

BACHELOR OF ARTS (Hons) in Holistic Counselling and Psychotherapy

4-year, part-time, QQI Validated, IACP accredited, Level 8 programme - 240 ECTS



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

C. R. Rogers

This QQI validated and IACP accredited 4-year, part-time, Level 8 Bachelor of Arts (Hons) in Holistic Counselling and Psychotherapy programme, is offered in both Athlone and Galway.

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 aims of this QQI validated, 4-year, part-time, Level 8 Bachelor of Arts (Hons) in Holistic Counselling and Psychotherapy programme, are to provide adult learners with the opportunity to explore and develop their interest in the field of holistic counselling and psychotherapy and to, thereby, become 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 this 4-year Level 8 programme are to

- develop and expand the learner’s self-awareness, knowledge, skills and clinical experience through engagement with, and immersion in, the programme.
- provide comprehensive education and training in the theory, skills and related therapeutic processes required for holistic counselling and psychotherapy practice.
- enable the learner to explore and deepen their knowledge of mental health issues, including addiction, and trauma matters, supported with an awareness of the complex ethical implications and good practice involved.
- introduce and broaden learner’s comprehension and experience of the use of creative processes and bodywork in holistic counselling and psychotherapy.
- promote evidence-based practice through robust research in the field of holistic counselling and psychotherapy.
- facilitate the learner in achieving relevant client work to meet requirements of the [QQI Awards Standards - Counselling and Psychotherapy \(2014\)](#)

*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 Bachelor of Arts (Hons) in Holistic Counselling and Psychotherapy, are provided on the programme page on the ICPPD website [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.
- 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 communication skills.

Programme Admission Information

Entry Requirements

Application is limited to mature learners who have evidence of a minimum of ONE of the following:

1. Being a professional working in the field, or related disciplines
2. 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.)
3. Successful completion of an Introduction to Counselling and Psychotherapy programme or equivalent
4. 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 and English to facilitate their engagement with the programme and have a computer with internet access to facilitate some online delivery of programmes if scheduled.

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

4 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 2 course/progression meetings on a week-day; these dates will be identified to learners on their timetable at the commencement of each academic year.

Fees

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

- Year 1: €4,250
- Year 2: €4,250
- Year 3: €4,250
- Year 3: €4,250*

Fees may increase in line with GDP.

* *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 accounts@icppd.com 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, *Ballybane*, H91RH32.

Commencement

For specific commencement dates and delivery times, per venue, refer to www.icppd.com



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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

Learning to Learn
Personal Development
Introduction to Theory of Counselling and Psychotherapy
Person-Centred Approach
Counselling Skills and Practice
Lifespan Development and the Journey Principle
Holistic Approaches
Cognitive Behavioural Approaches
Group Process

Year 2

Gestalt Approach
Ethics and Legal Issues
Research Skills
Loss and Bereavement
Advanced Counselling Skills
Psychodynamic Perspectives
Group Process

*One does not become enlightened
by imagining figures of light,
but by making the
darkness conscious.
C.G. Jung*

Year 3

Psychosynthesis Psychotherapy
Abnormal Psychology and Mental Health issues
Family and Systemic Processes
Professional Development
Research Methods
Group Process
Clinical Practice 1

Year 4

Humanistic and Integrative Psychotherapy
Trauma and Body Psychotherapy
Understanding Psychopathology
Research Project
Clinical Practice 2

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 80 sessions of personal counselling with an acceptable accredited therapist during the 4 years of this programme. A minimum of 20 hours in each academic year is required and a minimum of 40 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 year 4, learners are required to have completed a minimum of 24-hrs' supervision and 1 hr initial consultation with an acceptable accredited external supervisor.

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

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

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 first 3 years of the programme learners participate in, and experience group process as part of their personal and professional development.

Integration Weekend

There will be a mandatory integration event scheduled at the end of year 4. This event may be residential and will incur an additional fee (to be advised prior to academic year commencement).

Clinical Placement

From the beginning of year 3 to the end of year 4, learners are required to have completed 120 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. ICPPD provides external research supervision to learners in year 4, during the Research Module.



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Registration with Professional Bodies

Successful completion of this programme does not equate to professional registration. It is recommended to prospective learners that they check the criteria of any professional body to which they may wish to seek future accreditation.

This IACP link illustrates the route to professional accreditation and membership of IACP –

<https://www.iacp.ie/accredited-membership-iacp>.

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 Clinical Supervision
- Feedback
- Formal Scheduled Classes
- Group Process
- Group Work
- Guest lectures
- Holistic Reflections
- Independent Learning
- Examination
- In-House Group Supervision
- Modelling/Demonstration by Lecturer
- 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 uses ZOOM for online class activity if required.

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 in first Module.

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

- Keeping a reflective journal during the programme, creative portfolios.
- 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.
- Examination of one module in year 2 through a formal two-hour examination.

Award



This Bachelor of Arts (Hons) in Holistic Counselling and Psychotherapy, 4-year, 240 ECTS, NFQ-L8, programme is validated by Quality and Qualifications Ireland (QQI).

This course is recognised in Ireland and all of Europe – visit www.qqi.ie for more information.

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) QQI Award)

Professional Body Accreditation



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

Post-Programme Progression

As a holder of this Level 8 Bachelor of Arts (Hons), QQI-validated qualification in Holistic Counselling and Psychotherapy, you will possess the necessary theoretical, skills and competence to enable progression to Level 9, 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](#).

*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.*