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**PCI College**

— Established 1991 —

**Prospectus**



# Letter from PCI College Director

Welcome to  
Prospectus 2023/24!

PCI College's mission is to empower our learners to fulfil their potential by delivering robust contemporary training in mental wellbeing by inspiring development of emotional and cognitive knowledge and effective practice skills to the benefit of society.

As the leading third level educational and continuing professional development provider in Ireland, PCI College focuses on excellence and innovation in contemporary academic knowledge and ethical practice and providing second chance education to all through part-time study in the field of counselling and psychotherapy.

Following the COVID-19 Global Pandemic, PCI College is committed to continuing our delivery of programmes in-person and through a 'Live' online classroom setting. With the evolution in the field into online counselling and support it is important we embrace this within our training to ensure our learners become equipped skilled practitioners in all settings.

For the aspiring professional in an increasingly important area, with global events affecting our mental wellbeing it is more important than ever that highly skilled and qualified professionals are available to support the current population and future generations.

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, validated by Middlesex University and quality assured by QAA. PCI College is one of a small number of private Colleges in Ireland to offer University validated programmes, internationally recognised and adhering to strict Quality Assurance. These include our well-established and popular BSc (Honours) Degree in Counselling & Psychotherapy degree accredited by the Irish Association of Counselling & Psychotherapy (IACP), and our suite of Master's level programmes in Child & Adolescent Psychotherapy, Cognitive Behavioural Therapy and Addiction Counselling.

In addition, PCI College offers a Certificate in Counselling & Psychotherapy (in-person and online), along with a Blended Learning edition that can be completed at your own pace, all accredited by The National Counselling Society (NCS). Coupled together with a suite of Continued Professional Development programmes, including a new Couples Counselling Professional Certificate.

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 with continuous progression and development support.

We are privileged to have an excellent, highly qualified and committed academic team who are all private practitioners with hands on experience, 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 our 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 with over 32 years of experience in designing and delivering third level educational and continuing professional development courses in the fields of Counselling & Psychotherapy, including personal & professional development,

We are committed to the provision of expert professional training and education in mental health and wellbeing, to individuals as well as 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 and organisations such as the Health Service Executive (HSE), community/voluntary sector and commercial companies.

Our Bachelor of Science (Hons) Counselling and Psychotherapy and Masters of Science Programmes are validated, quality assured and awarded by Middlesex University, with the BSc (Hons) Counselling and Psychotherapy programme being professionally accredited by the Irish Association for Counselling

& Psychotherapy (IACP). Postgraduate and Professional programmes deliver enhanced learning in specialist areas of study, specifically tailored to the needs identified by those working in the field; with our MSc Child & Adolescent meeting the competency standards for working with children and adolescents as set by the IACP.

PCI College's Certificate in Counselling & Psychotherapy is quality checked by NCS, and provides a high standard introduction to counselling & psychotherapy, covering both theoretical and applied issues, while our online and blended learning programmes allow students the flexibility to study at home. Learners are supported by the opportunity to access a range of personal development courses providing exploration in 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 delivering accessible experiential training; focussing on high standards of quality and personal development and the provision of a reduced cost counselling service.

## Where We Teach

PCI College offer programmes in Athlone, Belfast, Cork, Dublin, Kilkenny and Limerick. Our main campus is just off the N7 and M50 in Dublin 22 and our Belfast campus is located on Malone Road, Belfast.









# 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.



## Jade Lawless *Academic Director - C. Psychol. PSI, MIACP*

Jade is a chartered Counselling Psychologist with the Psychological Society of Ireland (PSI) and is an accredited psychotherapist with the Irish Association for Counselling and Psychotherapy (IACP). Jade is the Academic Director in PCI College, providing support and leadership relating to strategic development, academic standards and practices, and the development of new and existing programmes. Jade is a Counsellor/Therapist within the HSE Counselling in Primary Care team and consults as a member of the Clinical Team within a residential care setting. Jade is the Leas Cathaoirleach of the Irish Association for Counselling and Psychotherapy where she also served as Secretary and chaired the IACP Finance and Risk Management Committee, which involved inputting into the organisation's risk management strategy. Jade has a strong passion and interest in counselling and psychotherapy pedagogy, which is evident through her work at PCI College.



## Carolina Cirillo *Head of Marketing & Student Recruitment*

As the Head of Marketing & Student Recruitment, Carol oversees all the student enquiries, course applications, Scholarship process and continuous professional development and personal development planning. Carol is also responsible for handling all related marketing, digital marketing and market research responsibilities, such as running the website, planning and managing online/offline advertisements, performing market research for new potential courses or locations, planning the National Counselling & Psychotherapy Conference, planning the academic year courses, managing digital content to bring news to the community and managing all PR related businesses. Additionally, Carol is also responsible for business development, and as the College's Data Protection Officer is responsible for all matters related to GDPR.



## Ethan Moore *Head of Administrative Services*

Ethan joined PCI College in 2017 as the Examinations Officer, he has developed and grown his career first being promoted to the role of Programmes Office Administration Manager in 2019 before taking on his current role as Head of Administrative Services from January 2022. One of the primary responsibilities of this role is the management of both Programmes Office and Student Services departments. Ethan is responsible for overseeing the admissions, registry, enrolment, boards, timetabling and general programmes management processes including payment of tuition fees. He also helps to provide clear administrative processes that meet all quality assurance directives and improve the supports and customer service level to the student body.



## Gael Kilduff *Head of Counselling & Psychotherapy*

As Head of Counselling & Psychotherapy, Gael is responsible for managing all counselling & psychotherapy programmes offered by PCI College. Her primary responsibility encompasses leading the lecturing team and ensuring all programmes meet the quality standards required by the College and any respective accrediting bodies. Working closely with Academic and Programme staff, Gael project manages and coordinates academic and programme delivery aspects for new courses. She is also involved in the implementation of new pedagogies across all programmes. Gael has been a member of the Lecturing team with PCI College since 2009 and has been a practising therapist for 25 years. She is also an accredited supervisor who has a particular interest in reflective practice.



# Faculty Lecturers

See full details of Faculty teaching responsibilities and specialist areas on our website [www.pccollege.ie](http://www.pccollege.ie)

## Dr C  il  n    Braon  in

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

## Shane Morrow

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

## Colm Early

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

## Dan O'Mahony

Dip., BSc (Hons) Counselling & Psychotherapy

## Ramesh Ramsahoye

BA (Hons) Art History and Theory, BA (Hons) Integrative  
Counselling and Psychotherapy, MA History of Art,  
PGCE Art and Design, MIACP

## Louise Brennan

Dip. In Humanistic & Integrative Psychotherapy

## Margaret O'Connor

Faculty Lecturer, Academic Team Leader Dublin;  
BSoc.Sc, BSc Counselling & Psychotherapy,  
MA Gender, MIACP

## John Wills

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

## Dr Krzysztof Kielkiewicz

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

## Philomena Clarke

BSc Counselling & Psychotherapy (Hons)

## Mr. Andrew Twomey

BA (Hons) in Counselling & Psychotherapy

## Ray Tonge

IACP (Accred.) IAHIP (Accred.)

