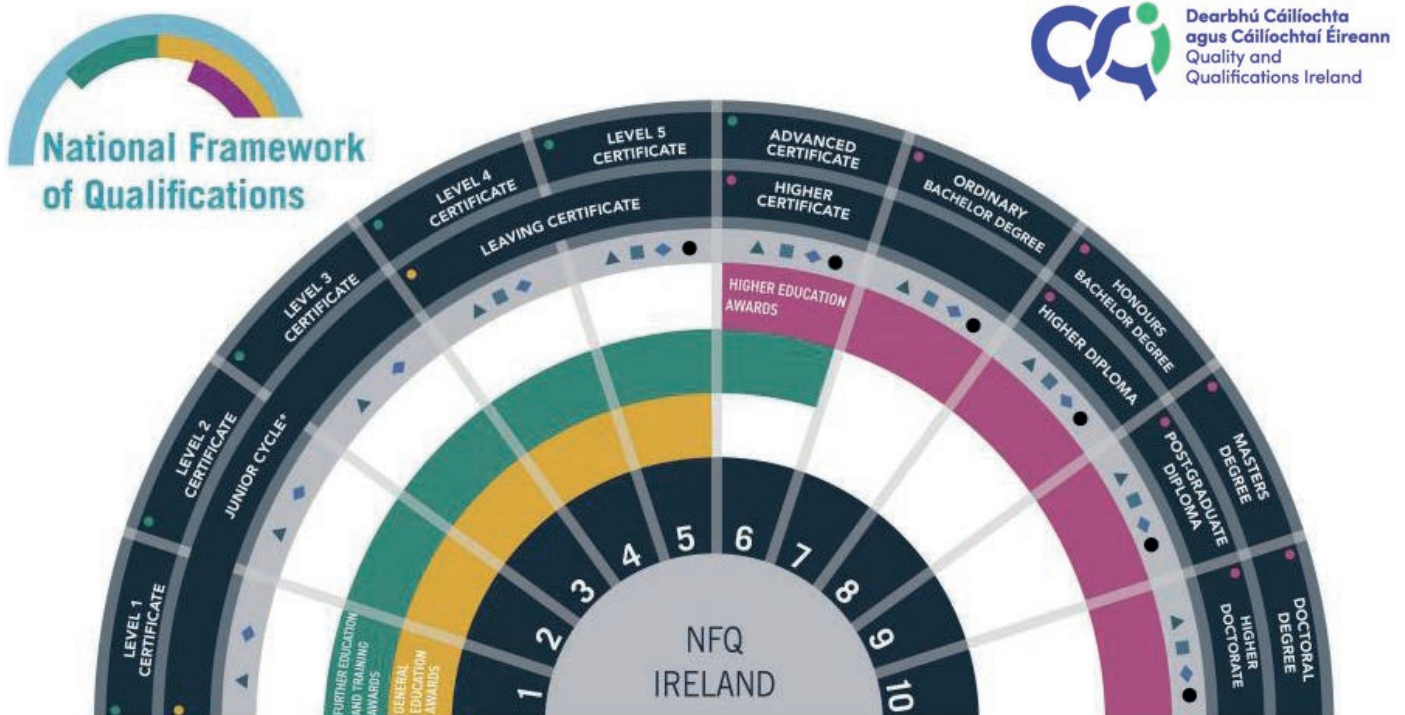
Although you will enrol and attend PCI College, all Counselling and Psychotherapy programmes are validated by Middlesex University, therefore, you are a student of both. Within Middlesex University the BSc (Hons) Counselling and Psychotherapy is part of the School of Science and Technology.

Our relationship with QQI ensures that PCI College creates and delivers programmes that uphold high academic standards, offer high-quality education, and align with national benchmarks for educational accomplishments. Since 2021, PCI College has secured institutional validation from QQI, which establishes our adherence to the stringent criteria set by QQI. This validation establishes our college as a provider that consistently meets QQI's rigorous standards, ensuring the overall quality and integrity of our QQI-validated training courses.

As part of our collaboration, PCI College is committed to the ongoing development of a governance and organisational structure that is reviewed and monitored continuously to ensure the provision of a flexible, transparent, and effective management structure in pursuit of educational excellence within the field of counselling and psychotherapy. Our academic programmes are managed and resourced competently and efficiently through a robust body of policies and procedures approved and endorsed by QQI.

Our collaborative efforts guarantee that PCI College consistently develops and delivers innovative, contemporary programmes, maintaining the highest of academic standards. These programmes are quality-assured for excellence and expertise in the field, reflecting our commitment to staying at the forefront of education in counselling and psychotherapy.

In partnership with QQI, we've developed a Level 9 Special Purpose Award Certificate in Cognitive Behavioural Therapy tailored to the requirements of counselling and psychotherapy trainees and specialists in Ireland. PCI College looks forward to continuing our collaboration with QQI and expanding our programme provision over the next few years.



CLASSES OF AWARD

- Major Awards:** named in the outer rings, are the principal class of awards made at a level
 - Minor Awards:** are for partial completion of the outcomes for a Major Award
 - Supplemental Awards:** are for learning that is additional to a Major Award
 - Special Purpose Awards:** are for relatively narrow or purpose-specific achievement
 - Professional Awards:** are for occupation-orientated qualifications including apprenticeships
- *Please refer to NCCA website, ncca.ie/en/junior-cycle/

IRISH REGISTER OF QUALIFICATIONS

- For more information on
- Qualifications
 - Providers
 - Courses
- visit www.irqi.ie

Accrediting Bodies



Irish Association for Counselling and Psychotherapy



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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 practising within an agreed ethical framework and code of practice.

The IACP is the largest accrediting body for counselling and psychotherapy in Ireland with over 5,000 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

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 & Psychotherapy Society (NCPS).

This means that the NCPS, 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 & Psychotherapy 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.ncps.com

Why Choose PCI College?

Discover the 8 compelling benefits awaiting you at PCI College, each pivotal in guiding your educational journey.

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 Quality Checked by the National Counselling & Psychotherapy Society (NCPS) in all locations.

The IACP is Ireland's largest, and most well-recognised accreditation body for counsellors & psychotherapists. GPs, state-bodies, HSE professionals and others usually specifically request IACP accreditation when referring clients to counsellors. Our MSc Child and Adolescent Psychotherapy meets the minimum competency standards for working therapeutically online and with children and adolescents.



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, an online library, a dedicated email account, Microsoft Teams, Microsoft Office and One Drive. 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 Student Development and Progression Officers throughout the degree programme making this an exceptionally supportive adult education experience. In cooperation with lecturers and other college staff, Student Development and Progression Officers monitor student participation in professional degree and postgraduate programmes including academic assignments, clinical work and personal development.

Unrivalled Reputation

PCI College has provided counselling & psychotherapy training since 1991. We have trained thousands of counsellors & psychotherapists and have an unrivalled reputation for high academic quality and experiential courses that teach practical skills for professional practice.

Experiential Learning

PCI College offers an approach which combines experiential classroom-based learning and Live Online learning with up-to-date theory and approaches across all our programmes.

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.

Ireland's leading provider of third level education in the fields of Counselling & Psychotherapy



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.

University Validation

PCI College provides a number of programmes including our BSc Honours degree and three Master's programmes, 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.

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. We aim to make our courses as accessible as possible, with not only providing eight regional locations to study but also the ability for us to come together and focus on excellence and innovation in contemporary academic knowledge and ethical practice. 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.



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.

The Difference Between Counselling, Psychotherapy and Psychology

There are many overlapping qualities between counselling/psychotherapy and psychology, namely that they all require a client focus and are concerned primarily with issues related to the human condition. There are, however, distinct and defining features between the two. There are differences in the training, educational paths, and professional focus.

In Ireland, in order to work as a psychologist, you are required to complete an undergraduate degree in psychology before embarking on postgraduate professional training in a specialist area of psychology, for example counselling, clinical, educational, etc. Within counselling and psychotherapy, the minimum level of training is an undergraduate degree in counselling/psychotherapy, which equips practitioners with the necessary skills to work within a 'talk therapy' clinical setting with clients and which is accredited with a recognised accrediting body such as the IACP. Both psychology and counselling/psychotherapy require practitioners to become members of their relevant professional bodies.

Psychologists work within specialist areas and there are unique skillsets required depending on which specialism that they work within. For example, an educational psychologist will have the necessary diagnostic skills to identify learning needs and educational interventions for clients, whereas counselling psychologists will have skills more closely aligned to talk therapy approaches, clinical psychologists will share those skills and have diagnostic abilities relating to mental health disorders.

Counsellors and psychotherapists play a crucial role in helping individuals navigate and overcome a variety of personal, emotional, and mental health challenges in traditional talk therapy clinical settings. Their work involves creating a therapeutic relationship with clients to facilitate self-exploration, understanding, and positive change.

Counselling/Psychotherapy and Psychology are in the process of statutory regulation. Upon completion of this process for the professions some of the criteria above may change, for example, the minimum training requirements, therefore it is important to check the relevant professional bodies for the most up to date information.



Certificate in Counselling & Psychotherapy



General overview

This comprehensive and rewarding course offers students a stimulating learning experience and is an enjoyable initiation to the world of counselling and psychotherapy. The two core modules follow a natural progression from personal development to theoretical approaches and skills practice. This progression not only provides valuable insights into the profession of counselling and psychotherapy but also ensures a well-rounded learning experience for students. Students can expect a blend of traditional classroom-style teaching and immersive hands-on experiential learning, with the opportunity to forge real and often lasting connections with your colleagues. Our classes are diverse, bringing together people of varying ages and backgrounds, creating a vibrant tapestry of interpersonal sharing and learning. Upholding the ethos of counselling and psychotherapy, we deeply respect each student's story, nurturing and encouraging their unique talents throughout the course.

Who is this course for?

This course is for individuals seeking a deeper understanding of the inner workings of counselling and psychotherapy, as well as those on a journey of self-discovery. It will also appeal to those who aspire to pursue a career in counselling & psychotherapy and become an IACP-accredited professional. It is also suitable for individuals looking to integrate counselling skills and expertise into their current professional or personal lives.

What will you learn?

Embark on a journey of self-discovery, delving into your inner processes and understanding how this insight can positively impact your daily life. Our lecturers foster this by creating a safe, supportive learning environment that encourages and respects your unique journey. Explore the foundational figures of psychotherapy, acquiring essential baseline skills for effective counselling relationships. Engage in practical application through live small group work with peers, guided by supportive lecturers providing valuable feedback. As the course concludes, time is allocated for reflection on individual experiences and collective achievements, fostering a sense of shared accomplishment.

