



INTERNATIONAL COLLEGE FOR  
PERSONAL & PROFESSIONAL DEVELOPMENT

ICPPD

## BACHELOR OF ARTS in Holistic Counselling and Psychotherapy

*3 year, part-time, 180 credit, NFQ Level 7, QQI-validated award*

*Give light, and the darkness will disappear of itself.*

Desiderius Erasmus (Dutch Philosopher, Humanist and Educationalist, 1466-1536)

**This QQI-validated Bachelor of Arts in Holistic Counselling and Psychotherapy programme, offered in both Athlone and Galway, is accredited by the Irish Association for Counselling and Psychotherapy (IACP) and the National Association for Pastoral Counselling and Psychotherapy (NAPCP).**

Since its foundation ICPPD has taken the steps necessary to ensure the delivery of a quality service in an environment that is characterised by an attitude to adult learners that is supportive and encouraging. We aim to provide an experience of learning that will develop in learners a hunger for both heart-centred wisdom and critical analysis. Our programmes are designed to be participative, experiential and to draw whenever possible on prior lived experience. The programme's academic value is enhanced by a learning environment that is warm, vibrant, and genuine. Learners and staff interact in a mutual effort to engage in and promote the concept of lifelong learning. ICPPD's holistic ethos underpins all interaction. This programme has been designed, and is delivered, by staff who are passionate and inspired about the merit of personal development and excellence in professional counselling and psychotherapy training and education.

### Programme Aims

The main aim of this QQI-validated Bachelor of Arts in Holistic Counselling and Psychotherapy, which is accredited by IACP and NAPCP, is to provide adult learners with the opportunity to explore and develop their interest in the field of holistic counselling and psychotherapy and to, thereby, develop into competent, compassionate, ethical, professional practitioners. At ICPPD, self-awareness is seen as vital to personal and professional development and is encouraged and promoted throughout this and all programmes offered.

### Programme Objectives

The objectives of the programme are to

- support learners to develop their knowledge, skills and competences of counselling and psychotherapy from a holistic perspective.
- support learners' engagement with personal development to increase self-awareness and encourage reflection on process.
- enable the learner to deepen his/her knowledge of mental health issues and awareness of ethical implications and good practice.
- meet professional body guidelines for academic content of counselling/psychotherapy programmes.
- provide comprehensive education and training in the main counselling and psychotherapy theories and related therapeutic processes.
- develop practical counselling and psychotherapy skills, and their application within a supervised setting.
- enable the learner to acquire research and writing skills through essay writing, journaling, and methodologies.
- promote evidence-based practice through research in the field of counselling and psychotherapy.
- enable the learner to acquire the appropriate knowledge, skills and competencies necessary to establish and manage a counselling and psychotherapeutic practice.

*ICPPD invites you to join us in the discovery of wisdom and compassion in your own life  
and in your professional work as a psychological therapist*

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## Learning Outcomes

The programme aims and learning outcomes provide adult learners with the opportunity to explore and develop their interest in the field of holistic counselling and psychotherapy and to, thereby, develop into competent, compassionate, ethical, professional practitioners. A full list of the programme learning outcomes for this QQI-validated Bachelor of Arts in Holistic Counselling and Psychotherapy, which is accredited by IACP and NAPCP, are provided on the programme page on the ICPPD website [[www.icppd.com](http://www.icppd.com)].

## Who should consider this degree course?

- Persons who wish to embark on a career in counselling and psychotherapy.
- Persons who are seeking a recognised academic qualification and professionally accredited programme.
- Those who have completed a course of study, or experienced profound personal insights, and yearn for greater knowledge, structure and experiences leading to a professional qualification.
- Anyone seeking an integrated holistic understanding of the human condition, intimacy, and meaning in life.
- Any person who wants to expand and deepen their communication skills to enhance their current professional and personal life.
- Health professionals and human service providers such as doctors, complementary medical therapists, nurses, teachers, gardaí, allied health professionals, ambulance officers, solicitors and others who are interacting with the public daily and wish to improve their interpersonal skills and self-awareness.
- Those who seek a high level of skills which are effective in stimulating and supporting transformative change and community building.
- Mature persons who are seeking to gain personal development, transformative knowledge and spiritual awareness.