## Katrina Dennehy

MA Cognitive Behavioural Psychotherapy, Post Graduate Diploma Clinical Supervision in professional  
practice, BA Counselling and Psychotherapy and Youth Studies, BA Sociology, EMDR Europe Standard  
Training, Diploma Child Psychology

# 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 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 are 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 Tutors at PCI College for all Middlesex University validated programmes are Jade Lawless ([jlawless@pcicollege.ie](mailto:jlawless@pcicollege.ie)) and Ramesh Ramsahoye ([rramsahoye@pcicollege.ie](mailto:rramsahoye@pcicollege.ie)). The Institutional Link Tutor at Middlesex University is Dr. Antonia Bifulco ([a.bifulco@mdx.ac.uk](mailto:a.bifulco@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 Ireland, 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.



# Accrediting Bodies



*Irish Association for Counselling and Psychotherapy*



**THE NATIONAL  
COUNSELLING  
SOCIETY**



**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 practising within an agreed ethical framework and code of practice.

The IACP is the largest accrediting body for counselling and psychotherapy in Ireland with over 5,000 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

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](http://www.nationalcounsellingsociety.org)



# 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:

## Accredited Courses

Our BSc (Hons) Counselling & Psychotherapy programme is accredited across all locations by the Irish Association of Counselling & Psychotherapy (IACP). In addition, our Certificate Counselling & Psychotherapy and Blended Learning Certificate programme are Quality Checked by the National Counselling Society (NCS) in all locations.

The IACP is Ireland's largest, and most well-recognised accreditation body for counsellors & psychotherapists. GPs, state-bodies, HSE professionals and others usually specifically request IACP accreditation when referring clients to counsellors. Our MSc Child and Adolescent Psychotherapy meets the minimum competency standards from working therapeutically online and with Child & Adolescent.

## 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 and experiential courses that teach practical skills for professional practice.

## 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, Microsoft Teams, Microsoft Office and One Drive. 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 Student Development and Progression Officers throughout the degree programme making this an exceptionally supportive adult education experience. In cooperation with lecturers and other college staff, Student Development and Progression Officers monitor student participation in professional degree and postgraduate programmes including academic assignments, clinical work and personal development.





## 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.

## University Validation

PCI College provides a number of programmes including our BSc Honours degree, three Master's programmes, and Advanced Diploma, all validated by Middlesex University. Holding a qualification with University validation holds a certain amount of status due to the standard of lecturing and programme design and is nationally and internationally recognised. Our academic standards are set in partnership with Middlesex University and are monitored on an ongoing basis and subject to QAA standards and audits.

Our BSc programme is awarded at Level 6 on the UK FHEQ framework, comparable to Level 8 on the Irish NQF system. Recognised academic validation is an increasing requirement within the Counselling & Psychotherapy professions and as the Irish government move towards statutory regulation, a level 8 honours degree from a University or a QQI provider is expected to be the minimum standard. The IACP has stated that from 2018 only Level 8 accredited courses will be recognised, which includes our University validated BSc.

## Experiential Learning

PCI College offers an approach which combines experiential classroom-based learning and Live Online learning with up-to-date theory and approaches across all our programmes.

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.

## Practitioner 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 lecturers 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.

## Nationwide Classes

PCI College provides our students with the opportunity to study at venues, around the country, with part-time class timetables and online resources to facilitate students' busy lives. At this time PCI College is providing 'Live' Online Classes. We aim to make our courses as accessible as possible, with not only providing seven regional locations to study but the ability for us to come together and focus on excellence and innovation in contemporary academic knowledge and ethical practice whilst dealing with external social distances constraints. While we passionately believe in classroom learning for our profession, we support learning online along with complementary supports such as online library access, e-submissions for assignments and a web-based Student Portal to connect our student body and faculty together around the country.

# Certificate Counselling and Psychotherapy



## General overview

This comprehensive course offers you an enjoyable introduction to the world of counselling and psychotherapy through an experiential learning experience. The programme duration of 75 hours is divided into two parts, progressing from personal development and introductory counselling skills, to an overview of theoretical approaches interwoven with further skills practice. There are three entry points during the year; autumn, spring and summer. You can expect 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. The programme is quality checked by the National Counselling Society (NCS).

## 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 facilitation of a safe, supportive learning environment that encourages and respects your uniqueness. You will be introduced to some of the key influencers 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 and experientially stimulating. The skills and knowledge acquired may be effectively applied to any number of personal and professional situations. 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





“

I have really loved doing the certificate course and I look forward to moving on to the degree course.

Amy O'Connor

#### Location

Athlone, Cork, Dublin, Kilkenny & Limerick, Online or Blended Learning - Nationwide

#### Duration

75 hours  
Autumn: starting in October  
Spring: starting in March  
Summer (intensive): starting in June

#### Fees

Certificate Counselling & Psychotherapy: €1,155  
Online Introduction: €715\*  
Upgrade: €425\*  
\*Booked together as Full Blended Learning Certificate: €1060

## Blended Learning Certificate & Online Introduction

The Certificate can also be completed online via our Blended Learning course option. Learners begin by undertaking our Online Introduction to Counselling & Psychotherapy via the PCI College Student Portal. Help is on hand through a dedicated Programme Leader, who will monitor your progress and provide feedback as you submit your work. Once completed, students are invited to upgrade to the full programme by attending two, in-person weekend workshops in Dublin. Here you will have an opportunity to practice what you have learned in real-time with other students. The programme is quality checked by the National Counselling Society (NCS).

## Career Potential

Students who successfully 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 develop listening skills, interpersonal communication and a range of basic counselling approaches to both personal and professional contexts.



# BSc (Hons) Counselling and Psychotherapy



## General overview

Validated by Middlesex University, leading to an internationally recognised award, and accredited by IACP, Ireland's largest accrediting body, this course is designed to provide comprehensive training within the field of counselling & psychotherapy. As a leading educational establishment in the field of mental health and wellbeing, PCI College is committed to making transformative contributions to individuals and society. In recognition of the many varied effective approaches to therapy, PCI College's unique hybrid 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, whilst embracing and integrating the schools of Existentialism, Cognitive Behavioural Therapy and Psychodynamic Psychotherapy. 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. Our graduates are equipped to work in a variety of settings with a wide range of presenting issues, both in an in-person and online therapeutic environment.

