

**CORK INSTITUTE OF TECHNOLOGY**  
*Institiúid Teicneolaíochta Chorcaí*

**DEPARTMENT OF APPLIED SOCIAL STUDIES**



**Counselling and Psychotherapy Courses 2020/2021:**  
**One-Year Certificate in Counselling Skills**  
**Higher Certificate in Arts in Counselling Skills**  
**Bachelor of Arts (Hons.) in Counselling & Psychotherapy**

**The Bachelor of Arts (Hons) in Counselling and  
Psychotherapy is a recognised training course of  
the Irish association for Counselling and  
Psychotherapy**

**Bishopstown, Cork, Ireland.**

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**Counselling and Psychotherapy Courses – 2020/2021**

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### ONE-YEAR CERTIFICATE IN COUNSELLING SKILLS 2020/21

**Course Fee 2020/21: €2000**

#### **Aims:**

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.

#### **Course Content:**

The course is offered over two semesters from September to May. Each semester has 5 modules. The following are the key components of course content:

- 1 Counselling Theory**
  - Introduction to Mindfulness
  - Person centred counselling theory

- Person centred counselling application
- Family systems theory
- Family systems application
- Introduction to Developmental theory
- Change and loss

## **2 Counselling Skills**

- The core skills of counselling – theory and practice
- Forming a helping relationship
- Counselling Skills practice, review and feedback
- Counselling Skills application

## **3 Experiential Group Process**

The purpose of the Experiential Group Process module is to provide the students with a facilitated group experience through which they will have the opportunity to develop personal process competencies which are necessary for their development as Counselling trainees.

### ***Entry Requirements***

Applicants for 2020/2021 must:

- Be over 25 years of age at the date of registration
- Be assessed through interview
- Submit two written references

### ***Dual Relationships:***

Due to the personal and experiential nature of the course, it is generally not possible to have staff or students with significant existing personal or professional relationships in the same course group. Where possible, every effort is made to overcome this difficulty by placing them in separate groups. Oftentimes this solution is not possible and in these instances, the dual relationship may prevent the applicant from being offered a place on the course at that time.

### ***Duration:***

The course is offered on a part-time basis for the duration of the academic year as follows:

- a) Theory and Application Programme – one evening per week - Mondays 6.30 p.m. - 9.30 p.m.
- b) Counselling Skills Workshops - one additional evening every four to five weeks 6.30 p.m. - 9.30 p.m.

- c) Experiential Group Process – Ten Saturdays, 10.00 a.m. - 5.00 p.m. or a mixture of evenings (6.30 – 9.30) and Saturdays or a Friday afternoon/evening spread throughout the year. Dates for these are arranged when the course begins.

**Attendance:**

Attendance at all sessions is a requirement

**Personal Therapy:**

Students are required to undertake a minimum of 20 sessions of personal therapy during the One-year Certificate Course. The cost of this is separate to the course and is arranged directly between the student and the therapist.

**Award:**

The One Year Certificate is awarded by the Cork Institute of Technology on the basis of satisfactory attendance as well as the submission of written work and the satisfactory completion of practical and experiential assignments. The Certificate recognises that the student has successfully completed an introductory training in Counselling Skills which should enable him/her to practice basic counselling skills within his/her existing role. *It is not a professional qualification in Counselling and does not qualify the holder to practice as a professional counsellor.*

**Enquiries:** Terry Naughton; email Terry.Naughton@cit.ie

**Application:**

Application for this course is an online process and can be completed through the CIT website.

Closing date for applications is Fri 8th May 2020.

Interviews for the course will take place in the first week of June 2020.

**HIGHER CERTIFICATE IN ARTS IN COUNSELLING SKILLS**

**Course Fee: €2300**

**Aims:**

This 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 also aims to facilitate interested students to reach the level of training and development required to work with clients during the professional practitioner training programme in Counselling and Psychotherapy in B.A. Years 3 and 4.

