



# ICHAS

Irish College of Humanities & Applied Sciences

## BA(Hons) in Counselling and Psychotherapy Stage 1 – Module aims

### **STUDY SKILLS FOR HIGHER EDUCATION**

The aim of this module is to support students in their transition to becoming independent learners in higher education by enabling them to develop learning skills and strategies essential for success at this level.

### **THEORETICAL PERSPECTIVES IN COUNSELLING & PSYCHOTHERAPY**

The aim of this module is to introduce a range of theories central to counselling and psychotherapy placing them in their social, cultural, philosophical and historical contexts

### **ESSENTIAL COUNSELLING & PSYCHOTHERAPEUTIC SKILLS**

The aim of this subject is to teach students the attributes and foundation skills necessary to work and understand their role in areas of practice such as Counselling & Psychotherapy.

### **GROUP FACILITATION**

To provide students with the opportunity to learn the skills, knowledge and attitude to manage the range of issues that are associated with group facilitation within the counselling/psychotherapeutic fields.

### **HUMAN DEVELOPMENT ACROSS THE LIFESPAN**

The aim of this module is to support learners to achieve an understanding of a range of theories of human development and to consider their application in counselling and psychotherapy contexts.

### **ETHICS & PROFESSIONAL ISSUES**

The aim of this subject is to teach students the skills, knowledge and attitude to understand the role of ethics in areas of professional practice such as Counselling & Psychotherapy.

### **UNDERSTANDING MENTAL HEALTH**

The aim of this module is to teach students the skills, knowledge and attitude to understand the theoretical basis for normal and abnormal behavioural, cognitive and emotive responses as related to areas of professional practice such as Counselling & Psychotherapy.

### **INTRODUCTION TO PERSONAL DEVELOPMENT**

The aim of this module is to teach students the skills, knowledge and attitude to understand the concept and practice of Personal Development in counselling and psychotherapeutic activities. In addition, it will introduce students to the importance of knowing themselves and the appropriate use of self within the interpersonal and therapeutic process.



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## BA(Hons) in Counselling and Psychotherapy Stage 2 – Module aims

### **CORE COMPETENCIES IN COUNSELLING AND PSYCHOTHERAPY**

The aim of this module is to teach students the key evidence-based practice skills and interventions necessary to facilitate understanding and provide the basis for effective work with clients across the main theoretical approaches within Counselling & Psychotherapy.

### **CULTURAL ISSUES IN PROFESSIONAL PRACTICE**

The aim of this module is to provide students with the opportunity to raise awareness of the beliefs and values of the learner's own culture and the impact of cultural beliefs and values in practice settings. It will emphasise the importance of sharing and increasing cultural knowledge as a means of challenging ethnocentricity and inter-cultural discrimination.

### **CASE FORMULATION**

The aim of this module is to introduce students to the concept of Case Formulation in areas of practice using Psychotherapeutic paradigms. Within the learning environment students will critically appraise the concept of formulation within psychotherapeutic traditions and compare the similarities and distinctions with more traditional medicalized diagnoses. Learners will focus on the theoretical distinctions between both approaches and examine the contribution of formulation to treatment planning and evaluation.

### **PSYCHOSOCIAL ASSESSMENT**

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to understand the theoretical basis for the use of Psychological & Psychometric Assessment in areas of professional practice.

### **GROUP PROCESS**

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to understand Group Process in Counselling & Psychotherapy.

### **PSYCHODYNAMIC APPROACHES IN INTERPERSONAL PRACTICE**

The aim of this subject is to introduce students to the theory of psychodynamic approaches as developed by Freud and other theorists; and to explore skills and techniques related to this approach.

### **HUMANISTIC APPROACHES IN INTERPERSONAL PRACTICE**

The aim of this subject is to introduce students to the theory of Humanistic approaches in interpersonal practice and to support them to understand what is distinctive about humanistic approaches in counselling and psychotherapy, and to be conversant with the three main types of counselling in this area.

### **PERSONAL DEVELOPMENT & SELF-CARING PRACTICES**

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to understand the concept and practice of Personal Development and Self-Caring Practices in counselling and psychotherapeutic activities.