What are the benefits of doing this course?

Immerse yourself in a course designed to be both intellectually stimulating and practically useful. Acquire skills and knowledge applicable to a myriad of real-life scenarios and professions, including heightened self-awareness and empathy, refined communication and listening abilities, and a diverse array of counselling tools enhancing interpersonal relationships. For students with career aspirations in the field, the course provides foundational elements essential for further qualifications, such as our BSc (Hons) Counselling & Psychotherapy.

Syllabus

Module 1: Personal Development & Introduction to Counselling Skills
Module 2: Theories, Skills & Integration

PCI College's Certificate in Counselling & Psychotherapy is the first foundation course of its kind in the Republic of Ireland to receive 'Quality Checked Training' status from the National Counselling & Psychotherapy Society (NCPS). This means that the NCPS, who are based in the UK, have extensively reviewed and approved the course's content and delivery, deeming it to be worthy of their high standards.

The National Counselling & Psychotherapy 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](#).

Blended Certificate in Counselling & Psychotherapy



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General overview

This Blended Learning Certificate in Counselling & Psychotherapy is a combination of the Online Introduction to Counselling & Psychotherapy (Part 1) and the Online experiential weekend workshop (Part 2). Choose your learning path: Enrol in the Full Blended Learning Certificate, combining Parts 1 and 2 upfront to enjoy discounted fees. Alternatively, commence with the Online Introduction (Part 1) and seamlessly upgrade by applying for Part 2 upon completion. The Online Introduction is also available as a standalone course.

Tailored for both Personal and Professional Development, this course serves as a gateway for those who intend to pursue a career in the field of counselling and psychotherapy. It is also ideal for those looking to further their education in this field and apply counselling skills in their current professions. Moreover, the Blended Certificate in Counselling & Psychotherapy fulfils a key entry requirement for our esteemed professional BSc Honours Degree Programme.

Who is this course for?

This course caters to individuals eager to delve into the intricacies of counselling and psychotherapy, fostering not only a deep understanding of these fields but also promoting self-discovery. It is designed for those aspiring to build a career as an IACP accredited professional or for individuals seeking to integrate counselling knowledge and skills into their personal and professional lives.

What will you learn?

Immerse yourself in a transformative journey, gaining insights into your inner processes and discovering how this understanding can positively impact your daily life. This course nurtures exploration within a safe, supportive learning environment, acknowledging and respecting each participant's unique journey. You will be introduced to some of the key forefathers and mothers of psychotherapy and will learn some of the essential 'baseline' skills of the counselling relationship. You will have the opportunity engage in hands-on practice through small group work, guided by experienced lecturers providing valuable guidance and feedback. As the course concludes, time will be dedicated for reflection on individual experiences and collective achievements, fostering a sense of shared accomplishment.

What are the benefits of doing this course?

Experience a course that blends intellectual stimulation with practical utility. The acquired skills and knowledge are versatile, offering applicability to a myriad of real-life scenarios and professions. Enhance your self-awareness and empathy, refine communication and listening abilities, and gain access to a repertoire of counselling tools that enrich interpersonal relationships. For those embarking on a professional journey, this course lays the foundational elements necessary for further qualifications, such as our BSc (Hons) Degree in Counselling & Psychotherapy.



Syllabus

- **Part 1:**
Module 1: Personal Development & Introduction to Counselling Skills
And
Module 2: Theories, Skills & Integration
- **Part 2:**
Upgrade – Live online counselling skills weekend workshop



I have really loved doing the certificate course and I look forward to moving on to the degree course.

Amy O'Connor



Meet The Programme Leader

Andrew Twomey is the Programme Leader for the Certificate & Blended Certificate in Counselling & Psychotherapy. Andrew is an IACP accredited Psychotherapist/ Counsellor in private practice in Cork and online, since 2010. He holds a BA degree and MA in Counselling and Psychotherapy from CIT (now MTU) and has post qualification training in IFS and EMDR modalities. He has been with PCI for a number of years now with his role encompassing the Certificate Programme Leader, Faculty Lecturer, & Academic Team Leader for Cork.

Andrew Twomey



How are students assessed on this course?

Certificate Course

There is no formal assessment for Part 1 of the Certificate. Skills practices will be monitored by the lecturer and informal constructive feedback will be given to students at this stage.

Students are strongly encouraged to keep a reflective journal on personal growth for the duration of the module and indeed, the entire course. As well as being beneficial in their own right, insights and ideas documented in the journaling process may inform the personal reflection section of the written assignment completed at the end of the course.

The course has one written assignment, which students must pass in order to be awarded their Certificate.

You must firstly select and read a book that relates to any of the main Counselling & Psychotherapy theories discussed on this part of the course. You are then asked to critique it and link this in with your own personal growth and learning.

Blended Course

The assessment for the Online Introduction and Blended Learning Certificate involves the completion of module workbooks and two formal assignments (Personal Growth Reflection and a Book Review).

Career Potential

Students who have successfully completed the Certificate in Counselling & Psychotherapy may apply to progress to PCI College's BSc Honours degree course in Counselling & Psychotherapy. Once confirmed, exact dates will be available on the timetable within the student portal. Progression is not automatic. Rather, it is contingent on both passing all elements of the Certificate programme and a successful interview.



Location

Athlone, Carrick-on-Shannon, Cork, Dublin, Kilkenny & Limerick, Online or Blended Learning - Nationwide

Duration

Certificate Counselling & Psychotherapy

Spring: starting in March 2025
Summer: starting in May 2025
Autumn: starting in October 2025

Blended Certificate

Part 1: Commence at any time throughout the year
Part 2: Spring 2025 Weekend Workshop

BSc (Hons) Counselling & Psychotherapy



General overview

The BSc Counselling & Psychotherapy is a level 8 academic qualification. The curriculum holds humanistic philosophy as its core base and provides opportunities for students to develop their own integrative way of working. The importance of the therapeutic relationship is held as a key value, along with working to the highest ethical standards. Graduates of this course will be highly skilled, self-aware, ethical practitioners who feel prepared to work with clients who are experiencing a diverse range of issues.

Who is this course for?

This course is for people who are interested in becoming professional counsellors & psychotherapists where they will work in a professional helping capacity. This may be in the context of their current career, as a way of developing their existing skills and to progress to a higher level. It may also be for people who specifically want to become therapists working to the highest ethical standards as a new career path. The course will be of interest to people who have already completed a certificate in counselling or have equivalent prior learning/life experience and want to support that with further studies.

What will you learn?

The BSc Counselling & Psychotherapy focuses on learning about a range of counselling theories, counselling skills and personal development. While you may have a specific theory/skills/personal development module, all three aspects are interconnected. For example, while learning about the key principles of humanistic psychotherapy, you will work in groups to experience the core conditions and be invited to reflect on how that experience impacts you personally. The underlying emphasis of our BSc programme is a humanistic approach, but we encourage each student to develop their own integrative way of working. Students combine different aspects of humanistic psychotherapy, existentialism, cognitive behavioural therapy, and the psychodynamic approach as they progress through the programme. Students will learn a range of core and advanced counselling skills, as well as the ethical dimension of working as a therapist. This includes mandatory reporting responsibilities, the role of GDPR, the use of supervision and note taking. Students will also learn research skills and undertake a primary piece of qualitative research in their final year, on a topic of their choosing. Students will develop IT skills through the use of our Student Portal and MS Teams for online modules. Online provision of therapy is a key part of the therapeutic landscape; this is another skillset which students can develop and add to their way of working if they wish to.



Syllabus

The following are the modules that comprise the programme leading to the award of BSc (Hons) Counselling & Psychotherapy. Modules adhere to the U.K. Framework for Higher Education Qualifications. All Year 1 and Year 2 modules are taught in two 30 hour teaching blocks over two semesters.

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
- Working Professionally Online Workshop and Tusla's E-Learning Workshop

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
- Setting Up your Private Practice Workshop

Clinical requirements:

- 50 hours personal therapy with an IACP/BACP/IAHIP accredited therapist*: a minimum of 70% must be done in person. The remaining 30% may be done online.
- 120 hours of client work within an approved PCI College placement: a minimum of 70% must be done in person. The remaining 30% may be done online
- 24 hours of supervision with an IACP/BACP/IAHIP accredited supervisor*: a minimum of 70% must be done in person. The remaining 30% may be done online
- 24 hours of CPD - 6 hours can be personal development
- 18 hours minimum must be professional development
- 36 hours of group supervision in-house (Year 3 and Year 4)

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

What are the benefits of doing this course?

There are many benefits to completing the BSc Counselling & Psychotherapy. On a personal level, students learn about personal development theory and are able to apply these theories to themselves as a key part of their learning. Students learn a wide range of counselling skills and are encouraged to develop their own integrative style of working which is unique to them and plays to their strengths of personality, values and life experiences. Students also gain a range of transferable skills such as communication skills (including verbal, written and working with feedback) as well as research skills, critical thinking and problem-solving approaches. Students develop interpersonal skills as they work closely with their classmates and lecturers in our flipped learning approach. Students who complete the BSc course earn a level 8 academic qualification validated by Middlesex University and will meet the criteria for the Irish Association of Counselling and Psychotherapy pre-accreditation application. The IACP is the largest accrediting body in Ireland with over 5,000 members. Students will leave with up to date and relevant learning as our BSc is taught by fully qualified and currently practicing therapists and the course content is updated and revalidated every six years. We now include an online aspect to our BSc with 25% of the programme being delivered via an online platform. Students have the opportunity to develop their comfort and competence working in an online environment which is a key element of the counselling and psychotherapy world now. We are working to increase our focus on equality, diversity and inclusion across the BSc so that students are fully equipped to work in our modern society. Students also have access to a range of personal and professional development courses at a discounted rate through being a PCI College student.



Career Potential

The BSc Counselling & Psychotherapy can provide many career opportunities. It may be useful in student's existing roles and allow them to progress to higher levels of responsibility. Currently, a level 8 degree in counselling and psychotherapy is the minimum requirement for accreditation with the Irish Association of Counselling and Psychotherapy. Both the qualification and accreditation (of the IACP or equivalent organisation) are required for the majority of jobs advertised by therapy organisations. Working as a therapist, either in an agency setting or in private practice, is an option available to our graduates. Other options include working as a group facilitator. Further training and education can open opportunities such as becoming a supervisor or specialising in working with particular client groups or presenting issues. Many of our graduates also go on to work within lecturing and higher education.