**Course Content:**

The course is offered over two semesters from September to May. Each semester has 5 modules. The following are the key components of course content:

- 1 Counselling Theory**
  - Ego states –Theory and Application
  - Life Script - Theory and Application
  - Group process - theory and application
  - Developmental theory
  
- 2 Counselling Skills**
  - Level 2 Counselling skills – theory and practice
  - Writing a Counselling Process review
  - Counselling Skills practice, review and feedback
  - Counselling skills application
  
- 3 Experiential Group Process**

The purpose of the Experiential Group Process module is to provide the students with a facilitated group experience through which they will have the opportunity to develop, expand and consolidate personal process competencies which are necessary for their development as Counselling trainees.

**Entry Requirements:**

Applicants for 2020/2021 must

- Be over 25 years of age at the date of registration
- Have successfully completed the One Year Certificate in Counselling Skills or its equivalent;
- Be assessed through interview.
- Submit two written references (for applicants who have not already been on a prior stage of the course)

**Dual Relationships:**

Due to the personal and experiential nature of the course, it is generally not possible to have staff or students with significant existing personal or professional relationships in the same course group. Where possible, every effort is made to overcome this difficulty by placing them in separate groups. Oftentimes this solution is not possible and in these instances, a dual relationship may prevent the applicant from being offered a place on the course at that time.

**Duration:**

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 - 6.30 p.m. to 9.30 p.m. Alternatively, some of the sessions may be held on Saturday 10.00 a.m. to 5.00 p.m. There are two weekend workshops in addition to the regular weekly sessions. There will also be five evening skills workshops.

**Attendance:**

Attendance at all sessions is a requirement.

**Personal Therapy:**

Students are required to undertake 25 personal therapy sessions during the Higher Certificate course. The cost of this is separate to the course and is arranged directly between the student and the therapist.

**Award:**

The Higher Certificate is awarded on the basis of satisfactory attendance as well as the submission of written work and the satisfactory completion of practical and experiential assignments. The Higher Certificate recognises that the student has undertaken a comprehensive training in Counselling Skills which should enable him/her to practice a full range of counselling skills within a pre-existing role. It is not a professional qualification in Counselling and does not qualify the holder to practice as a Professional Counsellor. To achieve a professional qualification, it is necessary to complete Bachelor of Arts in Counselling and Psychotherapy, years 3 and 4.

**Enquiries:**

Dr. Maria Bowens; email: [Maria.Bowens@cit.ie](mailto:Maria.Bowens@cit.ie)

Phone: 021 4326214

**Application:**

Application for this course is an online process and can be completed through the CIT website. Closing date for applications is Fri 24<sup>th</sup> April 2020. Interviews for the course will take place in mid/late May 2020.

**BACHELOR OF ARTS (HONS.) IN COUNSELLING AND PSYCHOTHERAPY - Years 3 & 4**

*Course Fee for Year 3 for 2020/2021 €2975*

*Course Fee for Year 4 for 2020/2021 €2975*

<b>The Bachelor of Arts (Hons) in Counselling and Psychotherapy is an accredited training course of the Irish association for Counselling and Psychotherapy</b>
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**Aims:**

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.

### ***Core Theoretical Orientation:***

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.

### ***Course Content:***

The course is offered over two semesters from September to May each year. Each semester has 5 modules. The course has five key components which are integrated in the training, using a strong experiential and practical focus. These are:

#### **1. Counselling and Psychotherapy Theory and Application**

The Gestalt Approach

The Person centred and Transactional analysis approaches revisited and integrated

An introduction to Self Psychology

An introduction to the Cognitive behavioural Approach

Integrating elements from the psychoanalytic Tradition

Developmental Theory

Personality Theory

An integrative theory of Counselling and Psychotherapy

Professional Practice and Ethics

Understanding Abnormality

Therapeutic change

#### **2. Practitioner Development**

Structuring the Counselling and Psychotherapy process

Developing a Therapeutic Relationship

Assessment and Diagnosis

Counselling Planning

Integrative Interventions

Supervised Practice

#### **3. Experiential group process / personal process integration**

The content of the Experiential Group Process arises from within the process itself. The purpose of the Experiential Group Process module is to provide the students with a

facilitated group experience through which they will have the opportunity to develop, expand and consolidate Personal process competencies which are necessary for their development as Counselling and Psychotherapy practitioners.