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 those who are interested in becoming professional counsellors & psychotherapists and wish to do so via an internationally recognised, university validated honours degree with professional accreditation. The course is suitable for people who want to obtain a counselling and psychotherapy qualification of high academic standard and high professional integrity. 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 existing 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 development and its impact on the trainee counsellor. You will, within a safe and secure learning environment, explore these aspects of personal development whilst building and refining a repertoire of clinical skills. You will study a variety of counselling theories that include person-centred, existential, cognitive behavioural, psychodynamic and other approaches and you also receive a solid foundation in conducting primary research. Each year of study is designed to provide you with a set of integrative skills which can be applied in a wide variety of clinical settings both in an in-person and online therapeutic environment.





“

I enjoyed every moment of my time in class with my colleagues and lecturers. It was a wonderful, life changing experience.

Sharon Deering

#### Location

Athlone, Cork, Dublin, Kilkenny & Limerick  
All locations IACP accredited

#### Duration

4 Years - Part-Time

#### Fees

Year 1: €5,490  
(Includes all academic and administration costs and charges)  
Year 2: €4,390  
Year 3: €4,390  
Year 4: €3,360  
Course fees for BSc programme are eligible for Tax Relief from Revenue.ie  
Payment plan available

## Career Potential

Students who graduate from the BSc (Hons.) 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 receive a Middlesex University Honours Degree that is accredited by the IACP, the largest accrediting body in Ireland. You will be ready to pursue a wide variety of career options, including private practice and employed settings. You will be equipped to make a transformative impact on those with whom you work professionally. You will benefit from our commitment to providing high quality, inspiring, memorable, positive, professional and potentially life changing experiences through a participative, experiential programme which values the prior lived experience of each learner.

## Syllabus

### Year 1

- Contemporary Humanistic & Existential Perspectives in Counselling & Psychotherapy
- Professional Competence: Counselling Skills & Ethical Practice
- Personal Development: Self Awareness & the Reflective Practitioner
- Online research tutorial x 2

### Year 2

- Contemporary Cognitive Behavioural Therapy Theory & Practice
- Professional Competence: Advanced Skills & Ethical Practice
- Personal Development: The Relational Self
- Online research tutorial x 2
- Working Professionally Online Workshop and Tusla's E-Learning Workshop

### Year 3

- Early Psychodynamic Perspectives: The Unconscious Mind
- Professional Competence: Research Methodologies in Counselling & Psychotherapy
- Professional Development: The Integrative Therapist

### Year 4

- One elective theories module to be chosen:
- Advanced Humanistic Psychotherapy
- Advanced CBT
- Advanced Psychodynamic Psychotherapy
- Professional Competence: Thesis
- Professional Development: Clinical Placement Case Study
- Setting Up your Private Practice Workshop

### Clinical requirements:

- 50 hours personal therapy with an IACP/BACP/IAHIP accredited therapist\*
- 120 hours of client work within an approved PCI College placement
- 24 hours of supervision with an IACP/BACP/IAHIP accredited supervisor\*
- 24 hours of CPD - 6 hours can be personal development, 18 hours minimum must be professional development
- 32 hours of group supervision in-house (Year 3 and Year 4)

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



# BSc (Hons) Counselling and Psychotherapy Upgrade Programme



## General overview

Validated by Middlesex University, leading to an internationally recognised award. This course is designed to upgrade an existing qualification in counselling and psychotherapy to meet the minimum standards of practice within the field. The BSc Honours Counselling and Psychotherapy Upgrade Programme is Integrative in approach. Classes are taught in 30-hour module blocks with continuous assessment across the programme. There are no formal written examinations. Upgrade students enter the degree programme in year three and receive exemptions from year one and year two modules. Any year one or year two module that was not exempted must be taken as a catch-up module.

On completion of this course participants will have successfully upgraded their diploma qualification to an internationally recognised, University validated BSc (Hons) Counselling and Psychotherapy.

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 those who are interested in upgrading their existing professional counselling & psychotherapy qualification and wish to do so via an internationally recognised, university validated honours degree that is eligible for professional accreditation. Our BSc Honours Degree in Counselling and Psychotherapy Upgrade Course offers qualified practicing professionals the opportunity to receive a Level 8 honours degree in just two years, part-time. Many Diploma qualified counsellors are choosing to upgrade their qualifications to an honours degree to enhance their career options in a variety of areas and in response to changes to the professional accreditation standards by the IACP and other bodies.

## What will you learn?

You will join the programme in Year 3 of the BSc (Hons) Counselling and Psychotherapy programme where the focus is on psychodynamic psychotherapeutic approaches, research and professional integration. You will, within a safe and secure learning environment, build upon the personal and professional development foundation established during your primary studies in this area. In Year 4 of the Upgrade Programme, the focus will move to independent learning where you will choose one of three optional modules, research an area of counselling and psychotherapy that you are interested in for your thesis and evidence your professional competence via a case study. You will also be equipped during the Upgrade Programme to enter the business world of therapy through our 'Setting Up Private Practice' Workshop at the end of Year 3.





“

Excellent lecturers and course-work, made this course very enjoyable.

Jenny Hannigan

#### Location

Dublin West  
(Tuesdays & Thursdays)  
& Limerick (Saturdays)  
*All locations IACP accredited*

#### Duration

2 Years - Part-Time

#### Fees

Year 3: €5,490  
(Includes all academic and  
administration costs  
and charges)  
Year 4: €3,360  
Course fees for BSc  
programme are eligible for Tax  
Relief from Revenue.ie  
Payment plan available

## Career Potential

Students who graduate from the BSc (Hons) Counselling & Psychotherapy Upgrade Programme 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.

## What are the benefits of doing this course?

You will receive a Middlesex University Honours Degree. You will meet the minimum standard for practice within Ireland. You will be ready to pursue a wide variety of career options, including private practice and employed settings. You will benefit from our commitment to providing high quality, inspiring, memorable, positive, professional and potentially life changing experiences through a participative, experiential programme which values the prior lived experience of each learner.

## Syllabus

Year 1: Exempt

Year 2: Exempt

Year 3: 90 credits (equivalent to 45 ECTS credits)

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

Year 4: 90 credits (equivalent to 45 ECTS credits)

- One elective theories module to be chosen:
  - Advanced Humanistic
  - Advanced CBT
  - Advanced Psychodynamics
- Professional Competence: Thesis
- Professional Development: Clinical Placement Case Study

Clinical requirements: Exempt



# MSc Addiction Counselling & Psychotherapy\*

Course available as a 1 Year Postgraduate Certificate or 2 Year Postgraduate Diploma



## General overview

Validated by Middlesex University\*, leading to an internationally recognised Master of Science award this course is designed to provide a comprehensive overview of the world of addiction and equip students with the skills necessary to support those impacted by addiction. As a leading educational establishment in the field of mental health and wellbeing, PCI College is committed to making transformative contributions to individuals and society. 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, valuing the whole person approach when it comes to treating addiction. 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?

