



Irish College of Humanities & Applied Sciences

# UNDERGRADUATE PROSPECTUS

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# ICHAS College

IRELAND

## **LIMERICK CAMPUS**

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 [facebook.com/ICHAS.College/](https://facebook.com/ICHAS.College/)

 [linkedin.com/school/ichas-college/](https://linkedin.com/school/ichas-college/)

 [instagram.com/ichascollege/](https://instagram.com/ichascollege/)

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## WELCOME FROM THE PRESIDENT OF IRISH COLLEGE OF HUMANITIES AND APPLIED SCIENCES

On behalf of myself and my colleagues at the Irish College of Humanities & Applied Sciences, I want to extend a heartfelt 'thank-you' for taking the time to read the college's prospectus for the Academic Year.

The prospectus is designed to support you to access detailed information on the programmes available in the College for the academic year ahead. This prospectus is available as a digital source, but we hope you take the opportunity to supplement the details presented in this Prospectus by taking the opportunity to join us for our regular open evenings, which are scheduled across the academic year as online events. Scheduling them this way provides opportunities to meet key programme staff who can guide you through any questions you might have.

Likewise, we operate an 'online helpdesk' where you can make enquiries about our range of programmes.

We are delighted that you have considered ICHAS at this stage and we sincerely hope you will choose programmes with ICHAS if or where they are appropriate for you – if they meet your learning and professional needs. To that end, following application for any of our programmes, we arrange an interview with all applicants to support their decision making in relation to choosing appropriate programmes to meet your needs.

ICHAS is driven by an educational ethos of supporting you to realise your own potential. Within that context, we operate on a 'student-centered' philosophy. Likewise, our Lecturers all have strong professional and industry focussed experience.

Our main campus is in Walton House, Castletroy, Limerick and through Griffith College's campus in South Circular Rd., Dublin. We offer a range of programmes at both undergraduate as well as postgraduate level on both a Full Time and Part time basis. For the past 10 – 12 years we have utilised 'Blended Learning' to try to ensure an appropriate 'work-life-study' balance for students.



Graduates and existing students as well as independent educational experts speak in glowing terms of our levels of student-centredness. The College has well established links with employers and in programmes which feature 'work-based' learning requirements, we also have a Placement Office to support students select and engage with appropriate work settings.

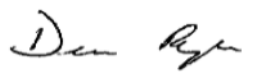
Part of the function of Higher Education Institutions is to support students to develop personally and professionally as reflective and critical thinkers with a range of skills and competencies which will serve them well following completion of their studies.

ICHAS is committed to that mandate and in that context benchmarks its programmes, teaching, learning and assessment strategies against international best practice. We see students as partners in education and that is how you will be treated. We want you to realise your full potential and we will support you to meet that aim – achieving a world class education. You will learn from the best lecturers who can combine their learnings from the best academic qualifications and professional 'real world' experience and work collaboratively with you to realise your own potential.

Our small class sizes mean you will benefit from having more focussed attention, support and interaction with your lecturers and engagement with fellow students offering opportunities for professional and academic networks that will continue long after completion of your studies.

So in conclusion, thank you for considering ICHAS for your studies – let us help you realise your potential!

Regards,



Undergraduate Programmes	NFQ Level
Certificate in Foundational Skills and Competencies in Counselling and Psychotherapy	6
Certificate in Cultural Competence for Professional Development	6
B.A. (Hons) in Counselling & Psychotherapy	8
B.A. (Hons) in Counselling & Psychotherapy with Youth Studies	8
B.A. (Hons) in Counselling & Psychotherapy with Addiction Studies	8
Certificate in Supporting Positive Parenting	8

Postgraduate Programmes - Counselling & Psychotherapy	NFQ Level
M.A. in Counselling & Psychotherapy (Person Centered Modalities)	9
M.A. in Counselling & Psychotherapy (Integrative Modalities)	9
M.A. in Counselling & Psychotherapy (Cognitive Behavioural Modalities)	9
M.A. in Counselling & Psychotherapy (Psychodynamic Modalities)	9
M.A. in Counselling & Psychotherapy (Family therapy Modalities)	9
M.A. in Clinical Supervision in Professional Practice	9
M.A. in Addiction Counselling	9

