



PCI College

Excellence & Innovation in Psychological Education

Established 1991

PROSPECTUS

LETTER FROM PCI COLLEGE DIRECTOR



PCI College's mission is to make transformative contributions to individuals and society as the leading third level educational and continuing professional development provider in Ireland in the field of counselling and psychotherapy, mental health and wellbeing; contributing significantly towards excellence and innovation in contemporary academic knowledge and ethical practice within the helping professions.

For the aspiring professional in this increasingly important area, PCI College provides a wide range of high-quality academic programmes taught and designed to standards comparable to Levels 6, 8 and 9 on the National Qualifications Framework. These include the PCI College Certificate in Counselling & Psychotherapy, our well-established and popular BSc (Honours) Degree in Counselling & Psychotherapy (Part-Time) validated by Middlesex University, and our suite of Master's level programmes in Child & Adolescent Counselling and Psychotherapeutic Skills, Family Therapeutic Skills and Addiction Counselling and Psychotherapy, also all validated by Middlesex University (MU).

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, specifically focused on the needs of the adult learner and mature student. We are privileged to have an excellent, highly qualified and committed academic team 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 this 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 of third level educational and continuing professional development courses in the fields of Counselling & Psychotherapy, including personal & professional development. PCI College is committed to the provision of expert professional training and education in mental health and wellbeing, to individuals and to 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, organisations such as the Health Service Executive (HSE), the community and voluntary sector and commercial companies.

The BSc (Honours) degree in Counselling & Psychotherapy and Masters Programmes are validated, quality assured and awarded by Middlesex University, with the BSc programme being professionally accredited by the Irish Association for Counselling & Psychotherapy (IACP). Our Certificate courses provide a high standard introduction to counselling & psychotherapy, covering both theoretical and applied issues, while our Postgraduate and Professional programmes deliver enhanced learning in specialist areas of study.

Our online and blended learning programmes allow students the flexibility to study at home while a range of Personal development courses offer the opportunity to explore 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 making training as accessible as possible; by continuing to set a high standard of personal development in training; by raising awareness around the wide range of mental health issues with which people struggle daily, and by promoting an integrative approach within our field, and with our fellow professionals.



WHERE WE TEACH

PCI College teach programmes in Athlone, Belfast, Cork, Dublin, Kilkenny and Limerick. We have two campuses; our Dublin West campus and Head Office (just off the N7 and close to the M50) and our Belfast campus, located at 63, Malone Road, Belfast.

OUR OTHER CLASS VENUES INCLUDE:

Athlone Education Centre
Cork Education Centre
St. Kieran's College, Kilkenny
Mary Immaculate College, Limerick
Respond, Drumcondra, Dublin 9
Various City Centre locations, Dublin

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.

Rose Bedford

*Academic Director, PCI College
and Principal, Ironmill College*



Rose is the Academic Director at PCI College, providing support and leadership relating to strategic development, academic standards and practices, and the development of new and existing programmes. The role also includes sharing and aligning the excellent standards and practices offered by both PCI College and Iron Mill College, our sister college in Exeter. As a senior accredited and registered member of the BACP, Rose has been in private practice for many years, providing counselling and supervision, board member coaching, and organisational group development and training. Rose is continually involved with universities in external examiner and external advisor positions and takes various roles on academic committees.

Jade Lawless

*Head of Counselling
& Psychotherapy*



Jade is the Head of Counselling & Psychotherapy for all our Counselling & Psychotherapy programmes at PCI College. Jade was recently selected as a member of the IACP Board of Directors and is a registered Counselling Psychologist and accredited member of the IACP. Jade has experience working in a number of areas with a particular interest in autism, specifically in relation to psychotherapeutic supports, knowledge and education for parents and carers of children diagnosed with autism. Jade currently teaches across the BSc (Hons) in Counselling & Psychotherapy as well as guest lecturing on additional programmes. Jade is also interested in the relational aspects of therapeutic work and has a growing interest in working with children in care.

FACULTY LECTURERS

Antoinette Stanbridge

*BA (Hons) Psychology,
H.Dip. Counselling, MIACP*

Dr Cóilín Ó Braonáin

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

Dr Krzysztof Kielkiewicz

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

Colm Early

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

Donagh Ward

*BSc (Hons) Counselling & Psychotherapy,
MSc Psychotherapeutic Studies, MIACP*

Gael Kilduff

*BSc (Hons) Counselling & Psychotherapy,
Advanced Dip. Supervision, MIACP*

John Wills

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

Mike Hackett

*BSc (Hons) Counselling & Psychotherapy,
Advanced Dip. Supervision, PMP, MIACP, MARCHTI*

Simon Forsyth

*BSc (Hons) Counselling & Psychotherapy,
MIACP, MNCS*

Shane Morrow

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

Tom Ryan

MA Integrative Therapy, MIACP MIAHIP

Willie Egan

*BSc (Hons) Counselling & Psychotherapy, Advanced
Dip. Supervision, Dip. Social Studies, MIACP*

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 a 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 is 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 the programmes are delivered according to the arrangements agreed when they were approved. Both Link Tutors attend the 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 Antoinette Stanbridge (astanbridge@pcicollege.ie) and the Institutional Link Tutor at Middlesex University is Dr. David Westley (d.westley@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 further afield, 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 masters 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.





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 Society (NCS).

This means that the NCS, 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 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.nationalcounsellingsociety.org



Irish Association for Counselling and Psychotherapy

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 practicing within an agreed ethical framework and code of practice.

