



IICP Education & Training

Foundation Programme in Integrative Counselling and Psychotherapy

Friday, Daytime (Ref: 1): 30 March 2012 – 14 September 2012

Programme Aims:

- To introduce learners to a practical cutting-edge approach to mental health care and counselling.
- To encourage psychological wellbeing within the programme and empower and encourage support networks.
- To provide a warm and challenging environment where students can learn and grow.
- To enable learners to begin to develop a clear and transparent understanding of counselling and psychotherapy that is congruent with the principles associated with bone fide helping professionals.
- To encourage learners to view this course in the context of lifelong learning and personal as well as professional development.

Programme Objectives:

- To augment learners' interest and to enhance awareness and development in the field of counselling and psychotherapy and/or who work in the helping/caring professions.
- To introduce learners to models of counselling theory as they are applied to individuals in their various relational settings.
- To develop competencies in learners and give them an introduction into ethics in the counselling profession
- To develop learners' counselling skills to enable them to improve communication and listening skills
- To offer learners the opportunity to work on personal development thus promoting self-awareness and personal growth congruent with professional practice.
- To understand the necessity of demonstrating respect and acceptance of the different ways that individuals from diverse socio-economic class, gender and cultural-racial groups construct meaning.

Course Structure:

The programme is highly interactive and taught through role-play, lectures, group work and audio/video presentations. The ethos of the course reflects the Quality School model of CT/RT/LM, which promotes a warm, safe environment that is free from fear, criticism and coercion. Participants will have the opportunity to produce and participate in individual written assignments, group projects and group work.

Module Descriptors:

- 1. Introduction to Counselling and Psychotherapy:** This module aims to give the learner a broad introduction to the field of counselling and psychotherapy and the main approaches therein. Learners will have the opportunity to explore various definitions in counselling and psychotherapy, understand the historical developments, appreciate how the need for therapy has evolved at a societal level and understand how theories aid a therapist in understanding human behaviour, emotions, unconscious factors, motivation and making sense and meaning of life experiences. Learners will also be given an overview of the models of Choice Theory and Reality Therapy, Person Centred Counselling and Multicultural approaches.



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- 2. Introduction to Counselling Skills:** This module aims to introduce the learner to the basic and intermediate skills of counselling. Learners will be coached in a range of key skills that will facilitate effective listening within the helping relationship. Learners will explore the characteristics of an effective listener, understand the core conditions of empathy, congruence and unconditional positive regard within the helping relationship and become increasingly aware of listening blocks. Learners will have the opportunity to practice listening skills with peer learners throughout this module.
- 3. Introduction to Personal Development:** This module aims to enable learners to increase their levels of self awareness of their own personal development within the context of becoming a helper. Learners will explore their levels of self-awareness and how this relates to becoming an effective helper in the caring profession. Accurate and sensitive self-awareness underpins any type of helping relationship, as the main instrument for becoming a helper/therapist is the person themselves.

Assessment:

IICP utilise Continuous Assessment (CA), as this mode enables learners to achieve positive learning outcomes throughout the full programme of study. The assessment strategy for the programme focuses on enabling learners to retain the knowledge, skills and competence gained from each module in a meaningful and purposeful way and allow them to reflect on how they can incorporate the learning as part of their overall growth. Assessments will include practical work, individual and group projects and written assignments.

Entry Requirements:

This course is suitable for those seeking to pursue their awareness and development in the field of counselling and/or who work in the helping/caring professions. Applications are invited from mature learners (23 years and older) with an interest in augmenting their understanding and skills in the area of counselling and psychotherapy.

Award: Foundation Certificate in Integrative Counselling and Psychotherapy.

Credits: 20 credits at level 6 National Framework of Qualifications (NFQ).

Venue: IICP Education and Training, Killinarden Enterprise Park, Killinarden, Dublin 24.

COST: €1,200.00

SCHEDULE OF DATES:

This course runs for over a period of nine months with 10 sessions in total, starting on the 30 March 2012 and concluding on the 14 September 2012. Each day runs from 9.30am to 5pm. The schedule of dates is as follows:

- | | |
|-------------------------|------------------------------|
| 1. Friday 30 March 2012 | 6. Friday 6 July 2012 |
| 2. Friday 20 April 2012 | 7. Friday 20 July 2012 |
| 3. Friday 11 May 2012 | 8. Friday 3 August 2012 |
| 4. Friday 1 June 2012 | 9. Friday 24 August 2012 |
| 5. Friday 22 June 2012 | 10. Friday 14 September 2012 |



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APPLICATION FORM Foundation Certificate in Integrative Counselling and Psychotherapy (Friday daytime (2) 2012)

Please fill out all details in block capitals

Section 1: Personal Details

Full Name: _____

Address:

Date of Birth: _____

Home Tel: _____ Mobile: _____

Email: _____

Current Employment: _____

PPS Number: _____

How did you find out about the Programme: _____

Section 2: Existing Qualifications (where relevant):

(1) Title of Programme: _____

Awarding Body: _____

Award Received: _____

Dates and Duration of Programme: _____

(2) Title of Programme: _____

Awarding Body: _____

Award Received: _____

Dates and Duration of Programme: _____

Please state your reasons for wanting to embark on this programme:



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Please give the names of a referee who can vouch for your suitability for entry onto this programme:

Name: _____

Profession: _____

Contact Details: _____

Programme Registration:

- Submission of completed application form and attendance at an interview.
- If successful in your application a non-refundable deposit of €400.00 is payable on acceptance of offer.
- The balance of programme fees (€800.00) is due on or before registration on the 10 February 2012.

I wish to apply for the Foundation Certificate in Integrative Counselling and Psychotherapy at IICP Education and Training Ltd.

Signed: _____ **Dated:** _____

Please post or deliver by hand for the attention of:

Norah Byrne, Programme Registrar
IICP Education and Training Ltd
Killinarden Enterprise Park
Killinarden
Dublin 24

Further information contact:

Norah Byrne 01-4664205 / 087-9103332
Marcella Finnerty 01-4664205 / 086-2609989