Postgraduate Programmes - Interdisciplinary	NFQ Level
Certificate in Clinical Supervision in Professional Practice	9
Certificate in Technologically Facilitated Therapeutic Engagement	9

Postgraduate Programmes - Childhood & Adolescent Studies	NFQ Level
M.A. in Adolescent Studies	9
M.A. in Childhood Studies	9
M.A. in Childhood & Adolescent Studies	9

## ICHAS – AN OVERVIEW

The Irish College of Humanities and Applied Sciences is an independent third-level college that prides itself on its student-centred approach to education. ICHAS believes that all students can achieve their full potential, and we are committed to supporting learners on this journey. ICHAS provides an academic environment that fosters personalised learning, enabling participants to develop their potential for exciting careers in their chosen field of study.

Our student-centred approach to education allows for flexibility in modern life, accommodating learners who wish to study either part-time or full time. In addition, ICHAS programmes utilise blended learning, which combines traditional face-to-face lecturing with online learning.

The academic staff at ICHAS have a wide and varied level of national and international expertise. Many of our academic staff maintain an active practice base and are actively engaged in research, enhancing the overall value of the student experience. Our staff get to know students on an individual basis, taking the time to support them in their academic progression.

### Mission

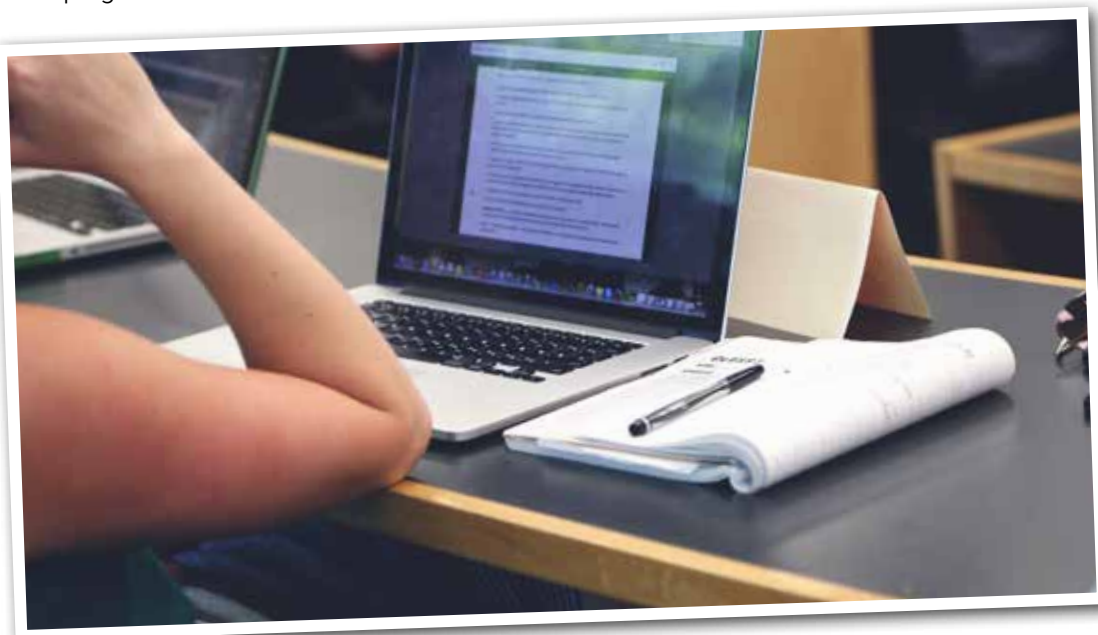
The ICHAS mission is to facilitate and enable adult learners to achieve qualifications that are accessible, affordable, relevant to the needs of business, industry and the professions, and that are nationally and internationally recognised. This is secured by a learner centred focus, excellence in our programmes, and innovative delivery.