The IACP is the largest accrediting body for counselling and psychotherapy in Ireland with over 4,500 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

WHY CHOOSE PCI COLLEGE?

Here are 8 important things that PCI College offers when you choose to study with us... and 8 reasons why these are important when you are choosing your course:



ACADEMIC STANDARDS

PCI College provides an honours BSc degree programme, validated by Middlesex University, which is nationally and internationally recognised. Our academic standards are set in partnership with Middlesex and monitored by the university on an ongoing basis. It is Level 6 on the FHEQ (comparable to Level 8 NFQ).

Recognised academic validation is an increasing requirement within the counselling profession. As the Government moves towards statutory regulation in the coming years, a Level 8 honours degree from a University or QQI, is expected to be the minimum standard. Already the IACP has stated they will move to Level 8 only for accredited courses from 2018 and our honours BSc already fits into that category.



ACCREDITED COURSES

Our BSc (Hons) in Counselling & Psychotherapy programme is accredited across all locations by the Irish Association for Counselling & Psychotherapy (IACP).

The IACP is Ireland's largest, and most well-recognised accreditation body for counsellors & psychotherapists. GP's, state-bodies, HSE professionals and others usually specifically request IACP accreditation when referring clients to counsellors.

NATIONWIDE CLASSES

PCI College gives you 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 seven regional locations for degree classes. While we passionately believe in classroom learning for our profession, we support learning with online library access, e-submission of assignments and a web-based Student Portal to join up our student body and faculty around the country.

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.



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, on online library and a dedicated email account. 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 Core Tutors throughout the degree programme making this an exceptionally supportive adult education experience. In cooperation with lecturers and other college staff, Core Tutors monitor student participation in professional degree and postgraduate programmes including academic assignments, clinical work and personal development.

EXPERIENTIAL LEARNING

PCI College offers an approach which combines experiential, classroom-based learning with up-to-date theory and approaches. Our degree programme is only taught in a face-to-face, classroom environment and we support students in their 100 hours of client work practice.

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.

EXPERIENCED 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 tutors 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.



UNRIVALLED REPUTATION

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

CERTIFICATE COUNSELLING & PSYCHOTHERAPY

GENERAL OVERVIEW

This comprehensive classroom-based course offers you both a stimulating learning experience and an enjoyable introduction to the world of counselling and psychotherapy. Its 75 hours are divided into two parts, progressing from personal development and a general outline of counselling skills to an overview of theoretical approaches interwoven with further skills practice. There are three entry points during the year, in autumn, spring and summer. You can expect a mix of traditional classroom-style and more hands-on experiential learning, with the chance to forge real and often lasting connections with your colleagues. Our classes typically include students from a wide range of ages and backgrounds, offering opportunities for rich interpersonal sharing and learning.



WHO IS THIS COURSE FOR?

This course is for those who wish to learn more about both the inner workings of counselling and psychotherapy, and themselves as individuals. It will also appeal to those who intend to pursue a career in the field or who wish to incorporate counselling knowledge and skills into their current personal/professional lives.

WHAT WILL YOU LEARN?

You can expect to learn more about yourself and your inner processes, and how this may inform your everyday life. This is fostered by the lecturer's creation of a safe, supportive learning environment that encourages and respects your 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 also have the chance to practice these in a live setting, with lecturers on hand to provide guidance and feedback.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

The course aims to be both intellectually stimulating and useful. The skills and knowledge acquired may be effectively applied to any number of 'real life' situations and professions. These skills may include increased self-awareness and empathy, improved communication and listening abilities, and a range of counselling tools that can enhance interpersonal relationships. Students wishing to pursue a career in the field will also be provided with the essential foundational elements needed as part of enrolment for a further qualification, such as our BSc (Hons) Counselling and Psychotherapy.

SYLLABUS

- Part 1: Personal development and introduction to counselling skills
- Part 2: Theories, skills and integration

BLENDED LEARNING CERTIFICATE & ONLINE INTRODUCTION

The Certificate can also be completed partly online, via our Blended Learning course. Learners firstly undertake our Online Introduction to Counselling & Psychotherapy, completed via the PCI College Student Portal. Help is on hand through a dedicated online tutor, who will monitor your progress and provide feedback as you submit your work. Once completed, students are invited to upgrade and attend two in-person weekend workshops in Dublin West. At these you will have the chance to practice what you have learned in real time with other students.

CAREER POTENTIAL

Students who complete either the classroom-based or Blended Learning Certificate course will be invited to apply for entry to our BSc (Hons) Counselling & Psychotherapy, which leads to qualification as a professional therapist. The skills and knowledge gained from the Certificate are also beneficial in many other roles, as students focus on listening skills, interpersonal communication and a range of basic counselling approaches which are applicable in work and personal settings.

"Overall a life-changing programme and would recommend it to anyone."