MSc Addiction Counselling & Psychotherapy\* is a comprehensive professional training course, focused on working therapeutically with people dealing with addiction. This course is aimed at graduates who are currently working, or plan to work, in addiction services, including counsellors and psychotherapists, doctors, nurses, youth workers, social carers, social workers, psychologists and those who wish to solidify and enhance their qualifications whilst gaining contemporary theoretical knowledge and practical skills. The course is validated, subject to review, by Middlesex University, designed to supplement trainees' existing qualifications and is not a stand-alone counselling qualification. This course will also serve professionals within the addiction field who wish to pursue accreditation with the Addiction Counsellors Ireland (ACI). While the ACI does not accredit courses, it does accredit individual applicants taking into account training, qualifications and experience in the field. The MSc Addiction Counselling\* programme is designed to fulfil a number of these essential criteria.

## 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. With the individual at the heart of any treatment approach, students will be equipped with a variety of clinical skills applicable to the complex presentation of addiction that spans diverse populations. The programme 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. The role of the family is evaluated in addition to broader mental health and dual diagnosis issues. Students will experience addiction from a multidisciplinary viewpoint during site visits and within reflexive clinical practice in addition to developing proficiency in three different talk therapy modalities.

\* Subject to Review





“

I think the lecturers are of an extremely high standard. So far I have received support in every area needed.

Donna Jordan

Location

Dublin

Duration

Full Course:  
2 Years - Part Time

Fees

Year 1 - €4,990\*\*  
(Includes all academic and administration costs and charges)

\*\*Student Discount:  
PCI College BSc Counselling & Psychotherapy Graduates  
€350 Off Year 1 Fees  
Year 2: €4,450

## Career Potential

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. You will have developed the clinical skills required for the treatment of addiction in a variety of settings in addition to developing reflexive practice skills that prize the value of the individual in recovery. 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.

## 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 a wide range of addiction issues in a variety of contemporary settings. You will more fully understand the complex and challenging nature of addiction and recovery, whilst prizing the agency of the individual. You will be well placed to influence attitudes and affect policy in the workplace, community and society. The programme complements the 'no wrong door' approach as advocated within national policy which broadens career opportunities, such as those within the health service, private practice, and work within voluntary settings and mental health organisations.

### Syllabus

#### Postgraduate Certificate/Year 1:

- Concepts and Controversies in Understanding Addiction
- Talking Therapy Approaches 1: Essentials of Counselling and Reflexive Practice
- Biopsychosocial Aspects of Substance Use
- Talking Therapy Approaches 2: Motivational Interviewing

#### Postgraduate Diploma/Year 2:

- The Family Dimension in Addiction: Practice Based Considerations
- Talking Therapy Approaches 3: Cognitive Behavioural Therapy
- Contemporary Issues in Behavioural Addiction
- Dual Diagnosis: Treatment Considerations in Mental Health and Addiction

#### Masters/Year 2:

- Case Study and Dissertation
- Additional Course Requirements (applicable from Postgraduate Diploma onwards):
- 100 hours Clinical placement/Client work
- 25 sessions with a qualified supervisor to support client work
- 30 hours Personal Therapy
- Treatment Centre Site Visit

# MSc Child and Adolescent Psychotherapy

Course available as a 1 Year Postgraduate Certificate or 2 Year Postgraduate Diploma



## General overview

This master's programme is for practitioners who wish to gain specialist training in psychotherapy for children, teenagers and young people.

The programme sets out to build upon the knowledge and skills that you have developed through your undergraduate education and practical experience as a counsellor and psychotherapist. The programme acknowledges the requirement for all psychotherapists working with children and young people to complete a specialised academic and professional qualification to ensure the highest standards are met. Our programme is intended to align itself with European and international standards and promote continuous development and support for the therapist. The course meets the minimum competency standards for working with Under 18's as developed by the Irish Association for Counselling and Psychotherapy (IACP).

## Who is this course for?

The MSc. Child & Adolescent Psychotherapy programme is a comprehensive professional training course, focused on working therapeutically with young people. The course is validated by Middlesex University and is designed to supplement trainees' existing qualifications. It is not a stand-alone counselling qualification. Applicants include counsellors and psychotherapists who are accredited or are eligible for accreditation, with the IACP/IAHIP/BACP or equivalent, all of whom seek to deepen or extend their current skills to facilitate therapeutic work with young people up to the age of 25 years.

## What will you learn?

As a student on the MSc Child and Adolescent Psychotherapy programme you will be immersed in the therapeutic skills required to work with children and adolescents, developing mastery in the practical application of both skills and theory in class and through clinical placement. You will be equipped with tools and skills for assessment and intervention when working with children and adolescents coupled with experiential practice where you can experience first-hand what it is like to use creative therapies to enhance the therapeutic relationship and process. You are encouraged to think critically, explore diverse perspectives, and develop your communication skills as you proceed through the coursework. You will examine critical current legal and ethical obligations around Child Protection, statutory reporting, contracting with parents and clients, case notes, confidentiality and consent. You will be provided with opportunities to evaluate and critically assess appropriate interventions for the client group and develop proficiency in assessment and report writing skills. You will be introduced to a trauma informed approach to working with children and adolescents in addition to an in depth understanding of the role of the family and child psychology.





“

The blend of theory and experimental is very good, in addition to being a very supportive learning space.

Siobhan Murphy

Location

Dublin

Duration

Full Course:  
2 Years - Part Time

Fees

Year 1 - €4,990\*\*  
(Includes all academic and administration costs and charges)

\*\*Student Discount:  
PCI College BSc Counselling & Psychotherapy Graduates  
€350 Off Year 1 Fees

Year 2: €4,450

## Career Potential

On successful completion of this programme, graduates can decide on the course of action most appropriate to their needs and ambitions. Graduates may choose to continue working in employment settings where child and adolescent psychotherapy skills are essential if they are to serve their clients in a more truly comprehensive way, or may choose to specialise in an area of helping that appeals to them for their own particular reasons, for example working specifically with adolescents, working in the area of creative practice, etc. Graduates may increase their existing private practice services as psychotherapists who specialise in the area of children and adolescents, as well as provide services to court proceedings by way of experts in assessment and report writing. Graduates may take employment within child and family government agencies, such as TUSLA, or within school settings where counsellor positions are available.

