INFORMATION SHEET:
COUNSELLING COURSES

Last updated: 19th December 2013

The courses listed here are those of which the Kerry Adult Guidance and Information Service is aware. All details are taken from the prospectuses or websites of the relevant organisations. These organisations should be contacted directly for the most up-to-date information and for details about how to apply for courses.

Courses marked * are recognised by the Irish Association for Counselling and Psychotherapy (IACP) as professional counselling training courses.

Kerry

An Tochar Adult Education Centre, Causeway, Co. Kerry
Tel: 066 7131977 e-mail: antochar@eircom.net Web: www.antochar.ie

Foundation Course in Counselling

This course is suitable for you if you are considering pursuing a career in counselling, it is also suitable for anyone working in a people oriented work setting, such as teachers, nurses, social workers, or if you would like to improve your interpersonal communication skills. The course will introduce you to some theoretical approaches, the application of theories to counselling practice and there will be a strong emphasis on personal development. The course is 100 hours in duration and will run on selected Friday evenings and Saturdays from September 2013 to March 2014. This course is accepted as a foundation course to access an IACP Diploma in Counselling.

Diploma in Counselling*

This course is run in partnership with The Counselling Centre, 7 Fr. Matthew Street, Cork and is scheduled to run in Autumn 2013. Please check with Nora Knapp, the centre manager in An Tochar Adult Education Centre for details.
Kerry Counselling Institute, D17 Edward Court, Edward Street, Tralee

Certificate in Counselling

This course is a foundational introduction to counselling. It is suitable for carers, educators, parents and all who are interested in relating more positively to themselves and to others. For some it is the basic first step to a career in counselling. The course covers skills work, theory and practice; person centred and gestalt counselling theory and personal development through group work.

Tel: 086 80944448 e-mail: kcit@gmail.com

OUTSIDE KERRY

Cork Institute of Technology, Bishopstown, Cork

Tel: 021 4326100 e-mail: info@cit.ie Web: www.cit.ie

The Bachelor of Arts (Honours) in Counselling & Psychotherapy is a four year course comprising the following:

Year 1: The One Year Certificate in Counselling Skills
Year 2: The Higher Certificate in Arts in Counselling Skills
Year 3 and Year 4: Bachelor of Arts (Hons.) in Counselling & Psychotherapy

Applicants must:

(a) be over 25 years of age at the date of registration
(b) Be assessed through interview.
(c) Submit two written references.

Applications must be made by Friday, 9th August 2013 for year 1 or Friday, 10th May 2013 for years 2, 3 and 4.

Personal Therapy

Students are required to undertake a specified amount of personal therapy during each year of the course.

Kerry Adult Guidance and Information Service Last updated December 2013
Certificate in Counselling Skills

This course aims to meet the needs of people who require an introductory training in Counselling for use in their existing work or life situations. Additionally, the course aims to provide a foundational introduction for those students who wish to pursue further training in Counselling.

This course runs over one year, part-time (one evening per week, plus an additional evening per month, plus 10 Saturdays spread between October and May).

Higher Certificate in Arts in Counselling Skills

The Higher Certificate in Arts Counselling Skills course is being offered to students who have successfully completed the One Year Certificate in Counselling Skills or its equivalent. It aims to consolidate and expand upon the One Year Certificate foundational training, thus providing students with an introduction to counselling for use in their existing work or voluntary settings.

The course will be offered on a part-time basis for the duration of the academic year. The regular sessions will be held on week evenings - 6.30pm to 9.30pm. Alternatively some of the sessions may be held on Saturday 10.00am to 5.00pm. There will be two weekend workshops in addition to the regular weekly sessions. There will also be five evening skills workshops.

Bachelor of Arts (Honours) in Counselling and Psychotherapy*

This course is a professional practitioner training in Counselling and Psychotherapy. Its aim is to develop reflective and skilled practitioners who will have attained the requisite knowledge, personal development and competence to provide Counselling and Psychotherapy in a professional manner.

The core theoretical orientation of the course is integrative. The core humanistic elements are Person Centred, Gestalt and Transactional Analysis. The course also draws substantially from the relational end of Psychoanalysis. Some elements from the Cognitive and Behavioural traditions are also included.

The course will be offered on a part-time basis over two years. The regular sessions will be held on two evenings per week 6.30 p.m. to 9.30 p.m. Alternatively, some of the evening sessions could be transferred to Saturday. When a Saturday is involved it would replace two evening sessions. During Year 3 there will be two weekend workshops in addition to the regular weekly sessions. There will be occasional evening skills workshops in Year 3.
The Counselling Centre, 7 Fr Matthew Street, Cork.

Tel: 021 427 4951; e-mail: counsellingcentre@eircom.net; Web: www.thecounsellingcentre.ie

Foundation Course in Counselling Skills

The Foundation in Counselling Skills Course offers participants the opportunity to pursue their interest in counselling. It may appeal to those who need counselling skills in their work. In addition, it prepares people for entry into professional Diploma courses. The Foundation Course itself, however, is not a professional qualification.

The course is organised on a part-time basis. The group meets over eight workshops at The Counselling Centre Training Institute, running on Friday evening and all day Saturday, plus one residential weekend.