Spring Certificate 2019 student,
Kilkenny



Location

Classroom, Online,
or Blended Learning - Nationwide

Duration

75 hours
Autumn: October - March (one evening per week plus one Saturday)
Spring: March - June (alternate weekends)
Summer (intensive): June - July (weekends)

Fees

Certificate (classroom based): €1,100
Online Introduction: €675*
Upgrade: €425*
* Booked together as Full Blended Learning Certificate: €1000

BSc (HONS) COUNSELLING & PSYCHOTHERAPY

2 Year upgrade programme available

GENERAL OVERVIEW

Validated by Middlesex University, this course is designed to provide comprehensive training within the field of counselling and psychotherapy. As a college, we are committed to making transformative contributions to individuals and society as a leading educational establishment in the field of mental health and wellbeing. In recognition of the many and varied effective approaches to therapy, PCI College's unique training programme is centred around an integrative model which is inspired by an underlying humanistic philosophy. The integrative training programme, resting on a humanistic framework, emphasises the importance of the therapeutic relationship as a medium through which healing can occur. On completion of this course participants will qualify as skilled, competent and creative therapists, who are ready to meet with confidence the needs of a fast-evolving society and are equipped to work in a variety of settings with a wide range of presenting issues. The programme is developed, delivered and assessed by PCI College, and validated and awarded by Middlesex University.

WHO IS THIS COURSE FOR?

This course is intended for people who are interested in becoming professional counsellors & psychotherapists and want to gain an honours degree and a professional qualification in counselling and psychotherapy. The course will also meet the needs of those who have an opportunity to use counselling skills as part of their work (either in a paid or voluntary capacity), or to simply broaden their qualifications. A 2 Year Upgrade Programme is available for qualified counsellors with a Diploma qualification seeking to upgrade to a Level 8 Undergraduate Degree.

WHAT WILL YOU LEARN?

The main components of the learning experience focus on your own personal and professional development, which, along with providing theoretical understanding and excellence in skills practice, will also emphasise the importance of personal awareness and development. You will, within a safe and secure learning environment, explore the aspects of personal development which potentially impact on professional development. You will also study a variety of counselling theories that include person-centred, existential, cognitive behavioural, psychodynamic and other approaches. Each year of study is designed to provide you with a set of eclectic skills which can be applied in a wide variety of clinical settings.

CAREER POTENTIAL

Students who graduate from the BSc (Hons) in Counselling & Psychotherapy will be fully qualified to practice as professional counsellors & psychotherapists. Graduates pursue a wide variety of career options including private practice and the provision of counselling services to voluntary, community and statutory organisations. Many graduates continue their professional development with courses of study in specialist areas, including CPD certificates, workshops and postgraduate programmes. The majority of graduates work towards full professional accreditation with an organisation, such as the IACP.



WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will be ready to pursue a wide variety of career options including private practice and the provision of counselling services to voluntary, community and statutory organisations. You will benefit from our commitment to providing high quality, inspiring, memorable, positive, professional and potentially life-changing learning experiences through a participative, experiential programme which values the prior lived experience of each learner.

SYLLABUS

Year 1

- Humanistic & Existential Approaches: Relational Perspectives in Counselling & Psychotherapy
- Humanistic Therapeutic Skills
- Personal Development & the Student Counsellor: An Exploration of Self

Year 2

- Psychotherapy & Science: Psychology, Psychiatry & Cognitive Behavioural Therapy
- Case Management & Therapeutic Skills in Professional Practice
- Universal Issues in Counselling & Psychotherapy: The Relational Self
- Group Supervision

Year 3

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

Year 4

One Optional Module from:

- Advanced Humanistic Psychotherapy
- Advanced Psychodynamic Psychotherapy
- Advanced Cognitive Behavioural Psychotherapy

and:

- Case Study
- Proposition Thesis

Additional Course Requirements:

- Four one day continuing professional development workshops totalling 24 hours
- 50 hours of personal therapy during the first three years of the course*
- 100 hours of work with clients beginning at the second year of the course*
- 20 sessions with a qualified supervisor to review your client work

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

Location

Full Course & Upgrade Nationwide
* All locations IACP accredited

Duration

Full Course: 4 Years – Part-Time
Upgrade Course: 2 Years – Part Time*
* Upgrade programme designed for qualified counsellors seeking to upgrade Diploma to BSc (Hons.) degree.

Fees

Year 1: €4,220 + Middlesex University
Registration Fee €1,100
Year 2: €4,200
Year 3: €4,200
Year 4: €2,950
* Course fees for BSc programme are eligible for Tax Relief from Revenue.ie

MSc. ADDICTION COUNSELLING & PSYCHOTHERAPY

Course available as a 1 Year Post Graduate Certificate or 2 Year Post Graduate Diploma

GENERAL OVERVIEW

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. 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?

The MSc Addiction Counselling & Psychotherapy is designed for professionals (counsellors/ psychotherapists, doctors, nurses, teachers, social workers and psychologists) considering or currently working in the field of addiction. Members of Addiction Counsellors Ireland (ACI) may wish to hone their skills and knowledge base and/or enhance their qualifications to meet the academic requirements under the pending Statutory Registration and Regulation of Counsellors and Psychotherapists legislation. This course is validated by Middlesex University and designed to supplement trainees' existing qualifications and is not a stand alone counselling qualification.

WHAT WILL YOU LEARN?

The course is designed to give learners a working understanding of the theories, process and dynamics of addiction in an ever-changing biopsychosocial context with a strong focus on effective, evidence-based approaches to treatment and counselling. It 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. Consideration is also given to broader mental health and dual diagnosis issues.

CAREER POTENTIAL

There is an ever-increasing demand for addiction services and the demand in the public sector in particular far outstrips the available resources. There are many current and future job opportunities with the public sector – particularly in the area of drug, alcohol and gambling addiction for suitably qualified addiction professionals. Up-to-date training in evidenced-based therapeutic approaches are also becoming essential for those working in this field, as funders are increasingly concerned about outcomes and value for taxpayers' money.