“

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

Sharon Deering



How are students assessed on this course?

The BSc Counselling & Psychotherapy is assessed on a system of continuous assessment. There are no exams. Usually, there are two assignments per module: a formative and a summative. The formative assignment assesses the student's personal engagement with the material so far. It may take the form of a written reflective piece or an in-class presentation. The summative assignment is academically focused and assesses the student's engagement with the module as a whole. This will usually involve a piece of written work. PCI College is working to develop its use of authentic assessment which means that assessments are tied to real world scenarios and have meaningful connection to the content being explored. We also strive to accommodate various learning styles and work to the Universal Design for Learning principles. We are including more creative aspects in our assignments to complement the written work. It is important to know that this course might be different from any other type of qualification you may already have as this is not a passive learning environment where you sit in a large class taking notes. Our classes are small and experiential which means you will be engaging with your lecturer and classmates to explore both what a piece of information means and how it impacts you personally. The therapists use of self is a key part of counselling work, we are not separate from what happens with our clients in the room. As part of the College's ethical responsibility to ensure that students are ready to enter the profession and to ensure the highest ethical standards for their future clients, we must take all aspects of a student into account including their academic and personal progress and engagement with the programme.

Meet The Programme Leader

Margaret is the BSc programme Leader for the BSc Counselling & Psychotherapy, overseeing all aspects of the programme. Margaret completed her BSc Counselling & Psychotherapy from Middlesex University and has a Masters in Gender and Culture from the University of Limerick. She is a fully accredited member of the IACP. She works in private practice since 2017 and lectures on the BSc programme with PCI College.

Margaret knows what it is like to search for your ideal career and empathises strongly with the student experience. She is a strong believer in community development and adult education principles. She is personally aware of how challenging this area of study can be but also knows the rewards it can bring. She is honoured to support students in this part of their life and enjoys working in such a dynamic and supportive environment.

Margaret
O'Connor



Location

Athlone, Belfast, Carrick-on-Shannon, Cork, Dublin, Kilkenny & Limerick

Duration

4 Years - Part-Time

Timetable

Athlone – Tuesday or Saturday

Belfast - Saturday

Carrick-on-Shannon - Saturday

Cork – Tuesday or Saturday

Dublin City – Thursday or Saturday

Dublin West - Tuesday or Saturday

Kilkenny – Thursday or Saturday

Limerick – Tuesday or Saturday

Saturday option runs every other Saturday

Weekday option runs for five consecutive weeks with a one-week break in between.

The Liam McCarthy Scholarship

The Liam McCarthy Scholarship at PCI College: Paving the Way for Transformative Journeys

Established as a living tribute to Liam McCarthy, one of the visionary founders of PCI College, the Liam McCarthy Scholarship embodies the spirit of accessibility and academic excellence that has been the cornerstone of the institution since its inception in 1991. Together with Josephine Murphy, Liam McCarthy laid the foundation for a learning environment that prioritises high standards while making counselling and psychotherapy training accessible to all.

Legacy of Liam McCarthy

Liam McCarthy's legacy lives on through the scholarship that bears his name. His pioneering work, along with Josephine Murphy, laid the groundwork for PCI College's commitment to promoting professional standards in the field of counselling and psychotherapy. Though Liam McCarthy is no longer with us, the ethos of inclusivity and academic rigour he championed continues to shape the college's mission and values today.

Access to Second-Chance Education

The Liam McCarthy Scholarship is designed to be inclusive, providing an opportunity for those who have not completed a degree. This unique feature reflects the commitment of PCI College to the principle of second-chance education, recognising that individuals may pursue their academic and professional aspirations at different stages of life.

Criteria for Eligibility

To be eligible for the Liam McCarthy Scholarship, applicants need to have successfully completed the Certificate Course in Counselling & Psychotherapy or a similar programme, with a minimum of 60 hours. Alternatively, applicants can demonstrate evidence of personal development and substantial life experience, acknowledging that the path to counselling and psychotherapy expertise is diverse and non-linear.

Professional Accreditation

The BSc (Honours) degree in Counselling & Psychotherapy, supported by the Liam McCarthy Scholarship, is not just an educational opportunity but a pathway to professional accreditation. The programme aligns with the standards set by the IACP, ensuring that graduates are well-equipped to meet the professional requirements of the counselling and psychotherapy field. (Irish Association for Counselling and Psychotherapy).

Application Process

Prospective applicants are encouraged to submit their applications, demonstrating their commitment to personal and professional development in the field of counselling and psychotherapy. There are three parts to the application process

1. Your own written statement on why you believe you should receive the scholarship
2. A written piece from someone who knows you about why you should receive the scholarship, and
3. Your 1,000 word essay based on the title provided each year. All parts play a role in the assessment of your application. Candidates are shortlisted for interview so that the final decision can be made.

Please see <https://www.pccollege.ie/liammccarthyscholarship> for more details including the essay title and to download the application form. While there are several steps involved, we encourage anyone interested to apply for this very valuable and potentially life changing scholarship.

The Liam McCarthy Scholarship at PCI College embodies the enduring spirit of its namesake, offering a beacon of hope and opportunity for individuals aspiring to make a difference through counselling and psychotherapy. By providing substantial financial support for the BSc (Honours) degree, PCI College continues the legacy of its founders, ensuring that the transformative journey into the field is accessible to all. The scholarship not only honours the memory of Liam McCarthy but also serves as a testament to the ongoing commitment of PCI College to excellence, inclusivity, and the advancement of the counselling and psychotherapy professions.

About Liam

Liam McCarthy, the late co-founder of PCI College, left an indelible mark on the landscape of counselling and psychotherapy education in Ireland. His legacy endures through the institution he helped establish, which continues to thrive as a testament to his vision and dedication. McCarthy's contributions to the field remain celebrated, as his pioneering spirit and commitment to promoting mental health continue to inspire future generations of counsellors and therapists. Though he has passed, his impact lives on through the countless lives touched by his work and the enduring influence of PCI College.



BSc (Hons) Counselling & Psychotherapy RPL Opportunities



RPL stands for recognised prior learning

and may mean that students can be exempt from certain modules and/or clinical requirements on the BSc (Hons) Counselling & Psychotherapy programme where they can provide evidence that they meet the necessary RPL criteria. This can be relevant for people applying to the BSc (Hons) Counselling & Psychotherapy programme in two types of situations.

1. In the case that an applicant has previously completed and received credits for relevant training or wishes to move from another counselling training course from which they can transfer achieved credits. This is termed certified RPL.

2. Where an applicant has significant life experience which may be relevant to the BSc (Hons) Counselling & Psychotherapy and can produce a portfolio application to demonstrate same. This is termed uncertified RPL.

In these situations, applicants are required to submit an RPL portfolio. This should include relevant documents for example transcripts/certificates, a programme handbook from the previous training, references and any evidence of clinical elements completed, along with a course comparison form.

Each application is assessed on a case-by-case basis by the Link Tutor, Programme Leader and External Examiner. The applicant will still attend an intake interview to discuss their general suitability for the programme and to discuss their RPL application. In some cases of uncertified RPL, it may be necessary to complete some form of assessment in order to identify the learning derived from those experiences.

BSc (Hons) Counselling & Psychotherapy Upgrade Programme



Why apply for the BSc Upgrade Programme?

This upgrade programme is for practicing therapists with existing counselling/psychotherapy diploma qualifications who now wish to achieve an internationally recognised, university validated level 8 honours degree. The degree qualification opens up career and accreditation opportunities as it becomes the minimum standard across the profession in Ireland. The degree can be achieved over two years of part time study, allowing students to continue in their work.

What will you learn?

Upgrade students join the BSc programme in year three where the focus is on psychodynamic approaches, research skills and professional integration. You will, within a safe and secure learning environment, build upon the personal and professional development foundation established in 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, conduct a primary research thesis on an aspect of counselling and psychotherapy and evidence your professional competence via a client case study. There are no formal exams. Continuous assessment is carried out through formative and summative assignments during and after modules.

What do you need to apply?

Applicants must have completed both of the following –

- A Certificate course in counselling skills or equivalent e.g. in service training with a substantial counselling element and
- A diploma with counselling and psychotherapy at its core.

Applicants will submit their application form along with evidence of previous qualifications, proof of completing 50 hours personal therapy and 100 hours of client work and a completed course comparison form.

Syllabus

Year 1: Exempt

Year 2: Exempt

Year 3: 90 credits
(equivalent to 45 ECTS credits)

- Psychodynamic Approaches: The Role of the Unconscious in Psychotherapy
- Research Project
- Personal & Professional Integration
- Group Supervision

Year 4: 90 credits
(equivalent to 45 ECTS credits)

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



Student Placements on the BSc Counselling & Psychotherapy

PCI College's BSc Counselling & Psychotherapy Programme requires all students to carry out 120 hours of supervised client work during their training. These hours must be done in a 'suitable' college approved placement.

PCI College's Clinical Manager provides support to every student during their training to ensure that they have access to a suitable placement/client for the duration of their programme required client hours. PCI College's Clinical Manager acts as first point of contact between PCI College, PCI College Student Counsellors and their Supervisors, and all external placement providers/partners.

PCI College considers placement as an integral part of the students learning. For many students, beginning placement is the most anxiety provoking time of their studies, so the College makes every effort to ensure the transition to placements is as smooth as possible.

PCI College strives to provide students with opportunities to be placed in organisations that not only meet the requirements of our professional governing bodies, but also to partner with placements who offer our students a broader perspective of the profession of counselling and psychotherapy and how it fits into society at various levels, such as:

- Corporate Sector
- Community
- Educational Sector
- Healthcare Sector

PCI College has placement partnerships with a wide variety of organisations around the country:

- Private Practices
- Community-based Counselling Services
- Government Funded Organisations
- GP practices

PCI College's largest placement partner is PCI Counselling Service which operates nationwide, both online and in person. PCI College has nationwide placement partnerships with agencies such as LetsGetTalking and SOSAD.

Student Placements are covered under PCI College insurance.



MSc Addiction Counselling & Psychotherapy



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, valuing the whole person approach when it comes to treating addiction. 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?