## What are the benefits of doing this course?

The philosophy underpinning the Master of Science in Child & Adolescent Psychotherapy is a belief that the practice of working with children and adolescents requires a specific type of skill set. You will gain the knowledge and skills to create fundamental changes for children and adolescents, and our diverse faculty brings together rigorous classroom learning with individualised mentorship and hands-on professional learning.

The programme centres around theoretical knowledge, skills and experiential growth which will instil a sense of competence, confidence and clarity for the developing child and adolescent psychotherapist. You will gain a number of practical skills such as assessments, creative skills and report writing.

We integrate professional development through self-reflection, emphasising personal capabilities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, and personal presence. 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: Postgraduate Certificate - 60 credits (equivalent to 30 ECTS credits)

- Child and Adolescent Assessment and Case Formulation through Play
- Applied Therapeutic Skills and Interventions for Children and Adolescents
- Competencies in creative practice with Children and Adolescents
- Theories of Child Psychology and Mental Health  
(Assessment and Formulation)

### YEAR 2: Postgraduate Diploma – 60 credits (equivalent to 30 ECTS credits)

- Family Systems – An Integrative Approach
- Theories of Child Psychology & Mental Health  
(Contemporary approaches)
- Introducing Trauma in Childhood and Adolescence
- Competencies in creative practice with Children and Adolescents  
(Trauma Specialism)

### YEAR 2: MSc Component – 60 credits (equivalent to 30 ECTS credits)

- Research Methods (by Dissertation)

### ADDITIONAL COURSE REQUIREMENTS

- 100 hours of clinical placement/client work  
(25 hours must be completed before the end of Year 1)
- Students are required to attend an accredited external supervisor for a minimum of 20 hours of one-to-one supervision
- 20 hours of Personal Therapy is a requirement for all students



# MSc Cognitive Behavioural Therapy



## General overview

This master's programme is for practitioners who wish to gain specialist training in Cognitive Behavioural Therapy (CBT).

The course is designed to meet the criteria for accreditation with the British Association for Behavioural and Cognitive Psychotherapies (BABCP)\*\*.

The programme sets out to develop practitioners who can work individually in a professional practice setting or as part of a multi-disciplinary team in various settings using CBT approaches. It is designed to provide you, as the learner, with the theoretical knowledge, practical skills and personal confidence to apply strategic protocols of CBT in the area of mental health and general health wellbeing.

## Who is this course for?

The MSc CBT is a comprehensive professional training course focused on the acquisition, refinement and application of CBT skills across a variety of presenting issues and settings. The course is validated by Middlesex University and is designed to enhance trainees' existing qualifications. Applicants include counsellors and psychotherapists and those from a BABCP recognised core profession (Psychiatry, Social Work, Psychology, Occupational Therapy). The course is designed to meet the criteria for BABCP accreditation\*\*. The course is not a stand-alone counselling qualification.

## What will you learn?

As a student in the MSc programme, you will be immersed in the therapeutic skills required to work with varying complex cases. You will experience practical application of both skills and theory in class and through a clinical placement setting, supported via in class and external supervision. You will be provided with opportunities to evaluate and critically assess appropriate interventions for the client group and develop proficiency in assessment and case formulation skills.

You will develop mastery of CBT application complemented by the efficacy of 3rd wave approaches. You will also have opportunities to create your own specialisation through our CBT in Specialised Areas module and via your dissertation.

This Masters is designed to be participative and experiential and draw on prior professional experience whenever possible. The academic value of the programme is enhanced by a learning environment that is warm, transparent, and genuine. On completion, you will have a range of transferable skills and a deep understanding of this new area of professional practice.

\*\*The course is designed to meet the criteria for BABCP accreditation. The course can be assessed as an accredited course within the first year of the programme cycle.







#### Location

Dublin

#### Duration

Full Course:  
2 Years - Part Time

#### Fees

Year 1: €4,990\*\*  
(Includes all academic and  
administration costs  
and charges)

\*\*Student Discount:  
PCI College BSc Counselling  
& Psychotherapy Graduates  
€350 Off Year 1 Fees

Year 2: €4,450

## Career Potential

Cognitive Behavioural Therapy is in demand as the treatment of choice, across a wide variety of settings, from private practice, HSE, addiction, E.A.P. and general mental health settings. In order to practice as an accredited Cognitive Behavioural Therapist in Ireland, an individual must hold a Masters level qualification with accreditation in this area highly desirable. As the population's need is increasing, stakeholders are looking for qualified and accredited CBT therapists. On successful completion of this programme, graduates can decide on the course of action most appropriate to their needs and ambitions.

## What are the benefits of doing this course?

This programme has been developed to meet an ever-expanding need in the Irish market to provide high quality, affordable education to individuals wishing to enhance their qualifications. This Master's in Cognitive Behavioural Therapy can be regarded as one of the most innovative programmes of its kind in Ireland, with an emphasis on third-wave interventions supplementing more traditional approaches. The programme centres around theoretical knowledge, skills and experiential growth which will instil a sense of competence, confidence and clarity for the developing CBT practitioner. We integrate professional development through self-reflection, emphasising personal capabilities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, and personal presence.

## Syllabus

### Year 1: Postgraduate Certificate – 60 credits (equivalent to 30 ECTS credits)

- Theoretical Underpinnings of CBT
- Theory, Skills & Research: CBT for Anxiety Disorders
- Theory, Skills & Research: CBT for Depression
- Practitioner Competencies: Teaching & Supervised Skills Practice for Anxiety and Depression

### Year 2: Postgraduate Diploma – 60 credits (equivalent to 30 ECTS credits)

- CBT: The New Generation
- Theory, Skills & Research: CBT for Complex Disorders
- Contemporary Applications: CBT in Specialised Areas
- Practitioner Competencies: Teaching & Supervised Skills Practice for Anxiety, Depression and Complex Disorders

### Year 2: MSc Component – 60 credits (equivalent to 30 ECTS credits)

- Dissertation

### ADDITIONAL COURSE REQUIREMENTS

- 200 hours of clinical placement/client work (50 hours must be completed before the end of Year 1)
- Students are required to attend a BABCP accredited external supervisor for a minimum of 40 hours of one-to-one supervision
- 20 hours of Personal Therapy is a requirement for all students



# Professional Certificate in Cognitive Behavioural Therapy (CBT) Skills

“

Lecturers' engagement with the subject and students. The generosity of sharing knowledge and experience.

John O'Carroll

## General overview

The Professional Certificate in Cognitive Behavioural Therapy (CBT) Skills aims to increase knowledge, understanding and application of theoretical concepts and skills, by learning about evidence-based approaches to common experiences, such as anxiety, depression and anger. You will learn to observe, assess, evaluate, and formulate interventions 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) Skills into their practice and work.