### Vision

The Irish College of Humanities and Applied Sciences will become a national and international centre of excellence in the fields of higher education, further education and continuing professional development.

### Values

The College commits itself to underpin its activities through the values it espouses, namely, to encourage social awareness and responsibility as well as promoting flexibility, maximising opportunities for social inclusivity and accessibility in Higher Education.



# ACADEMIC AWARD AND ACCREDITATION

## Who Awards my Qualification

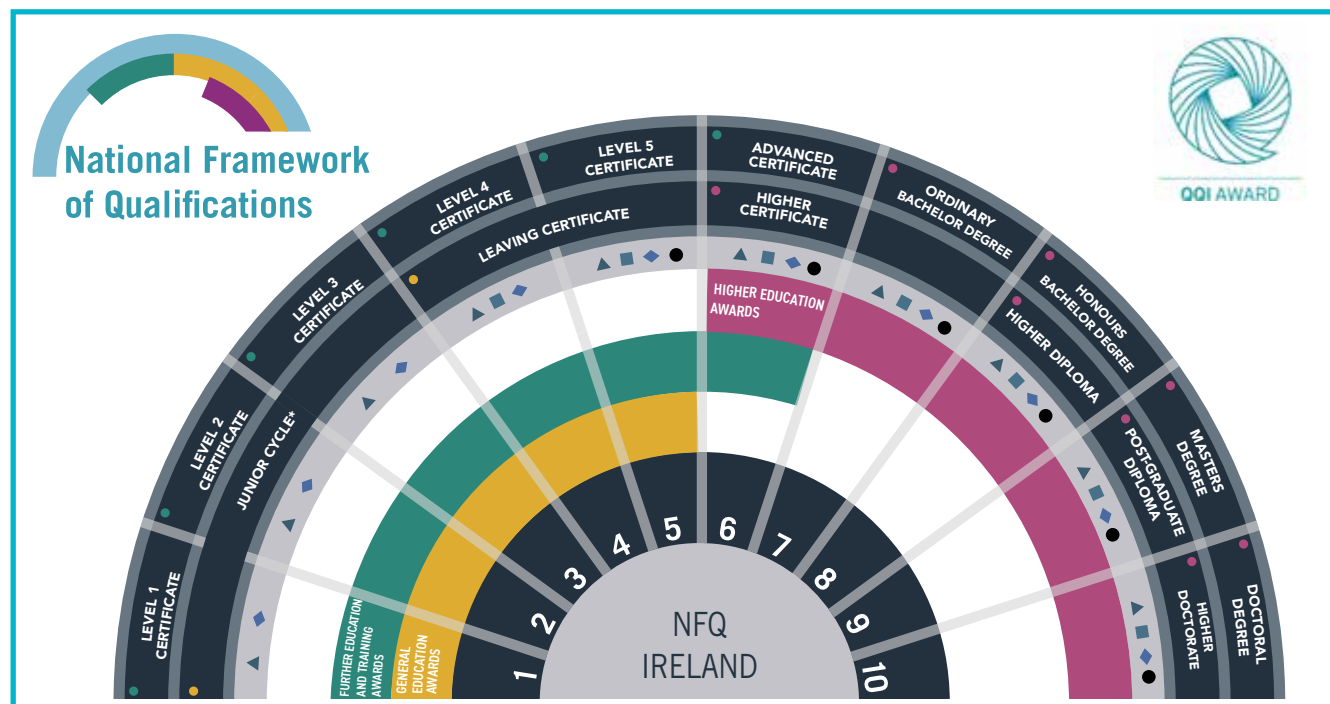
On successful completion of your course, your qualification is awarded by Quality and Qualifications Ireland (QQI) and this will appear on your parchment. QQI is one of the principal Irish awarding bodies for the higher education sector in Ireland and sets the standards for awards on the NFQ, designed to create a single, easily understood qualification system for all levels of education and training in Ireland. This course is recognised in Ireland and throughout Europe. For more information visit <https://www.qqi.ie/>