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 addiction problems. You will have a comprehensive understanding of the complex and challenging nature of addiction and recovery both for the client and counsellor. Being more informed of the present diverse and fragmented approach to working with addiction, will provide an opportunity to influence attitudes and effect policy in the workplace, community and society.

SYLLABUS

Post Graduate Certificate/Year 1:

- Theories of Addictive Behaviour: History & Current Situation
- Generic & Specific Therapy Skills for Addiction
- Drugs of Abuse: Biological, Psychological & Social Aspects
- The Motivational Interviewing Approach

Post Graduate Diploma/Year 2:

- Behavioural Addictions: Gambling, Sex etc.
- The CBT Approach to Working with Addiction
- The Family Dimension in Addiction
- Dual Diagnosis: Common Mental Health Problems in Addiction

Masters/Year 2:

- Case Study
- Dissertation

Additional Course Requirements (applicable from Post Graduate Diploma onwards):

- 100 hours Clinical placement / Client work
- 20 sessions with a qualified supervisor to review client work
- 20 hours Personal Therapy - 10 of these hours must be completed before commencing Client Work.

Location

Dublin & Belfast

Duration

Full Course: 2 Years – Part Time

Fees

MSc, Year 1: €3,670 Year 2: €4,250
 Total: €7920
 + Middlesex University Registration Fee €1,200
 * PG Certificate and PG Diploma Fees
 available upon request



MSc. CHILD & ADOLESCENT COUNSELLING & PSYCHOTHERAPEUTIC SKILLS

Course available as a 1 Year Post Graduate Certificate or 2 Year Post Graduate Diploma

GENERAL OVERVIEW

Exploring creative media such as art, sand play, therapeutic storytelling, drama, music and other approaches, this course places significant emphasis on experiential learning and the acquisition of key skills for work with young clients. It draws on established and current theory in counselling and psychotherapy, up-to-date approaches in child and adolescent mental health, lifespan development, family systems and trauma.



WHO IS THIS COURSE FOR?

The MSc. Child & Adolescent Counselling & Psychotherapeutic Skills is a comprehensive professional training course, focused on working therapeutically with young people. The course is validated by Middlesex University and designed to supplement trainees' existing qualifications and is not a stand-alone counselling qualification. Applicants include teachers, social care workers and adult counsellors, all of whom seek to deepen or extend their current skills to facilitate therapeutic work with young people up to the age of 18 years.

WHAT WILL YOU LEARN?

The training consists of two broad strands, which are firstly, the presentation of counselling theories relevant to young people, and secondly, a mastery of a strong practical experiential component. The course includes training in play therapy, and creative methods such as sand therapy and art therapy. Appropriate talk therapy methods are also learned, with particular relevance to adolescence. Child development, both typical and atypical is addressed and the final component is a case study and dissertation. The dissertation is supported throughout by individual supervisors. Clinical work with young people is also supervised and supported by personal therapy.

CAREER POTENTIAL

Students who graduate from the MSc Child & Adolescent Counselling & Psychotherapeutic Skills will be qualified to work with children and adolescents (under 18) in a therapeutic setting. Other career opportunities may include working for state and voluntary organisations, schools, community care centres, mental health organisations and also integrating the skills with any qualification that students have already achieved.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will develop a sound understanding of the nature of child and adolescent issues, which will in turn guide and direct the application of appropriate interventions. Completion of the MSc. Child & Adolescent Counselling & Psychotherapeutic Skills will leave you with a high level of competence and confidence in your therapeutic work with children. You will also cultivate an enhanced sensitivity to the experience of childhood, and the many developmental strengths and difficulties with which young people are constantly engaging.

SYLLABUS

Post Graduate Certificate/Year 1:

- Child and Adolescent Psychotherapy / Therapeutic Play Skills
- Family Therapy and Working with Parents
- Counselling & Psychotherapy Skills
- Creative Therapies – Sand play and Therapeutic Storytelling

Post Graduate Diploma/Year 2:

- Theories – Child and Adolescent Psychotherapy & Counselling
- The Effects of Trauma and Post-traumatic Stress Disorder on the Child and Adolescent
- Child Development and Mental Health
- Creative Therapies – Art, Clay, Music, Drama, Puppets

Masters/Year 2:

- Case Study
- Dissertation

Additional Course Requirements (applicable from Post Graduate Diploma onwards):

- 100 hours clinical placement / client work
- Students are required to attend an external supervisor for a minimum of 20 hours one-to-one supervision
- 25 hours of Personal Therapy is a requirement for all students. A minimum of 15 hours Personal Therapy must be completed by students who are not qualified counsellors/ psychotherapists before commencing Client Work

Location

Dublin West & Limerick

Duration

Full Course: 2 Years – Part Time
Year 2 Entry: 1 Year – Part Time*
**Only available in Dublin West*

Fees

MSc, Year 1: €3,670 Year 2: €4,250
Total: €7920
+ Middlesex University Registration Fee €1,200
** PG Certificate and PG Diploma Fees available upon request*



POSTGRADUATE CERTIFICATE FAMILY THERAPEUTIC SKILLS

GENERAL OVERVIEW

This course is validated by Middlesex University and designed to meet the needs of many practitioners and professionals. It augments and addresses the development of national and strategic policies by statutory, community and voluntary agencies across the health and social care services who, for the first time in Ireland, are focussing interventions firmly at a familial level. The content of this programme will meet the needs of applicants already working with families, couples and young people across a range of professional settings and services. It is aimed at people interested in expanding and building on their existing skills and knowledge in this area, by developing a multi-disciplinary approach to improving the welfare and well-being of families and family groups.