#### **4. Supervised Counselling and Psychotherapy practice**

Through regular supervision the student will receive ongoing support, guidance and assessment of all aspects of his/her work with clients.

#### **5. Counselling and Psychotherapy Integration**

This element provides students with the opportunity to integrate the theoretical, personal and practice elements of their training in an experiential way

#### ***Entry requirements:***

Applicants for 2020/2021 must

- Be over 25 years of age at the date of registration.
- Have successfully completed the Higher Certificate in Arts in Counselling Skills or its equivalent through alternative prior learning.
- Be assessed through interview or progression assessment for internal students
- Submit two written references (for applicants who have not already been on a prior stage of the course)

#### ***Dual Relationships:***

Due to the personal and experiential nature of the course, it is generally not possible to have staff or students with significant existing personal or professional relationships in the same course group. Where possible, every effort is made to overcome this difficulty by placing them in separate groups. Oftentimes this solution is not possible and in these instances, a dual relationship may prevent the applicant from being offered a place on the course at that time.

#### ***Duration:***

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. Practitioner Development/Group Supervision will take place once a month.

#### ***Attendance:***

Attendance at all sessions is a requirement.



***Personal Therapy:***

Students will be required to have undertaken at least 100 sessions of personal therapy before the completion of their training. The cost of this is separate to the course and is arranged directly between the student and the therapist.

***Work with Clients:***

Students will be required to carry out 100 hours of Counselling work with clients during the training. They will be required to obtain supervision for this work from a supervisor nominated by the College. Payment for supervision will be made directly by students and is not included in the course fee.

***Assessment:***

Assessment will be made for the purposes of evaluating overall competency in Counselling and Psychotherapy. To this end, the assessment methods are:

- Written projects;
- Practical skills assessments;
- Attendance at and participation in all programme activities
- A final oral examination.

***Award:***

On successful completion of the full programme, students will be awarded a Bachelor of Arts Degree in Counselling and Psychotherapy, conferred by the Higher Education Training and Awards Council. On achieving the degree, students will be equipped to carry out Counselling and Psychotherapy with the support of supervision. The BA degree is a fully validated professional Counselling and Psychotherapy training programme which satisfies the accreditation requirements of the Irish Association for Counselling and Psychotherapy.

***Application:***

Application for this course is an online process which can be completed through the CIT website. The closing date for applications is Fri 1<sup>st</sup> May 2020. Interviews for the course will take place late May 2020.

***Enquiries:***

Una Coakley 021 4335323; email: [Una.Coakley@cit.ie](mailto:Una.Coakley@cit.ie)

### Course Staff

- Una Coakley , M.Sc. Integrative Psychotherapy; H.Dip. Psychotherapy; B. Soc. Sc; B.A. English & History; MIACP
- Dr Geraldine Sheedy, DCPsych, , PsSI Reg. Psychol; MIACP
- Tadhg Ryan, M.A. Integrative Psychotherapy, H.Dip. Psychotherapy. Cert. Biodynamic/Integr. Psychotherapy, Cert. Biodynamic Psychotherapy and Bodywork; MIAHIP
- George Wallace, Dip. Gestalt Therapy, Dip. Com. Work, Dip. Fam. Comm; MIAHIP
- Dr. Maria Bowens , DPsych (Counselling Psychology), BA (Hons, in Applied Psychology), Post-Grad Diploma (Counselling), MA (Health Psychology)
- Helen Moylan, MA Integrative Psychotherapy; B.A. Psychology; H.Dip.I.P.S.; MIAHIP
- Aine Lankford Finn, M.A. Integrative Psychotherapy, B.A., H.Dip. Ed., D.G.C; MIAHIP
- Terry Naughton, MA in Pluralistic Counselling & Psychotherapy; BA (Hons) in Counselling & Psychotherapy; MIACP

### Extern Examiners

- Oonagh Roantree, B.A. Hons. Theology & Psychology; Dip. Counselling and Psychotherapy; M.A. Existential and Phenomenological Psychotherapy.

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February 2020