Diploma in Counselling *

The IACP-recognised Diploma in Counselling is a professional qualification and fulfils one of the core requirements of the accreditation process of the Irish Association for Counselling and Psychotherapy (IACP).

The course is organised on a part-time basis. The core of the training is done over two years in an ongoing training group, followed by 100 practice hours. Each group has an average of 16 members and meets on a monthly basis for residential weekends and extended workshops from October to May. To successfully complete each training year, students must have passed all three elements of training, i.e. Personal Development, Skills Training and Theory.

Once students successfully complete their second year they will then begin their 100 supervised practice hours. This can be done either at The Counselling Centre or at an external placement in an approved setting. Other requirements of the course include external personal counselling, the keeping of a personal journal, extensive study, attendance at workshops and tutorials, theory presentation and essays, a lifespan essay, a video transcript and analysis, a case study, self and peer assessment and a short thesis.
BA (Hons) Counselling and Psychotherapy

Counsellors have a major contribution to make in the alleviation of distress and in the development of the individual across the whole range of human experience such as bereavement, trauma, depression, personal and career choices and relationships. In addition, good counselling skills are now an essential part of many work roles and an expertise in the areas can be an important source of job satisfaction. Counselling and Psychotherapy disciplines have enjoyed significant growth in an Ireland that has seen great social change in recent years. They have become accepted as ways of coming to understand oneself and help others. Please note that completion of a Foundation course in Counselling & Psychotherapy is not a pre-requisite for entry on to this programme.

- Central to the course are personal development through personal therapy and process group work, supervised clinical practice (years 3 & 4) and theoretical study
- Teaching is primarily interactive and focused on the students' engagement with the material on the programme
- Learning is skills-based and experiential, in small group formats (maximum of 15 per training group and 8 per clinical supervision group in years 3 & 4)
- We have a dedicated placement officer to assist students in finding work placements to complete their necessary client work
- Of interest to those who would like to learn counselling skills and understand their basis in psychotherapeutic practice
- The orientation is primarily humanistic/integrative/psychodynamic but it also introduces students to the principles of psychoanalysis, body psychotherapy, existential psychotherapy and cognitive behavioural therapy (CBT)
Galilee House of Studies, Athy, Co. Kildare

Tel: 063 90555 e-mail: bruree@cuanmhuire.ie Web: galileehouseofstudies.com

Diploma in Counselling

This Diploma is validated by the Irish Association of Alcohol & Addiction Counsellors and The National Association for Pastoral Counselling and Psychotherapy. The course is intended for mature persons (minimum age 25 years) who are or who wish to become involved in the caring professions. The course provides systematic training in counselling theory and practice at a level that will prepare participants to counsel in a variety of settings and to use various counselling approaches.

The course is of two years' duration. The first year is full-time and residential from Monday to Thursday, from October to May.

Course Outline
Personal Development, Academic Studies, Counselling Theory & Skills Training, Bereavement Therapy, Family Therapy, Addiction Studies, Fundamentals of Human Sexuality to include Sex & Human Relationships, Sexual Exploitation and Aggression, Case Studies: Format & Presentation, Research Design & Methodology, Counselling and the Medium of Art Therapy, Ethical Standards and Legal Issues in Counselling Practice.

Duration of Course:

Year 1: Full Time (Mon-Thurs) October – May
Year 2: This is largely but not exclusively experiential

In Year 2 students carry out their Field Placement under supervision in various locations throughout the country. However, some modules of the training programme are taken in Galilee House of Studies, Athy, Co. Kildare over a 4-5 week period.

One of the strengths of this course is the ability to facilitate 2nd year students who wish to avail of a placement in one of Cuan Mhuire’s five Treatment Centres. These centres are situated in all 4 provinces of Ireland. Thus students who avail of this opportunity gain a very wide range of experience during training.

This Two Year Diploma Course is open to Residential and Non-Residential students.
The Irish Institute of Counselling and Psychotherapy Studies, Turning Point, 23 Crofton Road, Dun Laoghaire, Co. Dublin

Turning Point in partnership with School of Nursing, Dublin City University, Glasnevin, Dublin 9

Applications are made directly to the Irish Institute of Counselling and Psychotherapy Studies at Turning Point

Tel: 01 2801603 e-mail: admin@iicps.ie Web: dcu.ie

Graduate Diploma/M. Sc. in Integrative Counselling and Psychotherapy*

The M.Sc. in Integrative Counselling and Psychotherapy is offered by the Irish Institute of Counselling and Psychotherapy Studies at Turning Point in partnership with the School of Nursing.

The course is delivered on a part-time basis. Twelve modules are taken over the first three years with the option to exit with a Graduate Diploma. A 30 credit Research Dissertation and research training module may be undertaken in the fourth year, which leads to the award of M.Sc. in Integrative Counselling and Psychotherapy.

Prospective students will hold either an undergraduate degree award or provide satisfactory evidence of equivalent academic credits. Students who do not possess a primary degree may gain entry to the programme through prior experiential learning.