WHO IS THIS COURSE FOR?

The course is designed to meet the needs of applicants already working within a professional setting. This includes those already working with families, couples and young people across a range of professional settings and services, including education, psychology, social care, social work, counselling and psychotherapy, health, community, voluntary and substance misuse contexts and NGO's. It is also aimed at people who may not be currently working with families but have an interest in expanding and building on their existing skills and knowledge at a variety of levels, by developing a multi-disciplinary approach to improving the welfare and well-being of families and family groups.

WHAT WILL YOU LEARN?

The programme aims to equip existing counselling and psychotherapy practitioners and related professionals with Family Therapeutic Skills and provides the opportunity to extend their clinical repertoire to working therapeutically with couples, family groups, young people, organisations and related networks. You will learn a broad range of contemporary family therapy theoretical approaches and skills while also developing a range of personal and professional frameworks and concepts, essential to the application of the above learning to a range of case work.

CAREER POTENTIAL

Graduates with qualifications in family therapeutic skills may secure employment in a range of settings across health, social services, education, justice and related disciplines. Students who graduate from the PG Certificate Family Therapeutic Skills will have gained the skills and knowledge to work with families in a therapeutic setting. With an increased emphasis on therapeutic interventions at family level, career opportunities may include private practice, work with state and voluntary organisations, mental health organisations and integration of the learning with any qualification that students have already achieved.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will be provided with the opportunity to expand your existing skills and knowledge to include a broad range of systemic and family therapeutic skills and interventions. By immersing yourself in a safe, experiential learning environment, you will develop the ability and confidence to apply these new theories, relational perspectives, concepts and interventions to both your client work and personal development.

SYLLABUS

Post Graduate Certificate/Year 1:

- Contemporary Family Therapy Theory, History, Current Perspectives & Emerging Dynamics.
- Therapeutic Relationships & Clinical Skills 1
- Personal & Relational Development in Family Therapy
- Emotional Focused Therapy

Available from 2020 onwards:

Should you decide to further your studies by deciding to progress onto a Post Graduate Diploma or Masters in Family Therapeutic Skills, the course requirements are as follows;

Post Graduate Diploma/Year 2:

- Theoretically Informed Family Therapy Practice
- Professional Ethics & Family Law
- Working Therapeutically with Couples Dyad
- Advanced Clinical Skills 2

Masters/Year 2:

- Case Study
- Dissertation

Additional Course Requirements (applicable from Post Graduate Diploma onwards):

- 100 hours clinical placement/client work
- Students are required to attend a suitably qualified and accredited supervisor for a minimum of 20 hours one-to-one supervision
- 20 hours Personal Therapy is a requirement for those who are not Counsellors/Psychotherapists

Location

Dublin West

Duration

1 Year - Part Time

Fees

Year 1: €3,670
+ Middlesex University Registration Fee €1,000



ADVANCED DIPLOMA IN SUPERVISION

GENERAL OVERVIEW

The working life of a counsellor, psychotherapist, social/youth worker, psychologist, nurse or indeed anyone in today's caring professions, is both challenging and demanding. To do these jobs well, support in the form of supervised practice has become an important component of professional practice. Indeed, in the field of counselling and psychotherapy, supervisors are considered gatekeepers of the profession responsible for ensuring that the standards and supports necessary for the protection of vulnerable people are in place, providing active support of the helping professional and creating an environment in which that professionals' growth and wellbeing remain a key focus of the therapeutic triad (client, supervisee, supervisor). This one year programme is designed to train experienced practitioners within the health and social care domain to provide supportive, educational and managerial supervisory skills which they can bring to private practice or their workplace setting. The emphasis is on clinical supervision rather than traditional line management supervision.



WHO IS THIS COURSE FOR?

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) to supervise other professionals. If you want to help other professionals thrive in difficult environments, improve your own skills as a practitioner and contribute to your organisation and/or profession, then this course may be of interest to you. The same programme offers you two paths to build upon existing qualifications - the PCI College Advanced Diploma in Supervision or a Middlesex University Advanced Diploma in Supervision.

WHAT WILL YOU LEARN?

Our programme underpins professional clinical supervision practice by employing a training approach which encompasses theories and models of supervision, developing applied supervisory skills and building on your own existing personal and professional knowledge. The programme is designed to harness theoretical and experiential learning in service of contemporary clinical supervision best practice. 25 hours of external supervised clinical supervision practice will be required adding to a further 25 hours built into the programme itself. Participants are required to contract with a clinical supervisor (appropriate to their accrediting body) for a minimum of 7 hours of supervision as they train to become supervisors themselves.

CAREER POTENTIAL

Graduates of the Advanced Diploma in Supervision will be qualified to practice as a professional supervisor, working with individual supervisees in a one-to-one and/or organisational context. The programme also introduces the practice of group supervision. Career opportunities may include private practice, work with state and voluntary organisations, mental health organisations, social care providers, business and any environment whereby clinical supervision is provided or required for practitioners. This programme can be effectively integrated with any qualification that students have already achieved. Note: qualification is no guarantee of accreditation. Students are advised to verify accreditation eligibility requirements of their target accrediting body before applying to this programme.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

Once you qualify, you may apply to an accrediting body appropriate to your professional context e.g. IACP. Note: qualification is no guarantee of accreditation. Students are advised to verify accreditation eligibility requirements of their target accrediting body before applying to this programme. Supervisors fulfil many roles determined by a variety of needs and contexts in which the supervisor is practicing. In general however clinical supervision training enables existing professionals to provide educational, managerial and supportive input to practitioners designed to; assist them with reflecting on their clinical practice; provide a space to discuss case work in depth and enable them to adapt their existing practice in response to ever changing legal, organisational, social and clinical contexts. This programme is designed to equip students with the skills necessary to fulfil these functions.