## What will you learn?

The Professional Certificate includes an overview of the theoretical underpinnings and application of the CBT approach. You will be introduced to the key diagnostic symptoms of anxiety and the role of its physiological characteristics will be explored. Particular focus is given to disorder specific models for panic and social phobia. There is also an emphasis 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. You will also consider the application of CBT interventions to working with anger. There will be a focus on integration of learning, 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.

## What are the benefits of doing this course?

Upon completion of the course participants will have the relevant knowledge and practical experience to understand and apply CBT interventions to a variety of presentations and issues. The course is designed to complement already existing qualifications by broadening the repertoire of practitioner skills. Experiential aspects of this course will allow participants to integrate theories into practice.

## Course Requirements:

- Record of 15 hours of supervised client work
- Record of 3 sessions with a qualified supervisor.
- Poster Presentation



Location

Nationwide

Duration

Full Course: 5 Days  
(30 hours in total)

Fees

Cost of Days  
1 & 2 - €235  
Cost of Days  
3,4 and 5\* - €445  
Full Price: €640  
(Save €40)



# Professional Certificate in Couples Counselling

“

"I enjoyed sharing experiences with peers and the flexible and supportive approach of the lecturer.

Yvonne Lucas

## General overview

In this couples counselling course, you will learn to observe, assess, evaluate and formulate therapeutic interventions and support using the couple's environmental influencers as well as their thoughts, moods, emotions and behaviour. You will be introduced to the many dynamics within the couple relationship and how to work with these. The approaches presented are usable, up-to-date and strongly evidence-based.

## Who is this course for?

The course is for all counsellors and psychotherapists who want to broaden their practice to include work with couples, family members and relationship issues. This certificate course is designed to equip counsellors and psychotherapists 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 provide an opportunity for qualified counsellors and psychotherapists to develop competence in working with couples and to empower counsellors and psychotherapists who work in a one to one setting to do so informed by relational dynamics. Students will be introduced to the theories underpinning this work, including internal family systems theory, and also to contemporary approaches to working with couples, such as those outlined by Gottman and Johnston. There will also be an introduction to EFT and the concepts within this model. An experiential approach to working with couples will allow students to practice their skills and deepen their understanding of these approaches on a practical level. The course will also introduce the area of sex and sexuality in the counselling room and within a couples dynamic, in addition to working with anger and control. There will be a focus on integration of learning, 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.

## What are the benefits of doing this course?

This certificate course is designed to equip counsellors and psychotherapists with the knowledge and skills necessary to incorporate Couples Counselling into their practice in a client-centred, integrative way. The course presents an opportunity for professionals to broaden their client referral base. The course is designed to complement already existing qualifications by broadening the repertoire of practitioner skills. Experiential aspects of this course will allow participants to integrate theories into practice.

## Course Requirements

- Record of 15 hours of supervised client work
- Record of 3 sessions with a qualified supervisor.
- Poster Presentation



Location

Nationwide

Duration

Full Course: 5 Days  
(30 hours in total)

Fees

Cost of Days  
1 & 2 - €235  
  
Cost of Days  
3, 4 and 5\* - €445  
  
Full Price: €640  
(Save €40)

# Professional Certificate in Group Facilitation Skills

“

It is a unique opportunity to learn about group dynamics in a safe and creative space!

Karolina Kurszewska -  
Lecturer

## General overview

This five-day training program offers an introduction to the theory and practice of group facilitation. The course is designed for those working in a therapy, counselling, social care, mental health, drug/alcohol recovery, probation/prison service/nursing context or related fields. The course is designed to help develop an understanding of group dynamics as well as equipping professionals to add group facilitation to their repertoire of professional skills.

## Who is this course for?

The course is designed for those working with groups currently who wish to upgrade their skills/knowledge or those who are considering offering a group facilitation service or resource to their existing practice or their organisation's services.

## 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 journaling, 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?

This is a comprehensive introduction with professional certification in group facilitation. Our focus is on imparting the necessary knowledge and skills to be an effective, ethical and professional group facilitator. This includes theories and models of group facilitation, group dynamics, group development and the role of the effective group facilitator. It will also afford an opportunity to practise group skills through participation in a small training group. Helping groups flourish, understanding the boundaries within groups, record keeping, how to start-up a group, matters of race, social/sexual diversity in groups and ethical considerations will also be explored during the short programme.

## Course requirements:

- Poster Presentation
- Reflective statement



Location

Nationwide

Duration

Full Course: 5 Days  
(30 hours in total)

Fees

Cost of Days  
1 & 2 - €235  
Cost of Days  
3, 4 and 5\* - €445  
Full Price: €640  
(Save €40)



# Professional Certificate in Family Therapy Skills

“

Perfect balance between interaction and theory.

Mary Mullins

## General overview

The Professional Certificate in Family Therapy Skills will provide an introduction to the underlying theory and principles of family therapy theory and practice. Students will gain an overview and framework of different approaches and models of family psychotherapy. Students will be enabled and empowered to develop family therapy skills and apply these in their client work. These skills will extend to the work with couples and working with relationship dynamics. Family therapy is a creative, innovative and thought provoking model of Psychotherapy which places sound ethics at the heart of the work.

## Who is this course for?

This course will appeal to professionals who are interested in family therapy, theory and training. It is suited for professionals who wish to incorporate therapeutic knowledge and interventions into their work within family contexts and with relationship dynamics. This program is designed for practitioners, undergraduates and postgraduate learners who wish to enhance their practice and skills while developing their understanding of family therapy theory, practice and approaches.

## What will you learn?

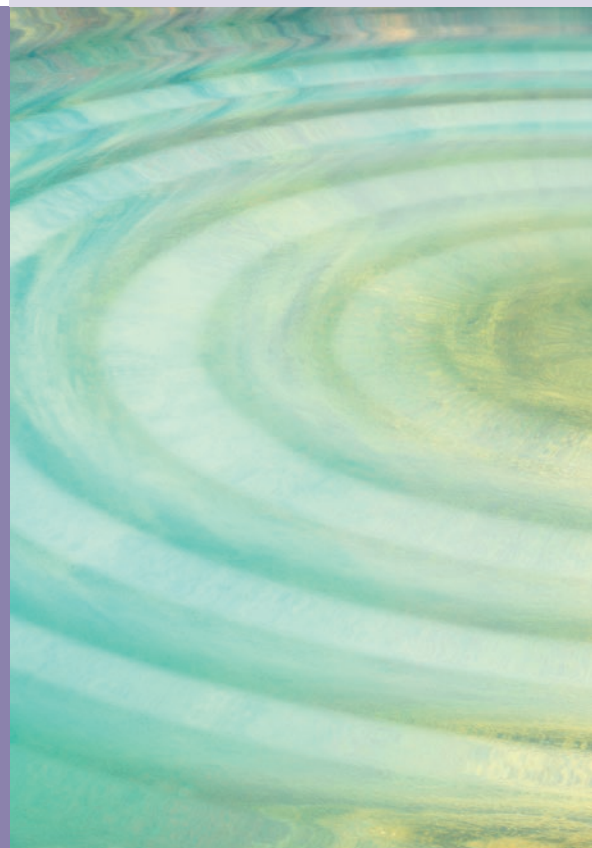
You will be introduced to modern and post-modern systemic theory and practice, beginning with a history of family therapy in Ireland and abroad. Students will become familiar with therapeutic tools, such as the genogram, in addition to recent research on concepts such as parental alienation, social constructionism and pathological alliances. You have an opportunity to engage in practices such as circular questioning and through experiential practice apply elements of the narrative approach. There will be a focus on integration of learning, 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.