The Irish Gestalt Centre, Irish Gestalt Centre, Baile Eamonn, An Spiddal, County Galway

Tel: 01 2801603 e-mail: admin@irishgestaltcentre.com Web: www.irishgestaltcentre.com

Diploma in Gestalt Therapy*

There are two elements that the centre has always felt were central to the training of Gestalt Therapists, this is the development of their own self awareness and the forming of a community. Within this community each person not only learns and understands the theory and practice of Gestalt, but also shares this learning in a residential setting. The training programmes are residential as this intensifies the experiential approach and increases awareness as the individual develops both inside and outside the group.

The programme consists of four main elements, which are essential and complementary to each other: theory, personal development, client work and supervision. Our training involves three, five day workshops and an intensive ten day workshop each year. A training group meets with the trainers for a minimum of 130 hours each year. Outside the formal training programme each trainee is required to be in on-going personal therapy for at least one hour every two weeks. (This can take place individually or in a group with a Gestalt Therapist.)
Liberties College, Bull Alley Street, Dublin 8

Tel: 01 454 0044 e-mail: info@liberties.cdetb.ie Web: www.libertiescollege.ie

Counselling Skills - Foundation Studies

This is an introduction to Counselling Skills for the Workplace. The course focuses on the personal development and inter-personal skills of the participant through experiential learning and academic studies. It runs on a full-time basis for one year. Students must be 23 years old or over on 1st January of the year of entry.

Diploma in Counselling*

The course has been developed to meet the training needs of voluntary and community organisations and to offer training in counselling to a wide range of people.

The course models and teaches a person-centred approach to counselling. This course is recognised by the Irish Association for Counselling and Psychotherapy – IACP.

Application is limited to mature students with an established interest in and commitment to counselling, supported by suitable academic ability. Students must be 23 years old or over on 1st January of the year of entry.

Two-year cyclical intake. This course is run on the basis of a two-year cyclical intake. Most recent course began in September 2013.
Certificate in Counselling & Psychotherapy

This course is accessible to all and is a great way to develop an understanding and appreciation of counselling. It will appeal to those who are looking for personal development or those who need counselling skills in their work. You will be introduced to a basic knowledge of counselling, key skills and selected approaches to the process. Interpersonal communication, personal development issues and the application of theory to practice are all well explored. This course is also a stepping stone for those who want to prepare for a professional qualification. The PCI College Certificate in Counselling & Psychotherapy meets one of the entry requirements of our Diploma & BSc Degree Programmes. The course is delivered in Dublin City Centre, Dublin West, Cork, Limerick, Athlone & Kilkenny. Attendance is a mixture of evening and weekends. A distance option, which requires travel to Dublin for classes two weekends, is also available.

Diploma in Counselling and Psychotherapy *

Our three year part-time Diploma in Counselling and Psychotherapy meets the criteria of the Irish Association for Counselling and Psychotherapy (IACP) and the National Association for Pastoral Counselling & Psychotherapy (NAPCP). Courses are delivered on a part-time basis and take place in Dublin West, Dublin City Centre, Cork, Limerick, Athlone & Kilkenny. Both weekend and evening attendance options are available.

PCI College also provide BSc (Hons) Degree Programmes, validated by Middlesex University, for those students who wish to add to their qualifications.
The Tivoli Institute 24 Clarinda Park East, Dun Laoghaire, County Dublin

Tel: 01 280 9178  e-mail: tivoliinstitute@qmail.com  Web: www.tivoliinstitute.com

Foundation Course in Psychotherapy
The Foundation course is designed to offer an overview of Psychotherapy theories and approaches together with a direct psychotherapy experience by way of group psychotherapy. The course will be of interest to eg members of the caring professions, teachers, social workers and all those whose work requires counselling or other interactive skills. Those with a general interest in the psychotherapy field are also welcome to apply.

The 20 week programme covers theories of psychoanalysis, gestalt psychotherapy, psychodrama and various humanistic approaches. There are also skills practice sessions and an introduction to professional training in psychotherapy. Course takes place on Monday evening in Dublin.

Online option
An online option where each student is allocated an online tutor who will assist with course material, queries and assignments and which can be commenced at any time is also available.

Each student is also allocated a therapist. There are 25 weekly sessions which must be completed within 32 weeks of starting the course. The sessions are confidential and there is no assessment on this aspect of the course.

Professional Course in Psychotherapy

The course is humanistic and integrative in approach, embracing person-centred, gestalt, psychodynamic, and other styles. Particular emphasis is placed on skills and theoretical models concerned with the development of a therapeutic relationship. It is understood that the therapist's personal development and personal awareness are central to the therapeutic enterprise.

There are 2 options depending on the professional body or bodies the student wishes to be accredited by. A three year course is sufficient for the purposes of the IACP and the IAPPC. A professional diploma is issued to suitable graduates after 3 years.

A fourth year is available for those who wish to be accredited by the ICP/IAHIP.

Students meet bi-monthly in small peer groups and are also expected to have at least 100 hours of weekly personal therapy on an individual basis during the course. Students must also complete 150 hours of client work. Weekends take place in both Dublin and Galway locations.

Graduates of the Diploma course are eligible to apply for an MSc programme with the University of Sheffield.