

PROSPECTUS

2018/19



PCI College

Excellence & Innovation in Psychological Education

Established 1991

Letter from PCI College Director

WELCOME TO PROSPECTUS 2018/19!

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 the highest quality teaching, inspiring and memorable learning experiences, focused on the needs of the adult learner and mature student and ongoing professional support. 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

Pat Kitterick
Director, PCI Counselling Ltd.



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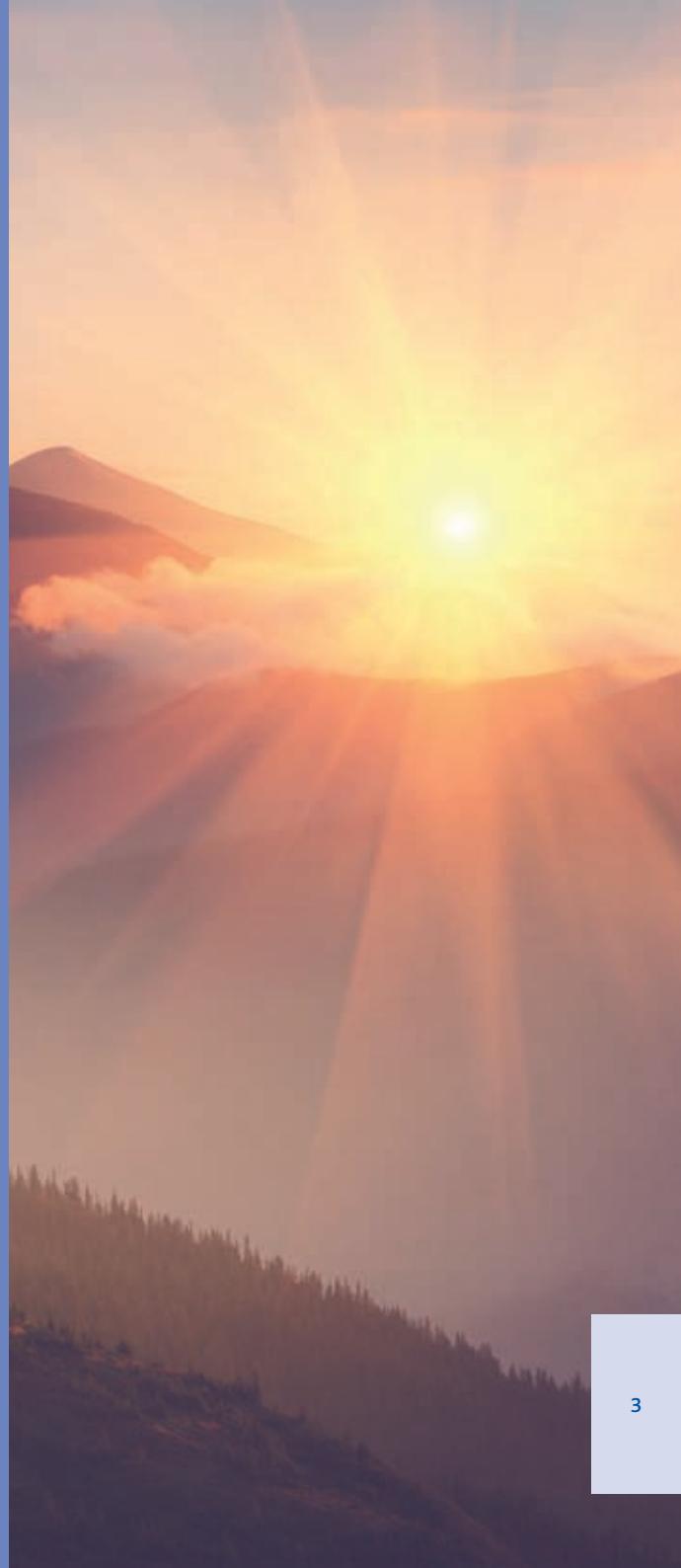
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About PCI College

PCI College is the leading provider in Ireland of third level educational and continuing professional development courses in the mental health fields of Counselling & Psychotherapy, and personal & professional development. The 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 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 very 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 currently have two Dublin campuses; our Dublin West campus and Head Office (just off the N7 and close to the M50) and our Dublin City campus, located in Drumcondra, Dublin 9.

OUR OTHER CLASS VENUES INCLUDE:

Athlone Education Centre
Butler House, Kilkenny
Cork Education Support Centre
Inspire, Lombard Street, Belfast
Mary Immaculate College, Limerick



Senior Faculty and Staff

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 previously 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.

Rhiannon Murphy

College Director



As College Director, Rhiannon manages all aspects of running PCI College, as well as coordinating operational planning and future 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 15 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.

Jade Lawless

Head of Counselling
& Psychotherapy and
BSc programme leader



Jade is the Head of Counselling & Psychotherapy and the BSc (Honours) Counselling & Psychotherapy Programme Leader. Jade also lectures across the BSc from Years 1-4. Jade 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, in particular in relation to psychotherapeutic supports, knowledge and psychoeducation available for parents and carers of children who have a diagnosis of autism and has delivered a presentation on this area at the 2013 national Counselling & Psychotherapy Conference. Jade is also interested in the relational aspects of therapeutic work and has a growing interest in working with children in care.