## Programme Admission Information

### Entry Requirements

Application is limited to mature learners, aged 23 years and over, who have evidence of a minimum of ONE of the following:

- being a professional working in the field, or related disciplines
- being able to demonstrate a level of maturity of being able to reflect on their personal development experience (evidenced through a portfolio of prior learning, personal development, life experience, community work, etc)
- successful completion of an Introduction to Counselling and Psychotherapy programme, or equivalent
- successful completion of an Irish Leaving Certificate (with 5 O6/H7s (ord pass), including English and Maths), or equivalent.

Applicants are also required to have appropriate IT skills to facilitate their engagement with the programme.

ICPPD is responsible for ensuring learners' ongoing **Fitness to Practice**, in terms of health, behaviour and character.

Therefore, progression is at the discretion of the College.

### Application

Entry is by submission of an Application Form and all applicants are subject to interview. All participants on this programme will be required to undertake National Vetting procedures (Form NVB1) prior to commencing their Clinical Practice.

**NOTE:** Health screening may additionally be required.

### Duration/Delivery

3 years, part-time, delivered every second weekend during the academic year:  
Saturday and Sunday  
(9.30am-5.00pm).

Clinical Practice support may be scheduled on a Friday evening.

**Please Note:** There may also be a course/progression meetings on a Friday; these dates will be identified to learners on their timetable at the commencement of the academic year.

### Fees

Fees for this programme are comparative to those for similar programmes delivered nationwide.

Year 1: €3,990

Year 2: €3,990

Year 3: €3,990\*

\* *Please note that an additional QQI Certification Fee of €200 also applies in the final year*

Payment plan options are available for learners – please contact ICPPD for more information.

Please note that there are also additional costs for mandatory associated programme activities.

### Venue(s)

- ATHLONE: Coláiste Chiaráin Summerhill, N37 AH97
- GALWAY: SCCUL Enterprise Centre (*formerly Ballybane Enterprise Centre*) N37 AH97

### Commencement

For specific commencement dates and delivery times, per venue, refer to [www.icppd.com](http://www.icppd.com)

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3-year, part-time, 180 Credit, NFQ Level 7, QQI-validated award



## Syllabus Content

This programme supports participants to develop self-awareness, knowledge, skills and competencies of counselling and psychotherapy from an integrative perspective, and is unique in its holistic/spiritual/creative focus. The programme consists of the following modules:

### Year 1

BA_HCP_101	Reflective Practice (Learning to Learn)
BA_HCP_102	Personal Development
BA_HCP_103	Introduction to Theory
BA_HCP_104	Person-Centred Approach
BA_HCP_105	Counselling Skills and Practice
BA_HCP_106	Lifespan Development and the Journey Principle
BA_HCP_107	Holistic Approaches
BA_HCP_108	Cognitive Behavioural Approaches
BA_HCP_109	Group Process

### Year 2

BA_HCP_201	Gestalt Approach
BA_HCP_202	Professional Development
BA_HCP_203	Research Skills
BA_HCP_204	Loss and Bereavement Counselling
BA_HCP_205	Advanced Counselling Skills
BA_HCP_206	Psychodynamic Perspectives
BA_HCP_207	Group Process

### Year 3

BA_HCP_301	Psychosynthesis Psychotherapy
BA_HCP_302	Abnormal Psychology and Mental Health issues
BA_HCP_303	Family and Systemic Processes
BA_HCP_304	Ethics and the Law
BA_HCP_305	Research Methods
BA_HCP_306	Group Process
BA_HCP_307	Clinical Practice

The only one who is educated  
is the one who has learned  
how to learn and change.

*C.R. Rogers (humanistic  
psychologist, 1902-1987)*

## Additional Programme Information

### Academic and Professional Requirements

In addition to meeting the academic requirements of the programme, learners are required to meet all of the relevant professional requirements, including those which determine fitness to practice.

### Personal Therapy

Learners are required to have completed a minimum of 50 sessions of personal counselling during the 3 years of this programme. A minimum of 15 hours in each academic year is required and a minimum of 30 sessions of which must be completed before clinical work commences.

*Note:* An additional fee is payable by the learner for personal therapy (to the therapist).

### Supervision

During Clinical Placement, learners are required to complete 1 hr of supervision for every 5 hrs' client work, with a minimum of 1 hrs supervision/month. By the end of third year, learners are required to have completed a minimum of 20-hrs' supervision and 1 hr initial consultation with accredited external supervisor.

