

## ENTRY REQUIREMENTS

Application is limited to mature students (23 years and over) with an established interest in and commitment to the use of counselling or counselling techniques as part of their work. Short listing and selection criteria will apply. Candidates will demonstrate evidence of at least some of the following:

- Foundation programme in counselling skills or equivalent;
- Experience in personal development;
- Capacity to cope with emotional and intellectual demands of the programme;
- Potential to form a therapeutic relationship
- Self-awareness, maturity and stability;
- Searching for meaning or purpose in the world in which they live;
- Proactive and self directed approach.

## PROGRAMME PHILOSOPHY

- To introduce those working in the caring professions to a practical cutting-edge approach to counselling and to afford them the opportunity of developing a personal and integrated style of working with clients.
- To train and equip students with the knowledge, skills, attitude and expertise to meet the needs of an increasingly pluralistic society.
- To provide a warm and challenging learning environment where students can learn and grow.
- To encourage students to view this programme in the context of lifelong learning and personal as well as professional development.
- To provide training and education to the wider community of professionals working with marginalisation, disadvantage and diversity.
- To provide an on-site clinical placement for students with the Village Counselling Service to foster professional growth in one to one therapeutic practice.

## TEACHING STAFF

**Programme Director: Marcella Finnerty**, M.Sc., Postgraduate Dip. Clinical Supervision (Psychology) Advanced Instructor, the William Glasser Institute, MIACP and Supervisor, MWGII, MIGC, MIITD. Chairperson and founding member of The Village Counselling Service.

**Ann Frey**, M.Sc., B.Sc. (Counselling and Psychotherapy), Advanced Dip. Supervision, MIACP and Supervisor, MWGII and Supervisor.

**Padraig O'Morain**, M.A B.Sc., (Hon. Psychology), Graduate Member British Psychological Society, MIACP, MWGII.

**Norah Byrne**, Dip. Counselling and Psychotherapy, Cert Ed and Training, Cert Social Science, Cert Addiction Studies, Cert. Supervision, Clinical Responsibility to the Village Counselling Service. MIACP & Supervisor, MWGII & Basic Week Instructor

**Dermot O'Neill**, B.A. Integrative Counselling and Psychotherapy, B.D., Basic Week Instructor and Practicum Supervisor WGII

**Caitriona Kearns, Module Tutor**  
B.Sc. Counselling and Psychotherapy, Dip. Addiction Studies, MIACP, MIAAAC, MWGII.

**Bernadette McLoughlin**, Dip. Counselling & Psychotherapy, Cert. Supervision, MIACP.

**Chris A. Murphy, Module Tutor**  
M.Sc., MIACP and Supervisor, MIAAC and Supervisor, MWGII and Adv. Supervisor.

**Dr. Eileen Doyle, Module Tutor**  
NT, BA, MA, MEd, HDE, Dip. Mediation, PhD.

**Professor Michael O'Rourke, Module Tutor**  
MA, MEd, PhD, CMIGC, HDE, School of Education, TCD

## CONTACT

01 4664205/ 087 904 9497

Email: [marcella@iicp.ie](mailto:marcella@iicp.ie) / [norah@iicp.ie](mailto:norah@iicp.ie)

Website: [www.iicp.ie](http://www.iicp.ie)

Address:

Killinarden Enterprise Park  
Killinarden, Dublin 24



## IICP EDUCATION AND TRAINING LTD

[WWW.IICP.IE](http://WWW.IICP.IE)

# Diploma in Counselling and Psychotherapy

*This Diploma programme is recognised by the Irish Association for Counselling and Psychotherapy (IACP) and is academically validated by the Higher Education and Awards Council (HETAC).*

Programme Commencement (year one):

One Day Per Week

Tuesday from 9.30am to 5pm

Commencing Wed September 19, 2012

year one concludes: May 29, 2013

Or

Saturday from 9.30am to 5pm

Commencing Saturday September 22, 2012

year one concludes: June 1, 2013

## CHOICE THEORY (CT)

Choice Theory is a cognitive-behavioural therapy (CBT) with a relationship-based approach to counselling and psychotherapy. It contends that all behaviour is internally motivated and is viewed as our best attempt to close the gap between what we want and what we perceive we are getting. CT with its problem-solving focus encourages people to learn new, creative and more effective behaviours to help themselves and to gain a sense of control over their lives.