SYLLABUS

Orientation Weekend

Module 1: Theories & Skills of Supervision

Module 2: Ethical and Professional Issues in Supervision

Module 3: Group and Organisational Supervision

Integration Weekend

Additional Course Requirements:

- 25 hours of external clinical supervision practice in a placement suitable to effective practice (may be one's own private practice or in an existing organisation)
- 7 hours of clinical supervision of the student's supervisory practice (with a supervisor acceptable to the student's target accrediting body, IACP, IAHIP or BACP)

Location

Dublin City & Belfast

Duration

Full Course: 100-hour programme over eight weekends
(October to May)

Fees

€2,820
+ Middlesex University Registration Fee €1,100



PROFESSIONAL CERTIFICATE IN COGNITIVE BEHAVIOURAL THERAPY (CBT)

GENERAL OVERVIEW

You will learn to observe, assess, evaluate, and formulate treatment using the client's environmental influencers as well as their thoughts, moods, emotions and behaviour. The approaches presented are usable, up-to-date and strongly evidence-based.

WHO IS THIS COURSE FOR?

For helping professionals (with therapeutic experience) who want to gain the knowledge and skills necessary to incorporate Cognitive Behavioural Therapy (CBT) into their practice.

WHAT WILL YOU LEARN?

The initial two days of the Professional Certificate include an overview of the theoretical underpinnings of the CBT approach. Day 3 is designed to introduce the key diagnostic symptoms of anxiety to you, and the role of its physiological characteristics will be explored. Particular focus is given to disorder specific models for panic and social phobia. Day 4 focuses 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. Day 5, the Integration Day takes place in a relaxed atmosphere, 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. Participants will be expected to submit relevant documentation supporting the evidence of 20 hours client work and 3 hours of supervision on the day.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

Workshops can be taken individually, and/or combined to make up the requirements for the Certificate Course. Please note that students have 2 years to complete the course in its entirety from the date of enrolment. Please note that day 1 & day 2 must be completed first.

Location	Nationwide
Duration	Full Course: 5 Days (30 hours in total)
Fees	€780

PROFESSIONAL CERTIFICATE IN WORKING WITH DREAMS

GENERAL OVERVIEW

According to several surveys, most therapists reported that they attend to dreams at least occasionally, although dreams were rarely a major focus of therapy. Though dreams have been foundational to the early development of psychotherapy since the publication of Sigmund Freud's "Interpretation of Dreams", many contemporary therapists seem unsure as to how to work with dreams in clinical practice having barely (if at all) encountered dream work in their clinical training. This programme aims to address this gap and enliven your dream life as well as the clinical effectiveness of your practice.

WHO IS THIS COURSE FOR?

This course is for any counselling or psychotherapy student or practitioner, psychologists or those more broadly in the mental health arena. No previous experience of working with dreams is necessary, except to have a curiosity about this phenomenon. The opportunity to work on your own dreams will be provided in the programme.

WHAT WILL YOU LEARN?

In the programme, you will look at various dream theories, models and methods of working with dreams and their usefulness in clinical practice. For example gaining insights into the client's therapeutic process, our own developmental process, important implications for supervision, and a host of other applications. This programme is based on a pluralistic approach to dream work and will cover Freud, Jung, Perls, Ullman and Hill's theories and methods of working with dream material. You will learn two practical approaches to working with dreams, the narrative method and the quick-draw method which integrate these theories into a highly practical set of tools to use for personal development, supervision and in clinical practice.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

Some research has found decreases in general client symptoms and in depression, as well as increases in existential well-being when spiritual insight was the focus of the dream work. Further research shows that clients with positive attitudes towards dreams seem to have positive therapeutic outcomes. Therefore, therapists who can support clients in engaging with their dreams in therapy can further enhance therapeutic outcomes than talk-therapy alone. Another benefit of this course is in supporting your own psychological wellbeing by learning how to attend to your dreams. This can contribute directly to your self-care regimen and nourish your personal growth.

Location	Nationwide
Duration	Full Course: 5 Days (30 hours in total)
Fees	€780

PROFESSIONAL CERTIFICATE IN COUPLES COUNSELLING

GENERAL OVERVIEW

In this couples counselling course, you will learn to observe, assess, evaluate and formulate treatment using the couple's environmental influencers as well as their thoughts, moods, emotions and behaviour. The approaches presented are usable, up-to-date and strongly evidence-based.

WHO IS THIS COURSE FOR?

The course is for all therapists who want to broaden their practice and be confident to work with couples, family members and relationship issues. This certificate course is designed to equip helping professionals 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 help therapists not only be competent in working with couples (of any sexual preference) but it will also empower therapists who work with individuals only, to be aware that everyone is in some kind of a relationship - partner, family, work, friends. Therapists will feel more empowered in the therapy room. Issues such as family of origin and sexuality are also discussed. The Integration Day will solidify learning and provide an opportunity for case discussion and supervision. Students who complete the clinical work will be awarded a PCI College Professional Certificate in Couples Counselling. There is an element of theory and practical work in this course.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

This certificate course is designed to equip helping professionals with the knowledge and skills necessary to incorporate Couples Counselling into their practice in a client-centred, integrative way.