ICPPD also provides in-house group supervision, as required by the relevant professional bodies.

### Additional (Integrated) Personal Development

During the programme, learners are invited to lead mini reflections/retreats as part of their creative and spiritual development. Throughout the programme learners participate in, and experience group process as part of their personal and professional development.

### Integration Weekend

There will be a mandatory 2 day integration event scheduled at the end of each academic year. This event may be residential, and will incur an additional fee (to be advised prior to programme commencement).

### Clinical Placement

From the end of year 2 to the end of year 3, learners are required to have completed 100 client sessions, under supervision in a suitable placement, and meet all other modules' requirements.

ICPPD provides Insurance cover for learners while on Clinical Practice as part of their programme. As part of, and to support Clinical Practice, ICPPD provides In-House Supervision, with an accredited supervisor, as required by IACP/professional bodies.

*Note:* An additional fee is payable by the learner to their external supervisor.

*ICPPD reserves the right to cancel, suspend or modify in any way the matters contained in this publication.  
The College reserves the right to amend the list of modules being offered for any programme.*

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**Learning and Teaching Strategies:** The experiential environment and holistic focus of this programme supports academic frameworks and theoretical input. The programme and individual module learning outcomes are achieved through the following learning and teaching methodologies:

- Class Presentations
- Clinical Practice
- Creative Portfolio
- Creative projects/exercises
- Discussion groups
- Dream Journal
- DVD-Recorded Skills Practice
- Dyads/Triads
- Essays
- External Supervision
- Feedback
- Formal Scheduled Classes
- Group Process
- Group Work
- Guest lectures
- Holistic Reflections
- Independent Learning
- In-House Group Supervision
- Modelling/Demonstration by Tutors
- Personal Therapy
- Reflective Journaling
- Reports
- Research
- Role Play
- Study groups

ICPPD uses Moodle, a virtual learning environment (VLE), to disseminate class material and share course-related resources, as well as news, assignment details, discussion fora, etc.

The College also provides access to e-Library resources through Moodle.

These resources facilitate the support of learners at outreach centres, and through out-of-hours times.

Learners will be shown how to access these facilities at their induction session and first Moodle.

**Assessment Strategies** for this programme are both formative and summative, and include:

- Keeping a reflective journal during the programme.
- Written essays, assignments, reports and reflective pieces on topics related to the holistic counselling and psychotherapy theory and skills presented.
- Role playing and scenarios demonstrating your holistic counselling and psychotherapy skills.
- Ongoing and continuous assessment by programme tutor.
- Written examinations (one, only, per year).

## Award

This Bachelor of Arts in Holistic Counselling and Psychotherapy, 3-year, 180 credit, NFQ-L7, programme is validated by Quality and Qualifications Ireland (QQI).

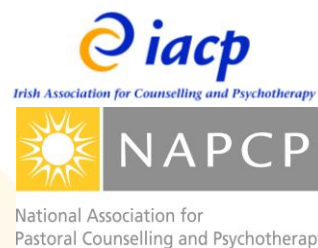
**NOTE:** Learners who successfully complete the first year of the programme and no longer wish to continue their studies on this programme may apply for an exit award of Certificate in Holistic Counselling and Psychotherapy (60 credit, part-time, level 6, Minor (exit) Award)



QQI AWARD

## Professional Body Accreditation

This Bachelor of Arts in Holistic Counselling and Psychotherapy programme is accredited by both the Irish Association for Counselling and Psychotherapy (IACP) and by the National Association for Pastoral Counselling and Psychotherapy (NAPCP).



## Post-Programme Progression

This QQI-validated Bachelor of Arts in Holistic Counselling and Psychotherapy is accredited by the Irish Association for Counselling and Psychotherapy (IACP) and the National Association for Pastoral Counselling and Psychotherapy (NAPCP).

This means that the graduate is a qualified holistic counsellor/psychotherapist and, as such, is eligible to work as a practitioner, and can join a professional body and work towards professional accreditation.

Graduates of this BA in Holistic Counselling and Psychotherapy may apply for advanced entry onto cognate Level 8 programmes within other third level institutions.

Learner protection for this programme is provided in accordance with Part 6 of the Qualifications and Quality Assurance (Education and Training) Act 2012.

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