MSc Addiction Counselling & Psychotherapy is a comprehensive professional training course, focused on working therapeutically with people dealing with addiction. This course is aimed at graduates who are currently working, or plan to work, in addiction services, including counsellors and psychotherapists, doctors, nurses, youth workers, social carers, social workers, psychologists and those who wish to solidify and enhance their qualifications whilst gaining contemporary theoretical knowledge and practical skills. The course is validated by Middlesex University, designed to supplement trainees' existing qualifications and is not a stand-alone counselling qualification. This course will also serve professionals within the addiction field who wish to pursue accreditation with Addiction Counsellors Ireland (ACI). While the ACI does not accredit courses, it does accredit individual applicants taking into account training, qualifications and experience in the field. The MSc Addiction Counselling programme is designed to fulfil a number of these essential criteria.

What will you learn?

The course is designed to give learners a working understanding of the theories, processes and dynamics of addiction in an ever-changing biopsychosocial context with a strong focus on effective, evidence-based approaches to treatment and counselling. With the individual at the heart of any treatment approach, students will be equipped with a variety of clinical skills applicable to the complex presentation of addiction that spans diverse populations. The programme 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. The role of the family is evaluated in addition to broader mental health and dual diagnosis issues. Students will experience addiction from a multidisciplinary viewpoint during site visits and within reflexive clinical practice in addition to developing proficiency in three different talk therapy modalities.

“

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
*Exit award available: Postgraduate Certificate or Postgraduate Diploma

Career Potential

On successful completion of this programme, graduates decide on the course of action most appropriate to their needs and ambitions. The programme aims to provide students with the skills and knowledge to build a successful career within this Addiction Counselling specialism. Graduates from this programme have a wide variety of career avenues to choose from. PCI College offer student support and guidance in exploring their career options through the provision of an additional career focused workshop. Graduates may choose to continue working in employment settings where Talk Therapy skills related to Addiction are essential if they are to serve their clients in a more truly comprehensive way. Graduates may gain employment in the Public Sector, Government-funded agencies and other organisations that promote and facilitate addiction recovery. For example, HSE settings, Residential Treatment Centres, Addiction and Recovery Services, Social Care settings, etc. Graduates will obtain skills transferable to managerial positions in addiction, health and community services. Graduates may increase their existing private practice services as counsellors/therapists who specialise in addiction. Graduates may market themselves as having specialist skills in working specifically with behavioural addiction, motivational interviewing, the family in addiction and dual diagnosis. Graduates may pursue accreditation status with Addiction Counsellors Ireland (ACI) or other accredited organisations. A number of graduates choose to use their learning from this programme as a stepping-stone to further study in addiction, counselling or the social sciences, for example doctoral studies.

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 a wide range of addiction issues in a variety of contemporary settings. You will more fully understand the complex and challenging nature of addiction and recovery, whilst prizing the agency of the individual. You will be well placed to influence attitudes and affect policy in the workplace, community and society. The programme complements the 'no wrong door' approach as advocated within national policy which broadens career opportunities, such as those within the health service, private practice, and work within voluntary settings and mental health organisations.

Syllabus

Postgraduate Certificate/Year 1:

- Concepts and Controversies in Understanding Addiction
- Talking Therapy Approaches 1: Essentials of Counselling and Reflexive Practice
- Biopsychosocial Aspects of Substance Use
- Talking Therapy Approaches 2: Motivational Interviewing

Postgraduate Diploma/Year 2:

- The Family Dimension in Addiction: Practice Based Considerations
- Talking Therapy Approaches 3: Cognitive Behavioural Therapy
- Contemporary Issues in Behavioural Addiction
- Dual Diagnosis: Treatment Considerations in Mental Health and Addiction

Masters/Year 2:

- Case Study and Dissertation

Additional Course Requirements

(applicable from Postgraduate Diploma onwards):

- 100 hours Clinical placement/Client work
- 25 sessions with a qualified supervisor to support client work
- 30 hours Personal Therapy
- Treatment Centre Site Visit



Client Work

Working closely with PCI College's Clinical Manager, appropriate placements are found for all students. All external placements are vetted and approved by PCI College prior to students commencing with them. PCI College has developed close relationships with a wide variety of placement sites across the country. They include professional counselling services, community projects, health care services, medical health practices, community and family resource centres. The client work component of the programme is aimed at being a rich and rewarding experience, where the theory learned comes to life. In advance of taking up placement, you are also supported in sourcing a suitably qualified clinical supervisor to commence supervision with. At least 100 hours of one-to-one work with clients is completed during the programme, and you will retain a supervision:client hours ratio of 1:4 in order to adhere to requirements of most accrediting bodies. In tandem with delivering counselling as a student, you will also engage with personal therapy for at least 30 sessions over the course of your studies. Taken together, supervised client work and personal therapy are a core part of the personal development and growth journey of each student on the course.

Meet The Programme Leader

Dr Paul Hayes is a Senior Counselling Psychologist, a chartered member of the Psychological Society of Ireland, and works with the HSE in implementing the new national Talking Therapies Model of care. Paul brings a wealth of experience to the programme from more than 25 years in the field of psychology, and 10 years spent in well-known addiction treatment settings. A founding member of the PSI Special Interest Group in Addiction Psychology, and a previous Addiction Counsellors of Ireland (ACI) accredited member, Paul has long been committed to the dissemination of evidence-based and client-centred approaches to understanding and treating addiction. A member of the Motivational Interviewing Network of Trainers (MINT) for more than 15 years, he is particularly passionate about supporting students in developing competency in the programme's module focused on this approach.

Dr Paul
Hayes



How are students assessed on this course?

You will be actively involved in a range of learning, teaching and assessment approaches as part of your MSc Addiction Counselling & Psychotherapy programme. Such active approaches aim to put you at the centre of your learning so you are involved and engaged in all aspects of your education and its assessment. Your programme will require your active participation in learning activities and engagement with your fellow students both individually and collaboratively, working with other students as part of small groups. Learning activities will also occur both within and outside the classroom, embracing a flipped learning approach in order to promote autonomy, choice and support the different learning styles of individuals. Flipped learning promotes active learning during class time by assigning material for you to engage with in advance of classes.

Your learning will also be supported by technology. Increasingly, your lecturers will be using existing and emerging learning technologies to engage you in e-learning activities. Your programme will be facilitated using a variety of media and online tools, which will allow you flexible access to a diverse range of online resources. The MS Teams platform will be used to encourage the integration of in-class and self-directed learning. This will be facilitated through accessing additional learning resources, utilising online break-out rooms for peer-to-peer skills practice and study groups and formal and informal contact with your lecturer. This virtual learning environment will support the principles of flipped learning.

By engaging with e-learning, you will also be developing skills which are essential for your learning and are also highly valued by employers. These include working flexibly, communication, understanding of IT, team working and creating shared understandings based on quality resources and access to global expertise.

You will be required to keep a personal journal throughout your programme, which forms part of continuing personal and professional progression and indicates a capacity to engage in reflective practice and develop self-awareness. Its purpose is to support the development of a disposition of openness to experience as it relates to the self, and an acceptance of responsibility for own behaviour and learning.

MSc Child and Adolescent Psychotherapy



General overview

This Master's programme is for practitioners who wish to gain specialist training in psychotherapy for children and adolescents under the age of 18. The philosophy underpinning the programme is a belief that the practice of working with children and adolescents requires a specific type of skill set with a view to creating fundamental changes in their lives.

The programme sets out to build upon the knowledge and skills that you have developed through your undergraduate education and practical experience as a counsellor and psychotherapist. The programme addresses the desirability for all counsellors and psychotherapists working with children and adolescents to complete a specialised academic and professional qualification and meets the minimum competency standards for working with under-18s as developed by the Irish Association for Counselling and Psychotherapy (IACP). Our programme is also intended to align itself with European and international standards and promote continuous development and support for counsellors and psychotherapists.

Who is this course for?

The MSc Child and Adolescent Psychotherapy programme is a comprehensive professional training course, focused on working therapeutically with children and adolescents aged under 18. The course is validated by Middlesex University* and is designed to supplement trainees' existing qualifications. It is not a stand-alone counselling and psychotherapy qualification. Applicants for this programme usually are counsellors and psychotherapists who are accredited or are eligible for accreditation with the IACP/IAHIP/BACP or equivalent, and who are seeking to deepen or extend their current skills to facilitate therapeutic work with children and adolescents.

What will you learn?

As a student on the MSc Child and Adolescent Psychotherapy programme, you will be immersed in the therapeutic skills required to work with children and adolescents under 18 years of age, developing a mastery in the practical application of both skills and theory in class and through clinical placement. Our diverse faculty brings together rigorous classroom learning with individualised mentorship and hands-on professional learning. The programme centres around theoretical knowledge, skills and experiential growth which will instil a sense of competence, confidence and clarity for the developing child and adolescent psychotherapist.

You will be equipped with the tools and skills for assessment and intervention when working with children and adolescents coupled with experiential practice where you can experience first-hand what it is like to use creative therapies to enhance the therapeutic relationship and process. You are encouraged to think critically, explore diverse perspectives and develop your communication skills as you proceed through the coursework. You will examine critical current legal and ethical obligations around Child Protection, statutory reporting, contracting with parents and clients, case notes, confidentiality and consent. You will be provided with opportunities to evaluate and critically assess appropriate interventions for the client group and develop proficiency in assessment and report writing skills. You will be introduced to a trauma informed approach to working with children and adolescents in addition to an in depth understanding of the role of the family in the child or adolescent's psychology.





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

Siobhan Murphy

We integrate professional development through self-reflection, emphasising personal capabilities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination and personal presence. You will also cultivate an enhanced sensitivity to the experience of childhood and the many developmental strengths and difficulties with which children and adolescents are constantly engaging.

Career Potential

On successful completion of this programme, graduates can decide on the career course most appropriate to their needs and ambitions. Graduates may choose to continue working in settings where child and adolescent psychotherapy skills are essential in order to serve their clients in a more truly comprehensive way, or they may choose to specialise in other areas such as working specifically with teenagers, or working in creative practice or increase their focus on working with children and adolescents in private practice. This programme may also assist in providing court services by way of expertise in assessment and report writing. Furthermore, graduates may find employment within child and family government agencies, such as TUSLA, or within school settings where counsellor positions are often available.