Location	Nationwide
Duration	Full Course: 5 Days (30 hours in total)
Fees	€780

PROFESSIONAL CERTIFICATE IN GROUP FACILITATION SKILLS

GENERAL OVERVIEW

This five-day training program offers an introduction to the theory and practice of group facilitation. The course is designed to help health practitioners develop an understanding of group dynamics, as well as adding group facilitation to their repertoire of skills.

WHO IS THIS COURSE FOR?

The Course is designed for those working with groups in a variety of settings, including mental health and other health related services, drugs and alcohol recovery services, therapy, counselling, probation and prison services, social care, children and young people's services and education providers. It will also be of benefit to those who wish to develop a greater understanding of team and organisational dynamics.

WHAT WILL YOU LEARN?

The course is designed as an introduction to groupwork skills – focusing on particular areas that are designed to give you the knowledge, understanding and practical skills necessary to go about setting up and facilitating an effective group. Having completed this course, you will be able to obtain experience in facilitation of support groups under supervision and offer support groups to a small short-term group, and demonstrate techniques to initiate, maintain, support and facilitate a group in its evolution. You will also have basic understanding of some conscious and unconscious group dynamics, understand what a group facilitator's role is, understand group boundaries, create and maintain them and understand how groups can affect the facilitator emotionally.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

The course offers a supportive environment and an opportunity to learn about the fundamental skills required in facilitating effective groups. It also gives a unique opportunity for counsellors and health professionals to gain a basic understanding of both conscious and unconscious processes and dynamics that permeate all groups.



Location

Nationwide

Duration

Full Course: 5 Days
(30 hours in total)

Fees

€780

PROFESSIONAL CERTIFICATE IN CREATIVE ARTS THERAPIES

GENERAL OVERVIEW

The creative arts are life enhancing and have been used since the beginning of time as part of ritual, healing and celebration. Art, music and drama enrich and help us make meaning of our lives and environment. The creative arts therapies draw on this richness to facilitate expression in multi-faceted ways integrating the experience of a given art form with the theories and practice of psychology, psychotherapy and psychiatry as a unique form of therapeutic intervention.

WHO IS THIS COURSE FOR?

Creative arts therapies are widely used in a variety of settings from private practice to multidisciplinary teams within hospitals, rehabilitation centres, hospices, residential care facilities, mental health and social care services, schools and disability services. They are particularly useful where verbal expression is limited or difficult. Since images exist before words, they provide access to both unconscious processes as well as supporting us to work with both sides of the brain.

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 journalling, 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, provide 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?

Upon completion of this Certificate, participants will have relevant knowledge about the unique role of the creative arts and their place in the therapeutic process. Furthermore, participants will be familiar with the use of a range of creative interventions from the disciplines of art, drama and music and possess an understanding of their use and limitations.

Location	Nationwide
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Duration	Full Course: 5 Days (30 hours in total)
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Fees	€780
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PROFESSIONAL CERTIFICATE IN WORKING WITH TRAUMA

GENERAL OVERVIEW

This professional training course enables the counsellor to gain new insights into this arena and as our clients bravely present themselves into the therapeutic space we are often unaware of the trauma they bring with them.

WHO IS THIS COURSE FOR?

This course is designed for helping professionals (with therapeutic experience) who wish to gain the knowledge and skills necessary to be confident and competent in working with individuals and groups who have experienced stress related traumatic events and to incorporate such skills into their practice.

The course will assist counsellors facilitate their clients from trauma towards recovery. The course contains a mix of theory and has a high emphasis on the requisite effective skills to assist individuals and groups impacted by personal or workplace traumatic events both actual and potential.

WHAT WILL YOU LEARN?

This Professional Certification in Working with Trauma is designed to support participants to facilitate our clients to navigate their way to recovery by providing a comprehensive insight into Trauma, from its origins in history to up-to-date research, theories and evidence-based interventions.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

Day one and two will provide a broad range of themes and theories, addressing practical implications of working with trauma. Participants will gain insight and the ability to recognise and facilitate clients through the impact of trauma to a more integrated self. Day three and four will provide participants with frameworks to support their work and integrate new knowledge and theories into a model for working with trauma. Day five will expand new knowledge and experience through collaborative sharing within the group.

Upon completion participants will have gained comprehensive knowledge into the themes, theories and principles of trauma. They will have an in-depth understanding of a recovery process which will facilitate their work with trauma which will increase confidence as practitioners. Experiential aspects of this Certificate will allow participants to integrate theories into practice.

Location	Dublin & Belfast
Duration	Full Course: 5 Days (30 hours in total)
Fees	€780

INTRODUCTION TO SCHEMA THERAPY

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-behavioral, 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 WILL INCLUDE:

- An Introduction to the theory of Schema Therapy
- Key skills in Schema Therapy
- Putting theory into practice in a professional setting

Location	Nationwide
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Duration	2 Days
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Fees	€240
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PERSONAL DEVELOPMENT: SHORT-TERM COURSES

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.