## PERSON CENTRED COUNSELLING (PCC)

PCC is based on a subjective view of human experience. A major goal is to provide a climate of safety and trust in the therapeutic setting so that the client, by using the therapeutic relationship for self-exploration, can become aware of blocks to growth. It emphasises the attitudes and personal characteristics of the therapist and the quality of the client-therapist relationship as the prime influences on the outcomes of therapy. This approach has been applied to bringing people from diverse cultures together, thus, the concepts have value in working in a multicultural context.

## MULTICULTURAL COUNSELLING AND THERAPY (MCT)

MCT offers a structure for dealing with a diverse range of clients and presenting problems, placing background and culture within the helping process. It takes a broad view when defining culture to include socio-economic class, gender, race, ethnicity, disability, age, creed and sexual orientation. Knowledge and understanding by the counsellor of the client's socio-economic and cultural background are seen as essential in formulating appropriate intervention strategies.

## DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY

This diploma programme provides comprehensive training that meets the required standards for professional accreditation (subject to the completion of post-diploma counselling hours as required by the Irish Association for Counselling and Psychotherapy). The programme is cognitive-behavioural and integrative in approach embracing the concepts of Choice Theory, Person-Centred Counselling and Multicultural Counselling and Therapy.

Due to the many (and varied) responsibilities adult learners carry, a system of student care and support of participants is integral to the training programme. IICP also have established links with an on-site clinical placement in Killinarden, namely with the Village Counselling Service, which enables students to complete clinical hours (100 hours minimum) as required by IACP within an appropriate therapeutic setting.

### PROGRAMME MODULES

- **Counselling Theory year one and two**
- **Counselling Skills year one and two**
- **Personal and Professional Development year one and two**
- **Group Process and Group Facilitation year one and two**
- **Client Practice at the Village Counselling Service (year two)**
- **Developmental psychology**
- **Counselling Supervision**
- **Ethics and Values**
- **Sociology and Equality Studies**
- **Relationship Counselling**
- **Bereavement, Loss and Grief**
- **Research Methods and Statistics 1**
- **Suicide intervention**

The programme is highly interactive and taught through role-play, lectures, group work, assignments and clinical work. Personal development is facilitated through making use of and reflecting upon life experience.

## WHO SHOULD APPLY?

This programme is designed for people who wish to become professional counsellors or upgrade their qualification base, or for those who have an opportunity to use counselling skills as part of their work, either in a paid or voluntary capacity. It is of special interest to those who work within community, to human resources professionals, hospital and other health-care personnel, teachers, Gardai, workplace supervisors, trade unionists and to anyone who works in formal helping settings.

## PROGRAMME HOURS

The programme runs one day per week or on Saturday from September to May over two academic years. In addition there is additional weekend work over the duration of the programme. There is a final semester at the end of the second year to facilitate completion of programme requirements.

## PROGRAMME FEES AND REGISTRATION

### Programme Fees

**Year One:** total of 8 modules: €4,000.00  
**Year Two and Final Semester:** total of 10 modules: €5,000.00

### Additional costs will include:

- Personal therapy and supervision
- Student membership with IACP
- Basic Intensive Week in Choice Theory, Reality Therapy and Lead Management

### Programme Registration

- There is a non refundable application fee of €50 for programme applicants
- If successful in your application a non refundable deposit of €1,000 is payable on acceptance.
- The balance of programme fees is due at registration two weeks prior to commencing the programme in September.