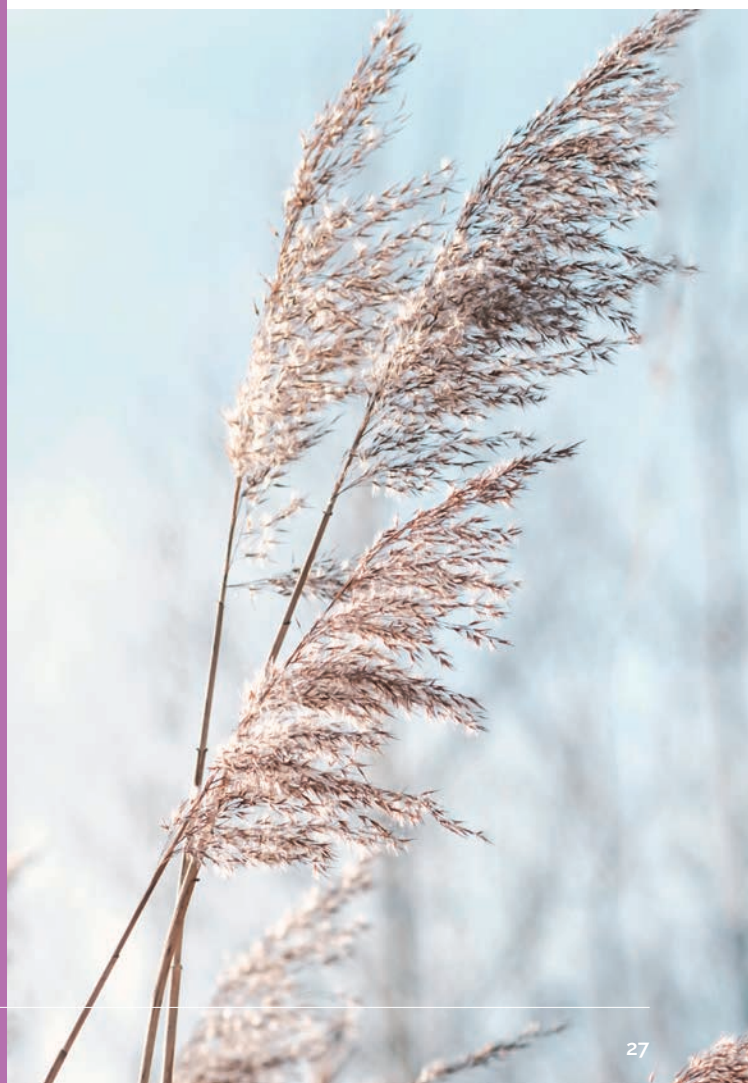
What are the benefits of doing this course?

The philosophy underpinning the Master of Science in Child and Adolescent Psychotherapy is a belief that the practice of working with children and adolescents requires a specific type of skill set. You will gain the knowledge and skills to create fundamental changes for children and adolescents, and our diverse faculty brings together rigorous classroom learning with individualised mentorship and hands-on professional learning.

The programme centres around theoretical knowledge, skills and experiential growth which will instil a sense of competence, confidence and clarity for the developing child and adolescent psychotherapist. You will gain a number of practical skills such as assessments, creative skills and report writing.

Location	Dublin
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Duration	Full Course: 2 Years - Part Time* *Exit award available for 1-year Postgraduate Certificate or 2-year Postgraduate Diploma
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Syllabus

Year 1: Postgraduate Certificate - 60 credits (equivalent to 30 ECTS credits)

The modules in Year 1 are as follows:

- Assessment and Case Formulation through Play
- Applied Therapeutic Skills and Interventions for Children and Adolescents
- Competencies in Creative Practice with Children and Adolescents
- Theories of Child Psychology and Mental Health (Assessment and Formulation)

Year 2: Postgraduate Diploma – 60 credits (equivalent to 30 ECTS credits)

The modules in Year 2 are as follows:

- Family Systems – An Integrative Approach
- Theories of Child Psychology & Mental Health (Contemporary Approaches)
- Introducing Trauma in Childhood and Adolescence
- Competencies in Creative Practice with Children and Adolescents (Trauma Specialism)

Year 2: MSc Component – 60 credits (equivalent to 30 ECTS credits)

- Qualitative Dissertation

In addition to the course requirements, the following clinical requirements must be completed in order for the MSc Child and Adolescent Psychotherapy to be awarded:

- Students are required to complete 100 hours of one-to-one clinical practice work in a College approved placement (25 hours must be completed by the end of Year 1)
- Students are required to attend an accredited supervisor for a minimum of 20 hours of one-to-one supervision
- Students are required to attend 20 hours of personal therapy

How are students assessed on this course?

In this programme, you will be actively involved in a range of learning, teaching and assessment approaches. Such active approaches aim to put you at the centre of your learning experience so you are involved and engaged in all aspects of your education and its assessment.

All of the modules contained in this programme contain two elements of student work, a formative assignment and a summative assignment. Formative assignments are smaller and developmental in nature, such as classroom presentations. Whilst you will be given feedback on your performance by the module lecturer, you will not be given a formal grade. Summative assignments are bigger assignments, such as formal essays or case studies, on which you will be reviewed and graded by the module lecturer. Students are provided with comprehensive written feedback and grades are determined by reference to detailed grading rubrics. Students must achieve at least a pass grade (40%) in the summative assignments. If a student fails to achieve this, they must pass the capped re-submission in order to complete the module (re-submissions are capped at 40%). If the student fails the re-submission, the module must be repeated in the next academic year. A student may only repeat one module in an academic year. The college takes great care in ensuring that the grades given are accurate and reflective of the student's work by way of a moderation process whereby another appropriately qualified lecturer reviews a sample of the assignments before the feedback and grades are revealed to students.

The Year 1 and Year 2 modules together with the MSc Dissertation component must be successfully completed in order to achieve the MSc Child and Adolescent Psychotherapy.

Meet The Programme Leader

Albert's core qualification is that of counselling psychologist, having completed his doctorate in the University of East London. Besides being Programme Leader for this course, he has his own private practice where he treats a variety of presentations in a wide cross section of clients including adolescents who attend the local schools in his area. Albert has trained in a variety of therapies, including psychodynamic therapy, cognitive behavioural therapy (CBT), person-centred therapy and mindfulness. He is also an EMDR Europe accredited practitioner. He has a special interest in relational and attachment theories, finding that these have a great deal to say about most of the psychological trauma that he encounters in his daily work. Albert have been teaching the Theories of Child Psychology and Mental Health and Dissertation modules of this programme for the past 6 years.

Albert
Ostoff



Client Work

In conjunction with other programme requirements, the following clinical requirements must be completed in order for you to receive your award:

- 20 Hours of personal therapy with an accredited Therapist
- 100 hours of one-to-one Clinical Practice Hours in a College approved placement
- 20 Hours of one-to-one supervision at a ratio of 1:5 with a College approved accredited supervisor who has experience working with children and adolescents

The following requirements must be fulfilled before the College can approve a student as ready to commence Clinical Practice:

- 1 hour of supervision with an Accredited Supervisor who has experience working with children and adolescents
- Attend a minimum of 1 hour of personal therapy with an accredited therapist and has entered into a contract for a minimum of 20 sessions
- Completed and submitted Garda vetting application
- Completed all academic programme requirements up until that point
- Submitted a completed and signed copy of all the relevant documents
- Have submitted a copy of the Student Supervision Contract
- The College has no concerns regarding the student's suitability to commence Clinical Practice

MSc Cognitive Behavioural Therapy



General overview

This master's programme is for practitioners who wish to gain specialist training in Cognitive Behavioural Therapy (CBT). The course is designed to meet the criteria for accreditation with the British Association for Behavioural and Cognitive Psychotherapies (BABCP)**. The programme sets out to develop practitioners who can work individually in a professional practice setting or as part of a multi-disciplinary team in various settings using CBT approaches. It is designed to provide you, as the learner, with the theoretical knowledge, practical skills and personal confidence to apply strategic protocols of CBT in the areas of mental health and general health wellbeing.

Who is this course for?

The MSc CBT is a comprehensive professional training course focused on the acquisition, refinement and application of CBT skills across a variety of presenting issues and settings. The course is validated by Middlesex University and is designed to enhance trainees' existing qualifications. Applicants include counsellors and psychotherapists and those from a BABCP recognised core profession (Psychiatry, Medicine- GP, Nursing, Social Work, Psychology, Occupational Therapy). The course is designed to meet the criteria for BABCP accreditation**. The course is not a stand-alone counselling qualification.

*** The course is designed to meet the criteria for BABCP accreditation. The course can be assessed as an accredited course within the first year of the programme cycle.*

What will you learn?

As a student in the MSc programme, you will be immersed in the therapeutic skills required to work with varying complex cases. You will experience practical application of both skills and theory in class and through a clinical placement setting, supported via in class and external supervision. You will be provided with opportunities to evaluate and critically assess appropriate interventions for the client group and develop proficiency in assessment and case formulation skills. You will develop mastery of CBT application complemented by the efficacy of 3rd wave approaches. You will also have opportunities to create your own specialisation through our CBT in Specialised Areas module and via your dissertation. This Master's is designed to be participative and experiential and draw on prior professional experience whenever possible. The academic value of the programme is enhanced by a learning environment that is warm, transparent, and genuine. On completion, you will have a range of transferable skills and a deep understanding of this new area of professional practice.

Career Potential

Cognitive Behavioural Therapy is in demand as the treatment of choice, across a wide variety of settings, from private practice, HSE, addiction, EAP and general mental health settings. In order to practice as an accredited Cognitive Behavioural Therapist in Ireland, an individual must hold a Master's degree level qualification with accreditation in this area. As the population's need is increasing, stakeholders are looking for qualified and accredited CBT therapists. On successful completion of this programme, graduates can decide on the course of action most appropriate to their needs and ambitions.



Location	Dublin
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Duration	Full Course: 2 Years - Part Time *Exit award available: Postgraduate Certificate or Postgraduate Diploma
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What are the benefits of doing this course?

This programme has been developed to meet an ever-expanding need in the Irish market to provide high quality, affordable education to individuals wishing to enhance their qualifications. This Master's in Cognitive Behavioural Therapy can be regarded as one of the most innovative programmes of its kind in Ireland, with an emphasis on third-wave interventions supplementing more traditional approaches. The programme centres around theoretical knowledge, skills and experiential growth which will instil a sense of competence, confidence and clarity for the developing CBT practitioner. We integrate professional development through self-reflection, emphasising personal capabilities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, and personal presence.