## What are the benefits of doing this course?

Upon completion of the course, students will gain an awareness and understanding of the key theory and skills from the systemic perspective that can be immediately introduced to your client work. Acquisition of key systemic skills to add to your existing skill set optimising outcomes for clients such as circular questioning, hypothesising, neutrality and Genograms among others. Learners will be enabled and empowered to locate client presentations in a relational context. The professional certificate is an excellent taster course for those who are interested in further postgraduate study in this area.

## Course Requirements

- Poster Presentation
- Reflective statement



Location

Nationwide

Duration

Full Course: 5 Days  
(30 hours in total)

Fees

€680

# Professional Certificate in Working with Suicide and Self-harm

“

An excellent opportunity and a privilege to share knowledge and skills for those working with suicide and self harm.

Marguerite Kiely, Lecturer

## General overview

According to The National Office of Suicide Prevention, in 2018 there were 352 suicides in Ireland and 12,558 self-harm presentations to hospitals. The highest rates of self-harm are consistently recorded in young people. This course is specifically designed to address the needs of professionals working with those who may present with suicide ideation, have made suicide attempts or are engaging in self harm. The content of this course will be experiential in nature, focused on building confidence and assurance when responding to such issues. Working with suicide and self-harm can be challenging therefore this course will also address the importance of supporting your own wellbeing while meeting the needs of our clients.

## Who is this course for?

This 5 day course is suitable for Psychotherapists, Counselling students, Psychologists, Social care workers, GPs, Residential care workers and other Allied Health professionals. It is aimed at those who wish to develop insight in how to respond to the needs of clients in crisis while maintaining the therapeutic relationship deeply rooted in compassion and care.

## What will you learn?

During this course you will gain insight into why suicide becomes the option to end emotional pain and self-harm becomes the method to live with emotional distress. We will explore both the myths and facts and the relationship between suicide and self-harm, how to assess the level of risk and respond rather than react. The course will provide a space to explore how to support ourselves in this work and the challenges that can emerge.

## What are the benefits of doing this course?

This course will provide the participants with a deeper understanding of how to work with suicide and self-harm with knowledge, self-awareness and confidence. It will provide skills in how to address these issues meeting both the needs of the client and the care of the professional in the therapeutic alliance.

## Course Requirements

- Poster Presentation
- Reflective statement



Location

Nationwide

Duration

Full Course: 5 Days  
(30 hours in total)

Fees

€640



# Online Certificate in Psychology

“

By studying the online certificate in Psychology you will gain a strong understanding of the field and learn about some of the up and coming aspects of this exciting discipline.

John Wills, Lecturer

## General overview

This Online Certificate in Psychology offers an introduction into Psychology and its broad areas of specialism. It provides students with the opportunity to explore some of the most important and upcoming fields of study within the discipline. There are five modules which include *Introduction to Psychology, Developmental Psychology, Cognitive Psychology, Cyber Psychology and Abnormal Psychology*. Each module is accompanied by an online tutorial and end of module assessment to consolidate the learning. As you progress with the course you can avail of continued support via portal access.

## Who is this course for?

This course is for anyone interested in expanding their knowledge of Psychology with the possibility of going on to further study. As it is online it can be completed in a time frame that suits the student. Those taking this course may also be thinking of further study in the area of Counselling and Psychotherapy and this will provide some insight into the foundational aspects which are developed in counselling. Certain topics covered may also be of interest to those working in the areas of childcare and mental health. As this is an introductory course there are no entry requirements.

## What will you learn?

You will learn about a number of ideas and theories which make up the various aspects of Psychology. In the introduction you will be presented with a broad overview of the growth of Psychology and some of the main contributors and contributions to the discipline. From there you will learn more about Developmental, Cognitive, Cyber and Abnormal Psychology. Students will explore some of the main ideas within each module and their impact on individuals and society. You will identify areas you may wish to pursue and have an opportunity to evidence your learning by completing brief online assessments.

## What are the benefits of doing this course?

Upon completion of this course you will have a greater understanding of some of the most important areas in Psychology. The content covered will equip students with a broad understanding of the diverse nature of Psychology. Many areas of study can benefit from a grounding in the core aspects of Psychological theory. Also, in a world where social media and online platforms are being used, an understanding of how these can impact human interactions is essential. Those who take this course will be well equipped to identify areas of further study while at the same time being better prepared for commencing any additional study in the area.

## Course Requirements

- 5 x online multiple choice questionnaire
- 5 x personal reflections



Location

Nationwide

Duration

Full Course:  
5 Modules

Fees

€480

# Introduction to Schema Therapy

“

Very experiential  
and we got to  
practice the  
therapy.

Bryan O'Mara

## 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- behavioural, 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

- An Introduction to the theory of Schema Therapy: an evidence based practice
- Coping styles: schema maintenance, schema avoidance, schema compensation
- Key skills and techniques in Schema Therapy
- Putting theory into practice in a professional setting



Location

Nationwide

Duration

Duration: 2 Days  
(12 hours)

Fees

€350



# Journal to the Self

Journal to the Self® is a short journal writing course for personal growth, creative expression and life enhancement. It was designed and developed by Journal Therapy pioneer Kathleen Adams and is based on her classic book of the same name.

Learning different ways to write in your journal adds colour, perspective and dimension to your reflective writing. With the help of these journal tools, you can gently but powerfully explore the various aspects of yourself, your life and your relationships with others.

With this course, you can learn how to write spontaneously and with joy; track cycles, patterns and trends in your life; safely release tension, frustration, anger and other strong emotions; experiment with creative writing and increase overall writing skills; clarify goals; improve time-management and organisational skills; and find support for your journaling from your peers.