In addition to meeting the QQI award standards, programmes at ICHAS are designed to facilitate those who wish to pursue professional accreditation. Students should be aware that they need to meet the requirements of whichever professional accreditation body they want to be accredited with. Programmes at ICHAS are structured with sufficient flexibility to allow for the varying requirements

for pre-accreditation membership with a range of professional accreditation bodies in Ireland, including:

- Addiction Counsellors Ireland (ACI)
- Association of Professional Counsellors and Psychotherapists in Ireland (APCP)
- The National Association for Professional Counselling & Psychotherapy (NAPCP)

If you are considering undertaking a course in Counselling or Psychotherapy to become a professional practitioner in Ireland, you should be aware of impending changes in these fields. In 2019 The Minister for Health requested the Health and Social Care Professionals Council (CORU) to regulate the areas of Counselling and Psychotherapy, including the use of these professional titles. A regulation under CORU (the Health and Social Care Professionals Council) will be a significant development in terms of protecting the public. Therefore, in the interim, applicants for programmes of education leading to professional recognition need to be conscious of recommendations of minimum standards of education and training.



# ABOUT OUR UNDERGRADUATE PROGRAMMES

## Our Programmes at a glance

The Irish College of Humanities and Applied Sciences (ICHAS) offers a variety of programmes at level 6 and level 8 on the NFQ.

These programmes combine a range of comprehensive theoretical and practical skills. Graduates will have demonstrated that they have the proven capacity to work autonomously in professional practice or as part of a multidisciplinary team in various settings.

## COURSE DURATION

Course	NFQ Level	Credits (ETCS)	CAO Code	Duration
B.A. (Hons) in Counselling and Psychotherapy	8	240	CI110	4 Years Full -Time/Part-Time
B.A. (Hons) in Counselling and Psychotherapy with Addiction studies	8	240	CI111	4 Years Full -Time/Part-Time
B.A. (Hons) in Counselling and Psychotherapy with Youth Studies	8	240	CI112	4 Years Full -Time /Part-Time
Certificate in Foundational Skills & Competence in Counselling & Psychotherapy	6	20	N/A	12 weeks (1 semester)
Certificate in Cultural Competence for Profession Development	6	20	N/A	12 weeks (1 semester)
Certificate in Supporting Positive Parenting	8	15	N/A	12 weeks (1 semester)

## COURSE DELIVERY

Students considering the B.A(Hons) in Counselling & Psychotherapy/ B.A(Hons) in Counselling & Psychotherapy with Addiction Studies/ B.A(Hons) in Counselling & Psychotherapy with Youth Studies can take this course on a full-time or part-time basis.

The course will commence in September. Delivered over 4 years, it combines a range of comprehensive theory and practical skills development. Each academic year consists of two 12-week semesters.

### Full-Time

Full time lectures occur on 3 consecutive days per week Tuesday – Thursday during term time (September – May). This Programme is taught primarily using traditional classroom-based teaching.

### Part-Time

Part time lectures occur in Dublin & Limerick 1 evenings a week from 6-9pm and on Saturdays (normally 2 per month) form 9.30am – 4.30pm during term time September – May)

The part-time programme is taught using a combination of classroom based and blended learning techniques. This allows the learner to access classes in person or using online facilities to allow for a better work/life/study balance while equipping the learner with the confidence, skills, and competencies required.

While much of the course can be accessed online, in certain modules, mainly skills based, attendance is a mandatory requirement.



## INFORMATION TECHNOLOGY

We realise that many people are doubtful about their IT skills, in ICHAS we focus on making our systems easy to use and provide lots of support to students. IT staff are available before and during online classes to help those who choose this option, and we have many learning resources such as videos and step-by-step guides to support your use of technology.

Additionally, we provide a comprehensive IT systems overview at Induction. You will also complete an introductory module at your own pace that teaches you how to use ICHAS IT services such as student email, downloading Microsoft Office, using online libraries and watching class recordings.