Syllabus

Year 1: Postgraduate Certificate – 60 credits (equivalent to 30 ECTS credits)

- Theoretical Underpinnings of CBT
- Theory, Skills & Research: CBT for Anxiety Disorders
- Theory, Skills & Research: CBT for Depression
- Practitioner Competencies: Teaching & Supervised Skills Practice for Anxiety and Depression

Year 2: Postgraduate Diploma – 60 credits (equivalent to 30 ECTS credits)

- CBT: The New Generation
- Theory, Skills & Research: CBT for Complex Disorders
- Contemporary Applications: CBT in Specialised Areas
- Practitioner Competencies: Teaching & Supervised Skills Practice for Anxiety, Depression and Complex Disorders

Year 2: MSc Component – 60 credits (equivalent to 30 ECTS credits)

- Dissertation

Additional Course Requirements

- 200 hours of clinical placement/client work (50 hours must be completed before the end of Year 1)
- Students are required to attend a BABCP accredited external supervisor for a minimum of 40 hours of one-to-one supervision
- 20 hours of Personal Therapy is a requirement for all students to practice as an accredited Cognitive Behavioural Therapist in Ireland, an individual must hold a Masters degree

Client Work Information

In conjunction with other programme requirements, the following clinical requirements must be completed in order for you to receive your award:

- 20 hours of personal therapy with an accredited Therapist
- 200 hours of one-to-one Clinical Practice Hours in a College approved placement to a minimum of 8 clients with a variety of at least 5 presenting issues and must include 4 recorded sessions
- 40 hours of one-to-one supervision at a ratio of 1:5 with a College approved BABCP accredited supervisor to include completion of CTS-R evaluations across the programme
- Or a BABCP Accredited Therapist who has been Accredited for a minimum of 3 years, where a BABCP Accredited Supervisor is not obtainable

Student readiness to commence Clinical Practice is determined through a collaborative process. Those involved in this collaboration include the student, Programme Leader, College Lecturers and the Clinical Manager. Feedback from all concerned is collated to determine if a student is ready to commence Clinical Practice. The following requirements must be fulfilled before a student can be approved by the College as ready to commence Clinical Practice.

- 1 hour of supervision with a BABCP Accredited Supervisor
- Or a BABCP Accredited Therapist who has been Accredited for a minimum of 3 years, where a BABCP Accredited Supervisor is not obtainable
- Attended a minimum of 1 hour of personal therapy with an accredited therapist and has entered a contract for a minimum of 20 sessions
- Completed a Garda vetting application with PCI College
- Completed all Academic Programme requirements up until that point
- Submitted a completed Clinical Practice Sign off Application Pack on or before the submission deadline date as per the timetable.
- The College has no concerns regarding the student's suitability to commence Clinical Practice



Meet The Programme Leader

Katrina Dennehy is a BABCP accredited CBT and is a PhD candidate in UCC undertaking a doctorate in the Department of Medicine and Health. Her research interests are CBT and its incorporation to the mental health of adolescents and young adults. She has written articles on the impact of technology on the young brain and has pioneered a programme within primary schools in her geographical area to educate parents as to the impact of smartphones on children and to abstain from supplying smartphones to children while of primary school-going age.

Katrina set up, runs, and practices from, one of the largest CBT mental health clinics in Munster, where she sees clients on a one-to-one basis and creates content to disseminate to the wider community in order to promote healthy mental care practices. Her specialist areas of work include anxiety disorders and complex cases.

Katrina is also an accredited Clinical Supervisor and reveres this work as she is passionate about training and development, as well as the promotion of ethical and best practice. Her dedication to the pursuit of knowledge makes Katrina very passionate in her role as lecturer and Programme Leader in PCI College.



**Katrina
Dennehy**

How are students assessed on this course?

- You will be actively involved in a range of learning, teaching and assessment approaches as part of your MSc Cognitive Behavioural Therapy. Such active approaches aim to put you at the centre of your learning so you are involved and engaged in all aspects of your education and its assessment.
- Your programme will require your active participation in learning activities and engagement with your fellow students both individually and collaboratively, working with other students as part of a small group. Learning activities may also occur both within and outside the classroom.
- Assignments take the form of both formative and summative where your development, academically and professionally, are at the core. You will complete 4 case studies over the course of the programme where you will be required to carry out recordings of sessions with your clients within your placement. This will be scored with the CTS-R scoring tool by your clinical supervisor and submitted as part of a portfolio in year 1 and 2. Other assessments include 3000 word essays, workshop design and group work. The assignments have been carefully designed to provide flow and order to your learning and also meet criteria for application for accreditation to the BABCP on completion of the programme.
- Your learning will also be supported by technology. Increasingly, your lecturers will be using existing and emerging learning technologies to engage you in e-learning activities. Your programme will be facilitated using a variety of media and online tools which will allow you flexible access to a diverse range of online resources.
- By engaging with e-learning you will also be developing skills that are essential for your learning and are also highly valued by employers. These include working flexibly, communication, understanding of IT, team working and creating shared understandings based on quality resources and access to global expertise.

Students' Placements for Level 9 Courses

Students on PCI College's Level 9 programmes are required to complete programme specific clinical practice i.e. supervision, and work with clients in a college approved placement as part of their training. The Clinical Manager is the main point of contact for clinical practice and placement support to all students at PCI College, including students on the Level 9 Programmes. The clinical manager is also the main point of contact between; external placement partners; external supervisors and PCI College.

Before students can engage in their programme required clinical practice, PCI College's Clinical manager spearheads the clinical practice sign off procedures as outlined in the programme specific Clinical Practice Information Handbook, and carries out placement vettings/approvals of all external placement venues.

While on placement PCI College students are:

- Garda Vetted by PCI College for their role as a trainee.
- Insured by PCI College for their programme required clinical practice.
- Attending individual Supervision with an accredited Supervisor – accreditation relevant to their specific programme of study.

Students who are considering enrolling on a PCI College Level 9 Programme, can email the clinical manager at clientwork@pcicollege.ie if they would like to discuss the clinical practice requirements. The Clinical Manager is also available to review any potential placements that Level 9 programme applicants would like to propose as their college required placement.

Diploma in Supervision

General overview

The Diploma in Supervision for the Helping Professions is a specialised training program designed to equip professionals in fields such as social work, counselling, healthcare, and education with the skills and knowledge required to effectively supervise and support others. The course provides a comprehensive understanding of supervisory practices, ethics, and techniques, tailored to the unique challenges and responsibilities of helping professions.

Who is this course for?

This program is tailored for professionals in health and social care fields—such as counsellors, psychotherapists, social workers, youth workers, psychologists, and nurses—seeking to develop the skills needed to supervise and support the work of fellow practitioners. If your goal is to help others excel in challenging environments, enhance your own professional expertise, and make a meaningful contribution to your organisation or field, this course is designed with you in mind.

What will you learn?

You will enhance your supervisory skills while building on your existing personal and professional expertise. The program immerses you in contemporary best practices for clinical supervision and provides hands-on experience in ethically applying supervision models in real-world settings. Upon completion, graduates will be equipped to provide both one-to-one and group supervision across various professional contexts.

What are the benefits of doing this course?

Enrolling in this program is more than earning a qualification—it's an investment in your professional development and career advancement. The course is designed to promote growth, enhance competence, and uphold ethical practices, providing a structured and thorough approach to mastering the skills and knowledge essential for success in this critical role. A supervision qualification paves the way for advanced leadership opportunities, such as management and clinical governance, significantly boosting your career potential.

How are students assessed on this course?

There are no formal examinations, giving students more opportunities to concentrate on their assignments and self-exploration throughout their journey.

Career Potential:

The Diploma in Supervision for the Helping Professions offers a range of career opportunities and advancements, particularly for professionals in health and social care sectors. Graduates of this program can leverage their supervision expertise to take on leadership and mentorship roles within their organisations or work as independent supervisors. Establish a private practice offering supervision to professionals like counsellors, therapists, and social workers who require regular supervision as part of their professional accreditation. Take on roles involving oversight of clinical standards, compliance, and quality assurance within organisations. Contribute to the professional development of others by facilitating workshops, training programs, or mentoring new supervisors. Transition into leadership positions such as team lead, department head, or clinical supervisor. Enhance your value within your organisation by overseeing and mentoring less experienced professionals.



Location Blended – Dublin West & Online

Duration 100-hour programme, part-time across 6 months

Meet The Programme Leader

Ray is the Programme Leader for the Diploma in Supervision for Helping Professionals, overseeing all aspects of the programme. Ray has a BSc in Counselling and Psychotherapy from Middlesex University. Postgraduate Diploma in Integrative Bodywork and Bioenergetics and is a trained Supervisor. He is IACP, NCPS, ICP and IAHIP accredited. He spent a number of years working with individuals and groups in the field of Addiction. He has worked as a Humanistic Integrative therapist and supervisor in private practice since 2007. He also lectures in both Certificate and BSc courses at PCI College. With years of experience in the field, Ray brings a depth of insight and understanding to students in this certificate course. He is passionate about the field and is always happy to answer any students' questions regarding the course as they embark on their journey into the world of counselling and psychotherapy.

**Raymond
Tonge**

Syllabus

- Orientation Day
- **Module CS811:** Theories and Skills of Clinical Supervision
- **Module CS812:** Ethical and Professional Issues in Supervision
- **Module CS813:** Group Supervision and Cross Professional Supervision in Theory and Practice
- Integration Day
- **25 hours of supervised clinical practice** (internal to the programme)

Alumni

PCI College launched the LinkedIn Alumni group in 2023. The purpose of the Alumni group is to facilitate a place for graduates of the BSc (Hons) Counselling & Psychotherapy and Postgraduates courses to network, share job opportunities, join discussions and avail of the exclusive Alumni member discount on all CPD and Personal Development workshops.

The PCI College Alumni group stands as a testament to the enduring bonds forged between students of the college and the impactful contributions of its graduates to the fields of counselling and psychotherapy.

The Alumni group on LinkedIn serves as a virtual forum where ideas are exchanged, insights are shared, and collaboration is encouraged. Discussions within the group cover a spectrum of topics, from the practical application of therapeutic techniques to reflections on the evolving landscape of counselling and psychotherapy. This open dialogue not only enriches individual perspectives but also contributes to the collective wisdom of the community.

How to Join

Once you have completed your studies at PCI College on the BSc (Hons) Counselling & Psychotherapy, simply join the group by scanning the QR code below. Once you are accepted as a member, you can immediately avail of the benefits.



Benefits of Being a Member of the PCI College Alumni group on LinkedIn

CPD & Personal Development Workshop Discount Rate.

