

Introduction to Holistic Counselling and Psychotherapy

Distance Learning Programme / Blended Learning Programme

Take the first step to a Career in Counselling and Psychotherapy

Counselling and Psychotherapy is a satisfying career that can change your life as well as the lives of your clients. If you are considering becoming a Counsellor, you are probably genuinely interested in human behaviour, and have a strong desire to help others improve their mental and emotional well-being.

Research and experience tells us there is an ongoing need for well-trained counsellors and psychotherapists in Ireland. There is increased acknowledgement and recognition of the growing need for Counsellors within the HSE, community services, primary care groups, schools/colleges and the private sector.

ICPPD's Introduction to Holistic Counselling and Psychotherapy, offered in DISTANCE LEARNING mode, with an (optional) additional BLENDED LEARNING workshop component for those who want to integrate theory and skills, is an ideal foundation for you to engage with if you are considering a career in Counselling and Psychotherapy and the academic and experiential training required in such an undertaking.

This Introduction to Holistic Counselling and Psychotherapy is a foundation-level counselling and psychotherapy course with a difference!

This Course serves as an excellent introduction to the area of counselling, and teaches general counselling skills that will benefit people in both their personal and professional lives, particularly those who regularly work with the public. At ICPPD personal development, self-awareness and creative expression is seen as key components of any training and education programme.

The distance learning course is highly-interactive and combines personal development with counselling theory and skills, and concludes with mindfulness. The online mode is ideal for people who cannot commit to a classroom setting or who would like the flexibility of online study.

In addition, on completion of the distance learning/online programme, learners may choose to undertake one experiential weekend where learners get the opportunity to further integrate their personal development, communication skills, mindfulness practice, and the application of counselling theory to practice.

This Introduction to Holistic Counselling and Psychotherapy programme is a good way to develop an individual's knowledge, understanding and appreciation of counselling, and will appeal to those who are seeking to discover the different theories and approaches to holistic counselling and

psychotherapy, to explore their own personal development and to develop basic counselling skills, while also seeking to be more mindful and present in their lives.

The course is delivered, via a virtual learning environment, through a combination of course materials including academic PowerPoint presentations, video demonstrations, reflective journaling, journal articles, exercises, etc. and facilitated by a recommended reading list. Online learners are fully supported by the Course Tutor (through email and by phone), and will also have access to our comprehensive online library.

Entry Requirements: No previous experience is necessary to embark on the programme. The programme offers an access opportunity if you wish to return to education, and is a suitable starting point for anyone wishing to follow professional training in this field. You should feel that you possess a maturity to reflect on your own development as a person. Interested candidates are required to complete an application form, plus a brief interview (which may be conducted over the telephone).

There is no specific commencement date for this distance learning programme.

Refer to www.icppd.com for dates and delivery times for the Blended Learning programme's additional workshops.



Introduction to Holistic Counselling and Psychotherapy

Distance Learning Programme / Blended Learning Programme

Programme Learning Outcomes

On successful completion of this programme you will be able to

- Understand and appreciate the key concepts of counselling as a form of helping.
- Learn and practice key theoretical frameworks for counselling and the skills required to implement them.
- Reflect on their personal growth and life experiences as a resource.
- Communicate effectively and have improved self-esteem and confidence.
- Discuss how mindfulness practice promotes wellbeing and reduces stress.

Progression: Those who successfully complete this programme may apply for entry onto ICPPD's Bachelor of Arts degree in Holistic Counselling and Psychotherapy (subject to successful application and interview), or a similar programme at another third-level college.

Course Modules/Content

• Personal Development

Participation in personal awareness activities for self-esteem and mental health issues, assertiveness training and interpersonal communication skills.

• Overview of Theorists

Introduction to theoretical approaches in counselling, including humanistic, psychodynamic, cognitive behavioural and transpersonal approaches.

• Basic Counselling Skills

Introduction to basic counselling skills.

• Introduction to Mindfulness & Mindful Living

Completes the course and supports the holistic focus of the programme.

Assessment for this course is through four Written Assignments of approx. 500-1,000 words each, at the end of each module.

About the Programme

Duration:	Distance Learning mode - Max 12 months; Blended Learning mode: Max 18 months
Schedule:	Distance Learning mode: N/a – learner may commence the programme at any stage during the year Blended Learning mode is delivered over 1-Weekend - delivery scheduled twice per year (dates to be confirmed - refer to www.icppd.com for more information) On your registration and payment of course fees you will receive log-in details for ICPPD's Moodle Learner Portal, where you will have 24 hour access to programme material. (Please note it may take up to 5 working days for your Moodle access to be set up).
Venue(s):	Distance Learning: N/a Blended Learning Workshops: ICPPD Athlone, Co Westmeath
Fee:	Distance Learning mode: €650 Subsequent payment for Blended Learning workshops: €200 (Total: €850) <u>or</u> Blended Learning (incl Distance Learning) mode, at commencement: €800 Payment plan options may be available – please contact ICPPD for more information. To secure a place, please complete an Application Form and forward with a (non-refundable) deposit of €100, plus two passport photos (or JPEG image), to ICPPD.
Discount*:	Graduates of this programme who wish to progress their studies on ICPPD's Bachelor of Arts in Holistic Counselling and Psychotherapy (on completion) can avail of €100 discount off their first year fees.
Award:	Satisfactory completion of this course leads to one of the following awards ICPPD Certificate - Introduction to Holistic Counselling and Psychotherapy (by Distance Learning) <u>OR</u> ICPPD Certificate - Introduction to Holistic Counselling and Psychotherapy (including Integrated Learning Workshop)
Application:	To download an application form visit our website: www.icppd.com , or telephone 090 6470484 for further details. A brief Interview (which may be conducted over the telephone) forms part of the admission process.

Our vision is to inspire, encourage and support you in your journey towards wholeness

*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*