Details of these and all of our Personal Development courses can be viewed and booked online at www.pcicollege.ie or call us on 01-464 2268

We have a choice of day, evening and weekend classes available, our topics include:

CBT FOR WEIGHT MANAGEMENT

This workshop is designed to help you reach your target weight and to help you maintain it once you have reached your goal. It will explore motivation, thoughts and beliefs in relation to food and physical exercise. Using Cognitive Behavioural Therapy (CBT), techniques and the Symptom Cycle, it will look at breaking the cycle, changing eating habits and forming an activity and eating plan. CBT is not about putting you on an actual diet. It provides you with a set of tools to help you go on a diet and manage it in such a way that it is liveable and for life.

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, biography, 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.

WORKPLACE RESILIENCE PROGRAMME

Resilience is what allows us to adapt and thrive in situations which can be difficult or seemingly impossible. It is based on our human potential to respond rather than react, to constantly grow and improve and to learn powerful skills which can be applied in both work and life circumstances. Our focus is on harnessing your character strengths and building learnt optimism and tenacity in life and at work, with particular emphasis on resilience. We will empower you to enhance your own resilience for the benefit of your work life and beyond.

SELF CARE WITH SOMATIC MOVEMENT (LEVEL 1)

"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, offering relief from chronic muscle tension or pain, reduce work-related physical stress, eliminate pain or other dysfunction resulting from trauma, injury or an accident and avoid or reverse 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.

WHAT OUR STUDENTS THINK

" Right from the beginning there was a friendly atmosphere; the tutors were approachable and the small class size helped me form great friendships. I love being in the classroom and interacting with the group and tutors, it is good to spend time with people who have common interests. It also helps that the tutors are all qualified counsellors themselves and all have experience of working with people which makes their lectures more interesting when they share their own experiences."

Laura Porritt

" I enjoyed this course immensely. It opened up a new vision for me and allowed me focus on who I want to be and what I want to believe. Our group was amazing and the trust we all had in each other was great and it enabled us to share our personal experiences. We had some great moments in the classroom. I would recommend it not only for those who want a career in counselling but for those who want to personally develop and take time out of their busy lives."

Laura Farrell

" My experience with PCI College has been a significantly positive journey to date. I am passionate about the field and work of Counselling and Psychotherapy and PCI has been the perfect vehicle for me to carry my academic and experiential endeavours. The staff and lecturers have a total dedication to the wellbeing of the students throughout their studies and the training available is of the highest standards available in Ireland."

Johanne Kenny

" The tutors were incredibly experienced in counselling and I found they treated us as trainees rather than students, which was very encouraging and gave you the freedom and confidence to build on what you were learning and how you were growing...In each year the assignments became more challenging but in another way we had learned a lot of skills and developed an understanding of human nature and had the confidence to write what we really felt about a subject and how this might be in the counselling setting."

Carol McNeill Dunlea

" I rate my experience of training with PCI College not only as a 10 but also as one of my most enjoyable experiences of further education. I look forward to each weekend's training with enthusiasm, and I value the knowledge and experience shared by the tutors and the camaraderie of my fellow students."

Kathleen Doherty

" Excellent tutors and course-work, made this course very enjoyable... I found the college had a lovely approach in dealing with students, and helping them to handle the pressure of completing the high level of college hours, assignments, workshops, client hours, personal therapy hours, and supervision hours required."

Jenny Hannigan

COUNSELLING PLACEMENTS

Counsellors in training are available for placement in community organisations and agencies.

PCI College student counsellors are mature adults who are undergoing comprehensive professional training and are in at least their 2nd year of our professional BSc (Honours) degree programme. They are engaged in regular supervision with a qualified and highly experienced mentor and are insured to practice. Contact our Client Work Team at 01-464 2268



PCI Counselling Service

At PCI Counselling Service we provide quality and ethical counselling, on a nationwide basis, to individuals regardless of their financial circumstances. The service is provided at a low-cost; usually €10-€25 per session.

In today's society, we all have stresses in our lives that can be alleviated through talking with a trained professional. Counselling is for anyone who wants support, perhaps at a time of crisis, who is unhappy with his or her present circumstances and hopes for change, or who wishes to make progress in personal development. It is a valuable aid to personal growth and can help you to develop assertiveness and self-confidence, and improve your sense of wellbeing.

Counselling is provided by mature adults who are currently undergoing professional training in Counselling & Psychotherapy with PCI College and are supported in their work by experienced Supervisors.

In some areas, we also have qualified pre-accredited and accredited Counsellors available on request or by advisement. Please note that fees for these qualified Counsellors are higher.

- Our service provides a safe and secure, one-to-one counselling environment for anyone aged 18 years and upwards.
- We work with relationship issues, life changes, loss and separation, bereavement, depression, stress, anxiety and many other issues.
- Calls to our PCI Counselling Service are dealt with promptly by a professional counsellor/psychotherapist and callers are matched with a suitable counsellor.
- A suitable low-cost fee is agreed with the caller so that the service is available to all, regardless of circumstance.
- We have day, evening and weekend appointments available, with both male and female counsellors.

To speak confidentially and to arrange an appointment

Call: 0818 555 450

email: Republic of Ireland: info@pcicounselling.ie

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

More details are available at

Republic of Ireland: www.pcicounselling.ie

Northern Ireland: www.pcicounselling.co.uk



UNDERGRADUATE COURSES

POSTGRADUATE COURSES

PROFESSIONAL DEVELOPMENT

PERSONAL DEVELOPMENT

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

Course Venues: Athlone | Belfast | Cork | Dublin City | Dublin West | Kilkenny | Limerick

Tel: 01 464 2268 | Email: info@pcicollege.ie | Web: www.pcicollege.ie



PCI College

Excellence & Innovation in Psychological Education

Established 1991