An option to network with fellow Alumni members.

Stay up to date with the latest news from PCI College and the field of counselling & psychotherapy.

Access to exclusive webinars for Alumni members only.



QQI Certificate Cognitive Behavioural Therapy Level 9 Special Purpose Award

“

I admired the Lecturers' engagement with the subject and students. The generosity of sharing knowledge and experience was unique!

John O'Carroll

General overview

A particular strength of the programme is the emphasis on practical skills throughout the course. This programme focuses on the applications of CBT and facilitates you to develop a working knowledge of skills, tools and interventions relevant to working with anxiety and depression. This is achieved through a model of experiential learning, practical application and practitioner reflexivity. Flipped learning, live demonstrations, videos, and assessment (strategies to evaluate your performance) provide you with a safe and optimum environment for learning.

Who is this course for?

The programme is aimed at counsellors, psychotherapists and those from a BABCP-recognised core profession (Psychiatry, Medicine- GPs and Nursing, Social Work, Psychology, Occupational Therapy) who seek the theoretical knowledge, practical skills and personal confidence to apply strategic protocols of CBT in the areas of mental health and wellbeing. The Special Purpose Award in CBT is intended to enhance your existing qualifications and would interest professionals who may wish to pursue further level 9 studies in this area. This course is for you if you want to develop your clinical and academic skills further and are interested in evidence-based practice and practice-based evidence.

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?

You will be provided with a solid grounding in the core concepts of Cognitive Behavioural Therapy (CBT) as a discipline framed within the BABCP Standards of Conduct, Performance and Ethics, in addition to more specialist areas such as anxiety disorders and depression. You will be provided with opportunities to discuss and consider the theories presented in the programme in a collaborative, experiential learning environment that encourages the integration of professional knowledge with self-reflection, along with emphasising personal capabilities such as self-awareness, integrity, sensitivity, insight and compassion. Upon completing this programme, you will have developed an understanding of the core concepts of CBT and the skill to utilise specific models and interventions applicable to practice in the areas of anxiety and depression.

Course Requirements:

Applicants should possess the maturity to reflect on their development as a person and have completed one of the following:

Level 8 accredited degree in Counselling & Psychotherapy

OR

Accredited Diploma in Counselling & Psychotherapy plus Level 8 degree in a related area plus submission of a clinical portfolio

OR

BABCP-recognised core profession (Psychiatry, Medicine, Nursing, Social Work, Psychology, Occupational Therapy)

You must be deemed suitable to work with clients within your core profession (counselling/ psychotherapy or cognate discipline) in order to meet the placement requirement (30 hours of one-to-one work with clients), i.e. you must be working within a role that enables the integration of CBT skills on a one-to-one basis.

Location	Nationwide
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Duration	Full Course: 5 Days (30 hours in total)
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Professional Certificate in Couples Counselling

“

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

Yvonne Lucas

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 of 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



Location

Nationwide

Duration

Full Course: 5 Days
(30 hours in total)

Professional Certificate in Group Facilitation Skills

“

It is a unique opportunity to learn about group dynamics in a safe and creative space!

Karolina Kurszewska -
Lecturer

General overview

This five-day training programme 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 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, providing 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:

- Poster Presentation
- Reflective Statement



Location

Nationwide

Duration

Full Course: 5 Days
(30 hours in total)

Professional Certificate in Family Therapy Skills

“

Perfect balance between interaction and theory.

Mary Mullins

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 their 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.

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 programme 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 will you learn?

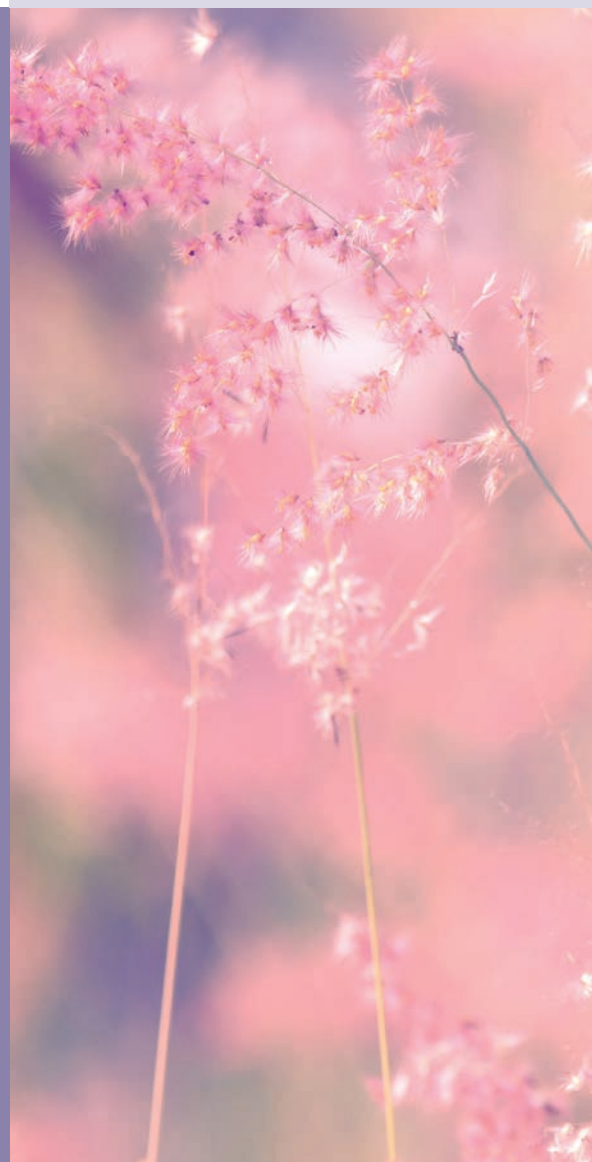
You will be introduced to modern and post-modern systemic theory and practice, beginning with a history of family therapy in Ireland and abroad. Students will become familiar with therapeutic tools, such as the genogram, in addition to recent research on concepts such as parental alienation, social constructionism 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.

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 their client work. You will also acquire 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.

Course Requirements

- Poster Presentation
- Reflective Statement



Location

Nationwide

Duration

Full Course: 5 Days
(30 hours in total)

Professional Certificate in Working with Suicide and Self-harm

“

An excellent opportunity
and a privilege to share
knowledge and skills for
those working with suicide
and self harm.

Marguerite Kiely, Lecturer

General overview

According to The National Office of Suicide Prevention, in 2018 there were 352 suicides in Ireland and 12,558 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.

Who is this course for?

This five 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 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.

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



Location

Nationwide

Duration

Full Course: 5 Days
(30 hours in total)

Professional Certificate in Creative Arts Therapies

“

An excellent opportunity and a privilege to share knowledge and skills for those working with suicide and self harm.

Marguerite Kiely, Lecturer

General overview

The Professional Certificate in Creative Arts Therapies is an immersive and multidisciplinary program designed to equip students with the knowledge, skills, and techniques to harness the power of the arts for therapeutic purposes. This course offers a dynamic blend of theoretical understanding and practical application, empowering participants to use creative modalities such as visual arts, music, drama, dance, and writing to support mental health, emotional well-being, and personal growth.

Who is this course for?

This five-day course is tailored for qualified therapists and counsellors seeking to explore creative modalities as a means of enhancing both personal and professional development through an immersive, experiential process.

What will you learn?

In this course, you will explore the foundational principles and benefits of creative therapies, gaining practical skills in art, music, drama, dance/movement, and expressive writing techniques. Through hands-on activities and reflective practices, you will deepen your creativity, self-awareness, and understanding of how arts-based approaches complement traditional therapy. The course will also cover strategies for adapting creative therapies to diverse populations, ethical and cultural considerations, and best practices for integrating these modalities into professional settings, empowering you to enhance your therapeutic practice with innovative and effective tools.

What are the benefits of doing this course?

Upon completing this Professional certificate, participants will gain a deep understanding of the unique role of creative arts in therapy and their place within the therapeutic process. They will also become familiar with a range of creative interventions from the fields of art, drama, and music, gaining insight into both their application and limitations in a therapeutic context.

Course Requirements

- Record of 15 hours supervised client work, working with creative arts therapies
- Record of 3 hours supervision
- Prepare a poster presentation, which will be presented on Day 5 and address the following: Theory, Case presentation, Reflexive Statement, Implication for Practice, References



Location

Dublin West

Duration

Full Course: 5 Days
(30 hours in total)

Online Certificate in Psychology

“

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

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 is 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



Location

Nationwide

Duration

Full Course:
5 Modules

Introduction to Schema Therapy

“

I really found all aspects of this course excellent, very well thought out!

Bryan O'Mara

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 McGuinness, both of whom hold Advanced Level Accreditation with the International Society of Schema Therapy (ISST).

Course Content

- An Introduction to the theory of Schema Therapy: an evidence based practice
- Coping styles: Schema maintenance, Schema avoidance, Schema compensation
- Key skills and techniques in Schema Therapy
- Putting theory into practice in a professional setting



Location

Nationwide

Duration

Duration: 2 Days
(12 hours)

Professional Development: One-day Courses

Attachment Theory

This CPD course is designed to train existing professionals in the health and social care fields (e.g. counsellors, psychotherapists, social workers, youth workers, psychologists, nurses etc.). It is tailored for those eager to deepen their knowledge of human development and strengthen their ability to support clients in navigating the complexities of relationships.

Supporting Children and Adolescents Who Present With Suicide Ideation & Engaging in 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 maladaptive 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.

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 relationships? Participants will enhance existing understanding and explore new ideas and techniques.

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.

Loss and Grief

Grieving is a process. Whether it be the loss of a home, a marriage, the striking finality of death, or even an addiction, a loss can be the most difficult emotion for a therapist to sit with. One of the main frustrations is around knowing whether or not we are being in any way effective. This course invites exploration into the process of loss and grief in the counselling room, including delving into the therapist's own experiences of loss and grief.

Disordered Eating

This workshop is designed to offer a deep dive into the world of eating disorders, shedding light on the challenges faced by individuals who experience disordered eating patterns. Attendees will be guided through an exploration of the different types of eating disorders, such as anorexia nervosa, bulimia nervosa, and binge eating disorder. The presentation will delve into the underlying causes and risk factors associated with each disorder, including psychological, social, and cultural influences.

CBT for OCD and Health Anxiety

This course is suitable for counsellors and psychotherapists, including those in training, who are interested in understanding more about how to work with these two specialised disorders – OCD and Health Anxiety. This course is also suitable for those working in the allied health professions, such as GPs, nurses and social workers, who encounter these disorders in their workplace.