In the words of Kathleen Adams, 'In moments of ecstasy, in moments of despair, the journal remains an impassive, silent friend, forever ready to console, to confront, to contain, to cheer on. Its potential as a tool for holistic mental health is unsurpassed.'



**Location**

Nationwide

**Duration**

Duration: 2 Days  
(12 hours)

**Fees**

€200

# Professional Development: One-day Courses

## **Working Therapeutically with Children and adolescents presenting with suicide ideation and self-harm.**

This one day workshop will be experiential in nature addressing the needs of young people who struggle with suicide ideation, have made attempts or are engaging in self-harm. It will build confidence and assurance for those responding to these issues in their line of work. This workshop will also incorporate child protection and issues that can arise when working with high risk children and adolescents.

## **Mindfulness Based Cognitive Therapy**

Mindfulness has become an increasingly popular method of increasing self-awareness and gaining more control over a modern tendency for mental busyness and negative thinking. Cognitive Therapy (CT) is similar to mindfulness in that the goal of treatment is an increase in awareness of mal-adaptive thinking that leads to changes in the thought process, which in turn results in behavioural change. This experiential workshop combines the above modalities by using mindfulness to encourage the client to sit with unpleasant thoughts and feelings while using cognitive techniques to address those difficulties.

## **Relationships & Mental Health**

The aim of this experiential workshop is to facilitate counsellors to work at greater depth with relational patterns and systems. The risk factors which can impact mental health, the resulting dynamics and how issues become compounded will be explored through the following questions and themes: Does how we interact with one another have an impact on our well-being? What are the essentials of healthy relationships? What can counselling teach us about ourselves in relationship? Participants will enhance existing understanding and explore new ideas and techniques.

## **Writing Therapy**

This workshop aims to expand participants' awareness of the therapeutic potential of writing for personal and professional development and self-care, for both themselves and their clients/supervisees.

## **Motivational Interviewing**

This experiential workshop will orient attendees to all of the broad tenets of Motivational Interviewing (MI) using theory, conversation, and skills practice, with an emphasis on how MI may be applied in their own areas of work. It is designed to both enhance or refresh developing MI knowledge and skills you may already have, but also to thoroughly introduce the approach to newcomers. The workshop is delivered by a member of Motivational Interview Network of Trainers (MINT).

## **Cognitive Behavioural Therapy for Addiction**

Participants will gain familiarity with the CBT model of Addiction and its application to the understanding and treatment of the most common addiction problems. This workshop will be based on up to date, evidence based approaches to working from a CBT framework with addiction and recovery.

## **An Embodied Approach to Working with Trauma**

There is a significant body of evidence now available which shows that the majority of individuals who present for mental health and substance abuse treatment are primarily dealing with the impact of psychological trauma. Evidence from neurobiology shows that trauma impacts on areas of the brain which are sub-cortical and therefore not accessible by cognitions. There is a growing awareness of the need therefore for clinicians to have the therapeutic skills which support their clients in developing the ability to regulate their nervous systems. This workshop will give you an understanding of the need for these skills and introduction to them in practise.

## **CBT for Addiction**

A deeper understanding of addictions in general will be garnered in addition to the practical application of CBT tools that work effectively in a therapeutic setting with those experiencing addiction. Participants will gain transferrable skills, such as case formulation and become familiar with suitable CBT techniques which can be used in practice.



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**I found the workshop very worthwhile and the online delivery worked very well.**

Motivational Interviewing,  
Alan O'Toole

### **Loss And Grief:**

#### **Sitting With A Grieving Client**

Participants will gain a theoretical understanding of the manifestation of loss and grief. In addition to this, an experiential approach to grief and loss will be undertaken, inviting participants to gain insight into their own relationship with loss. As a result, participants will deepen their insight in this area when sitting with a grieving client.

#### **Working with Dreams**

This programme aims to address how to work with dreams in clinical practice having barely (if at all) been equipped to work with dreams before, as well as offering therapists rich new avenues to personal growth and development as well as a professional skill to employ in clinical practice.

#### **Working with Adolescents**

This is a one-day workshop on the psychological makeup of today's adolescents and the appropriate theoretical approaches, relevant skills, and personal development required by those who work with this fascinating age group. This workshop enables participants to be more present, more communication-savvy, and thereby more effective when working with adolescents.

#### **An Introduction to MBCT**

This workshop will allow participants to explore the use of Mindfulness-Based CT in their professional practice. This workshop combines the Cognitive Therapy and Mindfulness modalities by using mindfulness to encourage the client to sit with unpleasant thoughts and feelings while using cognitive techniques to address those difficulties.



# Personal Development: One-day life skills courses

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

“

I felt very connected  
with my body.”

Somatic Movement,  
Erika Fitzgerald

## Personal Development

This short course aims to introduce participants to the process of reflecting on experience as the primary tool in developing self-awareness. It aims to act as a gateway for personal growth and development. Participants will begin a journey of self-discovery by exploring self-esteem, needs, feelings, and personal values. This will also include an exploration of building resilience, living mindfully, self-compassion, empathy and developing authenticity. This will be achieved through a combination of discussion and experiential exercises to take place in a safe and confidential environment. This course is run over 6 evenings, 3 hours per evening.

## Emotional Intelligence

This course is ideal for those working in the area of counselling or psychotherapy as it incorporates another skill set for therapists, as part of their work with clients. Increased awareness of both the individual's own emotional intelligence and that of their client will bring many benefits to both.

## 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

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.

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.



# 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 **0818 555 450**



## 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, addiction 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

Republic of Ireland: **0818 555 450**

Northern Ireland: **028 9099 8613**

email: Republic of Ireland: [info@pcicounselling.ie](mailto:info@pcicounselling.ie)

email: Northern Ireland: [counselling@pcicollege.co.uk](mailto:counselling@pcicollege.co.uk)



More details are available at

Republic of Ireland: [www.pcicounselling.ie](http://www.pcicounselling.ie)

Northern Ireland: [www.pcicollege.co.uk/counselling-service/lowcostcounselling](http://www.pcicollege.co.uk/counselling-service/lowcostcounselling)

PCI College Low Cost Counselling Service are offering a remote counselling service, with both online and telecounselling options.





**PCI College**

Established 1991

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

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

Republic of Ireland: Tel: +353 (0) 1 464 2268 | Email: [info@pcicollege.ie](mailto:info@pcicollege.ie) | [www.pcicollege.ie](http://www.pcicollege.ie)

Northern Ireland: Tel: +44 (0) 289 099 7852 | Email: [info@pcicollege.co.uk](mailto:info@pcicollege.co.uk) | [www.pcicollege.co.uk](http://www.pcicollege.co.uk)

Undergraduate Courses

Postgraduate Courses

Professional Development

Personal Development