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## BA(Hons) in Counselling and Psychotherapy Stage 3 – Module aims

### **RESEARCH APPROACHES IN COUNSELLING & PSYCHOTHERAPY**

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to engage with Research in Counselling & Psychotherapy.

### **INTEGRATIVE APPROACHES IN INTERPERSONAL PRACTICE**

The aim of this module is to teach students to engage with counselling & psychotherapy beyond the confines of particular schools and techniques, and to enable students to integrate a range of counselling and psychotherapy skills and theories into an integrative approach.

### **MOOD, STRESS AND ANXIETY RELATED DISORDERS**

The aim of this module is to enable students to achieve an understanding of the manifestations of mood, stress and emotional disorders and to support students develop the attributes and skills necessary to work in the care and management of clients who present with stress, emotional and mood disturbance in areas of practice such as Counselling & Psychotherapy.

### **FAMILY SYSTEMS THEORY AND PSYCHOTHERAPEUTIC INTERVENTIONS**

The aim of this module is to introduce students to family systems theory and its application in Counselling and Psychotherapy Practice.

### **THEORY/PRACTICE INTEGRATION**

The aim of this subject is to provide students with an opportunity to integrate the skills, knowledge and attitudes necessary for the competent practice of counselling/psychotherapy. This experiential learning is undertaken at 'Novice' level of practice and is workplace based.

### **COGNITIVE BEHAVIOURAL APPROACHES IN INTERPERSONAL PRACTICE**

The aim of this module is to raise awareness of fundamental theoretical and practical applications of Cognitive Behavioral approaches in interpersonal care. It will emphasise the importance of structured assessment and interventions based on theoretical understandings of CBT, its evolution and traditions. It intends to heighten awareness of the importance of such theories in the delivery of professional practice in areas such as Counselling & Psychotherapy.

### **PERSONAL PSYCHOTHERAPEUTIC EXPERIENCE 1**

The aim of this module is to offer an experientially orientation introduction to personal psychotherapeutic experience. This module will enable learner's develop personal insight and self-knowledge through their personal participation in psychotherapeutic processes. Students will also, through their participation as an individual and/or as a group member in such engagements, learn directly to appreciate the diversity of a client's experience in personal therapy.

### **PSYCHOPATHOLOGY**

The aim of this module is to enable students to achieve an understanding of the importance of mental illness and disorder in the context of psychotherapeutic activities.



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## BA(Hons) in Counselling and Psychotherapy Stage 4 – Module aims

### **UNDERSTANDING TRAUMA INFORMED CARE**

The aim of this module is to teach students the key evidence necessary to facilitate an understanding of both recent and complex trauma and its impacts as well as the values and principles of Trauma Informed Care.

### **CONTEMPORARY DISCOURSES IN COUNSELLING AND PSYCHOTHERAPY**

The aim of this module is to support learners to engage with contemporary discourses relating to the latest developments in the counselling and psychotherapy fields of practice nationally and internationally.

### **BEREAVEMENT, LOSS & GRIEF**

The aim of this module is to provide students with the opportunity to understand the process of bereavement and explore issues in loss and grief.

### **APPLIED PRACTICE**

The aim of this subject is to provide students with an opportunity to integrate the skills, knowledge and attitudes necessary for the competent practice of counselling/psychotherapy. This experiential learning is undertaken at 'advanced beginner' level of practice and is workplace based using an approved supportive structure.

### **FINAL YEAR PROJECT**

The aim of this module is to act as a Capstone Module which will help the student integrate the theoretical and practice-based learning achieved across the programme. It will emphasise the importance of the integration of evidence-based practice in counselling and psychotherapeutic practice.

### **EMOTION FOCUSED THERAPY**

The aim of the module is to facilitate students to acquire the knowledge, skills, knowledge and attitude necessary to understand the theoretical basis for Emotion Focused approaches.

### **PERSONAL PSYCHOTHERAPEUTIC EXPERIENCE 2**

The aim of this module is to offer an experientially orientation introduction to personal psychotherapeutic experience. This module will enable learners' develop personal insight and self-knowledge through their personal participation in psychotherapeutic processes. Students will also, through their participation as an individual and/or as a group member in such engagements, learn directly to appreciate the diversity of a client's experience in personal therapy.

### **Elective**

Student choose from a range of elective modules further details of the range of electives available through your programme coordinator