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 and 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).

“

I found the workshop very worthwhile and the online delivery worked very well.

Motivational Interviewing,
Alan O'Toole

Clinical Supervision: A Forum For Reflection

This workshop is optimum for working counsellors who wish to reflect on their skills in clinical supervision, share with colleagues of their experiences and learn from others in an interactive way.

Gender, Sexual & Relationship Diversity (GSRD): An Introduction for Therapists

This short course is designed to help therapists better understand the rich and constantly evolving world of gender, sexual, and relationship diversity, as well as their own values and beliefs around these areas. The two days will be underpinned by a spirit of curiosity and openness, with the recognition that within this learning may also come the need to 'un-learn' or challenge some established beliefs and assumptions.

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.

Writing Therapy

This workshop aims to expand participants' awareness of the therapeutic potential of writing for personal and professional development and self-care, for both themselves and their clients/supervisees.

Family Systems

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.). If you want to improve your own skills as a practitioner and contribute to your organisation and/or profession, then this course may be of interest to you.

Neurodiversity Affirming Practices

Understanding neurodiversity in a counselling setting or Supporting Neurodiversity and neurodivergences (autism, ADHD, dyslexia, dyspraxia, dyscalculia, dysgraphia, Tourette's syndrome). This introductory workshop will provide a comprehensive overview of neurodiversity, its intersection with other identities, and strategies for adapting therapeutic approaches.

Understanding Trauma and Trauma-Informed Practices -

This course provides an in-depth exploration of trauma, its effects on individuals, and trauma-informed practices for working with and supporting those who have experienced traumatic events. Participants will gain a comprehensive understanding of trauma-related concepts, the human body's response to trauma, symptoms associated with trauma, brain architecture, survival responses, PTSD and C-PTSD, therapeutic approaches for trauma clients, the Polyvagal Theory, and the importance of safety in trauma work.

Personal Development: One-day life skills courses

We have a choice of weekday and weekend classes available - our topics include:



Emotional Eating

This course is ideal for counsellors and psychotherapists seeking to strengthen their expertise in addressing emotional eating among clients. Whether experienced professionals or newly qualified practitioners, this course offers specialised knowledge to support individuals struggling with emotional eating behaviours.

Building Resilience and Overcoming Adversity

In this workshop, we will guide you on self-discovery, helping you access your inner strength. Our facilitators will share strategies and practical techniques to build resilience, foster a growth mindset, and cultivate the resilience mindset necessary for overcoming adversity.

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, biographies, 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.

Improving Personal Relationships

This workshop is designed to help you improve the tools and strategies needed to promote healthier relationships. The journey for improving our interpersonal relationships begins with developing a better awareness of the self.

Emotional Intelligence

This workshop is designed to equip you with the essential skills and insights needed to navigate emotions, build relationships, and enhance your overall emotional intelligence.

Self-care with Somatic Movement

"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. This offers relief from chronic muscle tension or pain, reduces work-related physical stress, eliminates pain or other dysfunction resulting from trauma, injury or an accident and avoids or reverses 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.

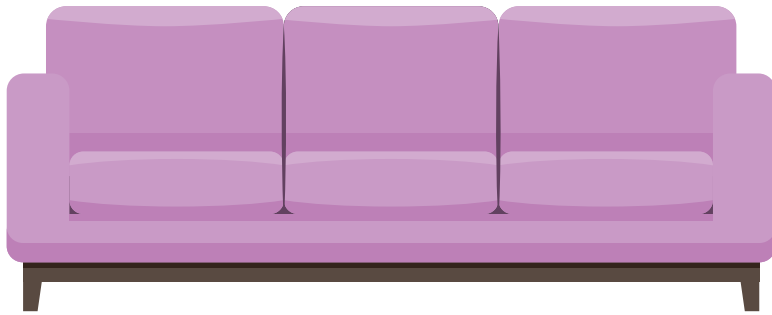


Using our unique and talented faculty of highly trained and qualified mental health and wellbeing specialists, PCI College are delighted to offer a range of Personal Development programmes in a variety of subject areas such as Psychology, CBT Skills, Dealing with Everyday Anxieties and Life Writing.

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.

THERAPISTS TALK THERAPY



A PCI College Podcast

'Therapists Talk Therapy' – a podcast for therapists, by therapists. In each episode, BSc (Hons) Counselling & Psychotherapy Programme Leader and podcast host Margaret O'Connor talks with expert practitioners in their field discussing therapeutic approaches, specialisms, topical and emerging issues, controversies and more.

Therapists Talk Therapy is intended to showcase and add to, the professional and specialist knowledge in the area of counselling, psychotherapy and mental health in Ireland.

With an episode released each month, Therapists Talk Therapy is a great resource for practicing counsellors and psychotherapists who want to stay abreast of the latest trends and talking points in the field of counselling and psychotherapy.

As of 2025, the podcast has continued to grow in popularity with each episode, and recently hit the milestone of 25,000 downloads across all podcast platforms.

Scan the QR code below to start listening to Therapists Talk Therapy.





PCI Counselling Service

Empowering Clients Through Compassionate Support

The Heart of PCI College:

Since 1991, PCI College has been at the forefront of counselling education, moulding future generations of counsellors. Through the PCI Counselling Service, students gain crucial hands-on experience while simultaneously extending accessible mental health assistance to the wider community. Students engage in clinical practice under the guidance of seasoned, accredited clinical supervisors. PCI Counselling Service operates as an essential wing of PCI College, leveraging the skills and commitment of students undertaking the BSc (Hons) Counselling & Psychotherapy.

Providing Affordable, Accessible, and Confidential Support

PCI Counselling Service is a not-for-profit initiative of PCI College, a leading provider of education in the field of counselling and psychotherapy on the Island of Ireland. PCI Counselling Service has been serving the community for 32 years and believes that counselling should be accessible to all regardless of their financial status. We pride ourselves in offering a safe, professional service, without barriers, to those who need it most. In addition to providing a confidential counselling space in various locations across the Republic and Northern Ireland, we offer in-person and online counselling sessions, making counselling support accessible to all potential clients.

At the core of the PCI Counselling Service is a commitment to affordability and inclusivity. Recognising that financial constraints should not create barriers to accessing mental health support, the service operates on a fee scale of €10-€40, dependent on individual circumstances and room rental costs. This tiered fee structure ensures that counselling remains accessible to a wide range of individuals, promoting inclusivity and breaking down financial barriers that may discourage those seeking assistance.

Confidentiality: A Cornerstone of Trust

Counselling, at PCI Counselling Service, is a confidential process, providing individuals with a secure, supportive, and non-judgemental environment. Whether discussing personal concerns, emotions, or life issues, clients can expect to be met with respect and professionalism throughout their therapeutic journey. Understanding the sensitivity of the issues brought to the counselling room, PCI Counselling Service places the utmost importance on confidentiality. Clients can trust that the service adheres to the highest professional ethical standards, safeguarding their privacy from the commencement of therapy.

PCI Counselling Service is reflective of PCI College's dedication to excellence and inclusivity within the realm of counselling and psychotherapy. Through offering confidential, affordable, and inclusive support, this service actively promotes the wellbeing of individuals, cultivating a community where mental health is both prioritised and readily accessible to everyone. PCI Counselling Service Offers one-to-one counselling, either face-to-face or live online sessions.

All sessions are conducted in a safe, confidential space by trainee therapists, and pre-accredited or accredited therapists. The service is available to clients aged 18 years and over. Sessions, lasting 50 minutes each, occur at regular intervals, typically scheduled at the same time each week. Importantly, clients are free to conclude their therapy at any point, empowering them to take control of their therapeutic experience.

PCI Counselling Service is adept at addressing a wide array of issues, recognising the multifaceted nature of mental health and wellbeing.

Support provided in an array of issues includes:

PCI Counselling Service is committed to ensuring that adequate support is offered to all clients who present for counselling. We can offer support in the following areas but not limited to:



The PCI Counselling Service is made up of three categories:

Trainee Therapists:

Our Trainee Therapists are students currently studying the PCI College BSc (Hons) Counselling & Psychotherapy course validated by Middlesex University. The Service Coordinator collaborates closely with the Clinical Manager within PCI College to carefully select the suitable and appropriate trainees for the service. All trainees must be approved through the college's rigorous 'readiness to see clients' protocols. All the trainees are inducted into the service, an accredited supervisor supports them, adheres to regulations within a placement agreement and abides by the IACP Code of Ethics. Trainee Therapists are in years 2, 3 and 4 of their programme. All students on the PCI College BSc (Hons) Counselling & Psychotherapy are eligible for IACP accreditation post qualification.

Pre-accredited Counsellors:

Pre-accredited counsellors form part of our qualified counselling tier as all pre-accredited counsellors have achieved their training qualification. In addition to this, pre-accredited counsellors have been granted pre-accredited status by IACP or an equivalent accrediting body. During pre-accreditation, counsellors are working to build up an experience of 450 hours of clinical practice to be granted accredited status by IACP or an equivalent accrediting body.

Accredited Counsellors:

Accredited counsellors are fully qualified and have achieved 450 hours of clinical practice. The status of accreditation is granted by IACP or an equivalent accrediting body. For more specialist client cases, such as working with addiction or CBT (Cognitive Behaviour Therapy) our counsellors will belong to the pre-accredited or accredited tier ensuring their full qualification and be in the process of specialist master's level training in their area of speciality.

To speak confidentially and to arrange an appointment:

Republic of Ireland: 0818 555 450

Email: Republic of Ireland: info@pcicounselling.ie

Republic of Ireland: www.pcicounselling.ie

Northern Ireland: 028 9099 8613

Email: Northern Ireland: counselling@pcicollege.co.uk

Northern Ireland: www.pcicounselling.co.uk



PCI College

Established 1991

Head Office: Corrig House, Old Naas Road, Clondalkin, Dublin 22

Course Venues: Athlone | Belfast | Cork | Carrick-on-Shannon | Dublin | Kilkenny | Limerick

Republic of Ireland: Tel: +353 (0) 1 464 2268 | Email: info@pcicollege.ie | www.pcicollege.ie

Northern Ireland: Tel: +44 (0) 289 099 7852 | Email: info@pcicollege.co.uk | www.pcicollege.co.uk

Undergraduate Courses

Postgraduate Courses

Professional Development

Personal Development

Bespoke Training