Faculty Lecturers

Andrew McLellan

MIACP, MA (Oxon), BSc (Hons) Counselling & Psychotherapy, Dip Relational Gestalt Therapy, PG Cert Gestalt Psychotherapy

Antoinette Stanbridge

BA (Hons) Psychology (UCD); H.Dip. Counselling (UCC), MIACP

Dr Caoilín Ó Braonáin

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

Colm Early

M.Sc. Couns. & Psychotherapy, Dip Couns., Dip Gestalt, Dip Couns Supervision, MIACP, MAPPI

Deirdre Reilly

BSc (Hons) Counselling & Psychotherapy, MIACP

Dr Krzysztof Kielkiewicz

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

Donagh Ward

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

Gael Kilduff

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

Mike Hackett

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

Simon Forsyth

BSc (Hons) Counselling & Psychotherapy, MIACP

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.pcicollage.ie

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 QBI 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

PCI College provides professional accredited counselling & psychotherapy courses. The PCI College Diploma (awarded on completion of Year 3 of the BSc degree) is accredited 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.



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.

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 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.

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.



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.

Accessible, 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.

Certificate in Counselling & Psychotherapy

GENERAL OVERVIEW

Delivered both online and in person, this comprehensive and rewarding course offers you both a stimulating learning experience and an enjoyable introduction to the world of counselling and psychotherapy. The four distinct course modules follow a natural progression from personal development and theoretical approaches to skills practice and an overview of counselling and psychotherapy as a profession. You can expect a mix of traditional classroom-style and more hands-on experiential learning, with the opportunity 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. Indeed, in keeping with the ethos of counselling and psychotherapy, each student's individual story is respected, and their unique talents encouraged throughout the course.

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, as well as the theoretical frameworks that continue to inform the field today. You will learn some of the essential 'baseline' skills of the counselling relationship and have the chance to practice these in a live setting via small group work with your colleagues. Lecturers will be on hand to provide guidance and feedback. The final module aims to give you a brief introduction to the field of counselling and psychotherapy as a profession before offering an opportunity to integrate learning acquired from across the course. Time is also given for students to reflect on their individual experiences and consider the group's achievements as the course comes to an end.

CAREER POTENTIAL

Students who complete the Certificate in Counselling & Psychotherapy (in-class, online & blended) will be invited to apply for entry to the BSc (Hons) degree in Counselling & Psychotherapy which leads to qualification as a professional therapist. The skills and knowledge gained in 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.

Location	Classroom, Online*, Our Blended Nationwide <i>*Online format is an introduction to the course. Advancement to BSc would require an upgrade to Blended course</i>	Duration	Autumn: 8 Months - One evening per week Spring: 4 Months - Every second weekend Summer: 2 Months - Two evenings per week	Fees	Online: €675 Blended: €1150 Classroom: €1480
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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

- Personal Development
- Overview of Theorists & Key Approaches
- Counselling Skills
- Introduction to the profession of Counselling & Psychotherapy



BSc (Hons) Counselling & Psychotherapy

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.

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.

Location	Full Course & Upgrade Nationwide	Duration	Full Course: 4 Years – Part-Time Upgrade Course: 2 Years – Part Time* <i>*Upgrade course designed for qualified counsellors seeking to upgrade Diploma to BSc (Hons.) degree.</i>	Fees	Year 1: €4,220 + Middlesex University Registration Fee €1,100 Year 2: €4,200 Year 3: €4,200 Year 4: €2,950
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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 value 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 Essay

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.



MSc. Addiction Counselling & Psychotherapy

GENERAL OVERVIEW

There is a growing awareness of the widespread harm caused by addiction to individuals, families and society at large 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 validated by Middlesex University and 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.

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.

Location	Dublin, Limerick, Belfast	Duration	Full Course: 2 Years – Part Time	Fees	Year 1: €3,670 + Middlesex University Registration Fee €1,200 Year 2: €4,250
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WHAT ARE THE BENEFITS OF DOING THIS COURSE?

On completion of the course students will have developed an advanced competency and proficiency working with clients presenting with addiction problems. They will more fully understand the complex and challenging nature of addiction and recovery both for the client and the counsellor being more informed of the present diverse and fragmented approach to working with addiction. They will be well placed to influence attitudes and effect policy in the workplace, community and society.

SYLLABUS

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

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
- Case Study & Dissertation

Additional Course Requirements

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

MSc. Child & Adolescent Counselling & Psychotherapeutic Skills



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.

Location	Dublin West & Limerick	Duration	Full Course: 2 Years – Part Time Year 2 Entry: 1 Year – Part Time* <i>*Only available in Dublin West</i>	Fees	Year 1: €3,670 + Middlesex University Registration Fee €1,200 Year 2: €4,250
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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

Year 1 Modules:

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

Year 2 Modules:

- 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
- Case Study & Dissertation

Additional Course Requirements

- 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



MSc. 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 many practitioners and professionals 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 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 many practitioners and professionals. 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 at Master's level may secure employment in a range of settings across health, social services, education, justice and related disciplines. Students who graduate from the MSc 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.

