

Introduction to Holistic Counselling and Psychotherapy *60 hour programme*

Introduction to Holistic Counselling and Psychotherapy ...a Stepping Stone to A Career in Counselling and Psychotherapy

This 60 hour Certificate Course is an Introduction to Holistic Counselling and Psychotherapy and is a foundation-level counselling and psychotherapy course with a difference!

The course is highly-interactive and combines personal development, counselling skills, and an introduction to some of the main theoretical approaches in counselling and concludes with a mindfulness workshop.

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.

Our adult learners frequently describe the course as 'a life-changing experience', which many see as the most valuable outcome of taking the course. 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 springboard for anyone wishing to follow professional training in this field.

At ICPPD personal development, self-awareness and creative expression is seen as key components of any training and education programme.

Duration: 60 hours, *delivered over a 14 evenings plus 3 weekend days*

Venues:

Athlone: Creggan Court Hotel, N6 Centre, Athlone, Co Westmeath

Galway: Flannery's Hotel, Old Dublin Rd, Galway City

Workshop: New Beginnings Counselling & Psychotherapy Centre (www.newbeginnings.ie/) outside Athlone.

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

Entry Requirements: This part-time Introduction to Holistic Counselling and Psychotherapy is designed for those interested in personal development, those who have an interest in studying in the field of counselling, anyone interested in pursuing a career in counselling and psychotherapy, and as a support to enhance the work of professionals in people-related work. Interested candidates are required to complete an application form, plus a brief interview (which may be conducted over the telephone).

Programme Learning Outcomes

On successful completion of this programme you will be able to

- communicate more effectively in your relationships
- use counselling skills to develop more authentic relationships and to express yourself
- reflect on your ability to change and make decisions and choices in your life
- discuss the history and development of counselling and psychotherapy
- practice mindfulness to support and improve your mental health
- own and appreciate your self-worth as a person in your life journey

Attendance is expected on all course days. While we realise that absence is sometimes unavoidable, learners must ensure that any gaps in their learning are addressed to the satisfaction of the course tutor. Insufficient attendance may prejudice satisfactory completion.

Assessment for this course is

- A 1,500 word reflection on your personal growth
- A 1,500 word essay on a theory presented
- Participation in a 15 minute counselling skills' interview

Progression: Those who complete this Certificate have the option to apply for entry onto ICPPD's Bachelor of Arts in Holistic Counselling and Psychotherapy, or equivalent programme at another third-level provider.

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60 hour course



Programme Content/Modules

Module 1: Personal Development

Learners are required to participate in personal awareness exercises, tutorials, discussions on

- self-esteem and mental health issues
- assertiveness training
- interpersonal communication skills and the content of which includes

Workshop: Mindfulness and Mindful-Living

This workshop completes the course and supports the Holistic focus of the programme.

Module 2: Introduction to Theory of Counselling

Learners are introduced to theoretical approaches in counselling, including Humanistic, Psychodynamic, Cognitive Behavioural and Transpersonal Approaches.

Module 3 Counselling Skills and Practice

Learners are introduced to basic counselling skills through experiential practice.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Emil Frankl (Austrian psychiatrist and psychotherapist, Holocaust survivor and author of *Man's Search for Meaning*, 1905 –1997)

About the Programme

Duration: 60 hours

Schedule: This programme is delivered one evening per week (7.00pm-10.00pm), for 14 weeks, and over three weekend days (10am-5pm)
[For specific dates and delivery times refer to www.icppd.com]

Venue(s): Athlone: Creggan Court Hotel, N6 Centre, Athlone, Co Westmeath
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Workshop: New Beginnings Counselling & Psychotherapy Centre outside Athlone

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

Fee: €850

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

Applications must be accompanied by a non-refundable deposit of €100.

Once an applicant accepts a place on the programme, any fees paid become subject to the ICPPD's Financial Terms & Conditions, which outlines the College's policies in relation to refunds, payment plan, etc. [ref www.icppd.com for more information].

Discount: Graduates of this programme who wish to progress their studies on to the Bachelor of Arts Degree in Holistic Counselling and Psychotherapy at ICPPD may avail of €100 discount off their first year fees.

Award: Satisfactory completion of this course leads to the award of
ICPPD Certificate - Introduction to Holistic Counselling and Psychotherapy

Application: To be considered for a place on this programme please submit an application form. 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*