Location	Dublin West	Duration	Full Course: 2 Years – Part Time	Fees	Year 1: €3,670 + Middlesex University Registration Fee €1,200 Year 2: €4,250
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WHAT ARE THE BENEFITS OF DOING THIS COURSE?

You will benefit from this programme in a variety of ways by extending your existing skills and knowledge to include a broad range of systemic and family therapeutic theories and perspectives. They will also benefit in the following ways: By immersing themselves in an experientially based learning environment, learners will increase their ability to apply a broad range of relational and systemic perspectives, concepts, interventions and skills to their own lives and a broad range of client practice.

SYLLABUS

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

Year 2:

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

Additional Course Requirements

- 100 hours clinical placement / client work
- Students are required to attend a suitably qualified and accredited supervisor for a minimum of 25 hours one-to-one supervision
- 25 hours Personal Therapy is a requirement for those who are not Counsellors/Psychotherapists



Advanced Diploma 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 essentially ensuring the standards and supports necessary for the protection of vulnerable people, providing active support of the helping professional and creating an environment in which the supervisee's growth and wellbeing become 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.

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 professional and contribute to your organisation and profession then this course may be of interest to you. The same programme offers you two paths to build on your professional education – the PCI College Advanced Diploma in Supervision or a Middlesex University Advanced Diploma in Supervision.

WHAT WILL YOU LEARN?

Our programme underpins professional practice by moving to a supervisory 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 to contemporary best practice. 25 hours of external supervised supervision practice will be required as well as 25 hours designed into the programme itself. Participants are required to contract a minimum of 7 hours of supervision with a supervisor as they train to be supervisors themselves.

CAREER POTENTIAL

Graduates of the Advanced Diploma in Supervision will be qualified to practice as a professional supervisor, working with individual supervisees and in an 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 supervision is provided or required for practitioners. This programme can be effectively integrated with any qualification that students have already achieved. 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.

Location	Dublin City	Duration	Full Course: 100-hour programme over eight weekends (October to May)	Fees	€2,820 + Middlesex University Registration Fee €1,100
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WHAT ARE THE BENEFITS OF DOING THIS COURSE?

Once you graduate, you can immediately apply to IACP or other accreditation bodies for accreditation as a one-to-one supervisor either in Private Practice or in an Organisational setting. Supervision has many roles, which will to a large degree be determined by the format or forum within which the supervisor is practicing. But in general, our vision of the role can be collectively defined thus: to bring objectivity to what can be a very subjective experience for the supervisee, to bring structure to what at times seems like an unstructured process e.g. counselling/psychotherapy, to bring clarity to what may be unclear and to bring kindness, support, strategies and vision to the inevitable isolation and self-doubt suffered by most health and social care professionals at some stage of their careers.

SYLLABUS

- Theories and Skills of Supervision
- Ethical and Professional Issues in Supervision
- Group and Organisational Supervision

Additional Course Requirements:

- 25 hours of external supervised Supervision Practice
(Course includes 25 hours of internal supervised Supervision practice)
- 7 hours external supervision of Supervision Practice



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
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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
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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, sexuality are also discussed. As well as completing Day 5, the Integration Day, participants will be required to provide evidence of completion of 15 hours supervised relevant client work and submit a 2,500-word essay on a topic relating to Couples Counselling. 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
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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 group under supervision and offer support group 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 affect facilitator emotionally.

WHAT ARE THE BENEFITS OF DOING THIS COURSE?

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. The course offers a supportive environment and an opportunity to learn about the fundamental skills required in facilitating effective groups. It also gives 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
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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. 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 existed before words, they provide access to both unconscious processes as well as supporting us to work with both sides of the brain.

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. To provide each student with an opportunity to engage with and experience the creative modalities of art, music and drama therapy. You will be learning to give students a 'hands-on' experience of each discipline, provide an introduction to the fundamental theoretical concepts of these arts therapies, explore the unique contributions, qualities and features of different creative modalities, and consider 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.

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

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 the 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 & 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.

POSITIVE PSYCHOLOGY

Positive psychology is a science of wellbeing and uncovering people's strengths as well as promoting their positive functioning. While traditional psychology focuses on individuals' shortcomings, positive psychology emphasizes their potential. Based on extensive research of people who thrive in life, it offers over 100 evidence-based interventions aimed to improve individuals' mental health, boost their energy levels, creativity and immune system, foster better relationships, fuel higher productivity at work and even lead to longer life. This workshop will discuss some selected findings from the latest research and introduce 5 interventions that you can immediately use to improve your mental health and boost your wellbeing.

What Our Students Think

"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

"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

"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

"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

"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

"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

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

Affordable – Confidential - Accessible

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: info@pcicounselling.ie

More details are available at www.pcicounselling.ie



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