## BLENDED LEARNING – LEARNING IN CLASS AND ONLINE

We've embraced innovative educational technologies in several ways at ICHAS to deliver flexible education options for our students using blended learning. For example, we broadcast most theory-based modules online, giving learners a choice between attending classes face-to-face or joining in online. In addition, our learning management system enables us to use several innovative approaches to support learning beyond the classroom, including access to lecture recordings, mobile learning, video assessments, easy login to online libraries and more.

At ICHAS, you'll also get access to an Office 365 Student Account from Microsoft and access to our online library.

## INTERNATIONAL STUDENTS

International/Non EU/EEA Applicants will be required to also include the following information with their application:

- English language proficiency certificate (e.g. IELTS of 6 or equivalent) <http://www.inis.gov.ie/en/INIS/Pages/Study>
- Upon acceptance of your College place you are required to have in place Valid Medical Insurance throughout the duration of your programme (copied to be provided before programme start date) For further information, please visit <http://ichas.ie/prospective-students/international-applicants/>

### CAO students

A minimum of 2 H5 & 4 O6/H7 grades in six Leaving Certificate subjects, including English or Irish. Mathematics is not a subject requirement for this programme. Leaving Certificate candidates are required to apply for participation in the programme through the CAO system.

Undergraduate Programmes	CAO code
BA (Hons) in Counselling and Psychotherapy	CI110
BA (Hons) in Counselling and Psychotherapy with Addiction studies	CI111
BA (Hons) in Counselling and Psychotherapy with Youth Studies	CI112

### Irish (Non-CAO)/EU/EEA Applicants

To join the programmes listed above, applicants must meet the following requirements;

- Submit a completed application form online at <https://myichas.ie/>
- Complete an interview process, which is designed to explore your reasons for taking the programme and to ensure that it is suitable for your needs. ICHAS is committed to ensuring that the programme you are on is right for you.
- Complete the Garda vetting procedure upon registration to the programme.
- English language proficiency certificates (e.g. IELTS of 6 or equivalent) if applicable. Please see <http://ichas.ie/prospective-students/international-applicants/>

# RECOGNITION OF PRIOR LEARNING (RPL)

## What is Recognition of Prior Learning (RPL)

Recognition of Prior Learning (RPL) is a process that allows you admission to a programme of study or gain exemptions/credits from parts of a programme based on learning achieved through previous educational programmes or through life outside of formal education and training (i.e work experiences, involvement in social and community activities, voluntary activities or other learning experiences). RPL recognises that skills and knowledge can be acquire from both formal (Certified learning) and non-formal (Uncertified learning).

## RPL Applications

RPL applications can be made via our website at <https://myichas.ie/newApplication/apply>

If you have any questions or require any further information please contact [info@ichas.ie](mailto:info@ichas.ie)

## Practicum Work Experience/ Placement

Practice Placement is an integral part of the Undergraduate and Postgraduate suite of programmes at ICHAS. It provides the learner with essential opportunities to develop and apply a range of skills within the clinical practice setting. Learners will undertake their work placements in approved placement settings with the support of a Clinical Supervisor and the placement team within the college. This work-based learning represents an opportunity for students to apply their knowledge toward working therapeutically with clients in a clinical setting and develop transferable, adaptable appropriate therapeutic and active listening skills.

The placement will also enhance the development of your professional disposition to work confidently and independently in various settings. Some of the placement providers that we work closely with are Aiseiri

Treatment Centres (Nationwide), MyMind (Nationwide), Let's Get Talking (Galway, Shannon, Dublin, Wexford), Cuan Mhuire, Jigsaw, SOSAD, Haven Hub (Limerick, Clare) and various youth focused and childhood based settings.

## Financial Flexibility

A central component of the ICHAS vision is flexible and affordable education for all. Therefore, ICHAS offers tuition fee payment plans. The cost associated with Personal Therapy and Clinical Supervision modules are extra and not included in tuition fees. Learners can choose their pre-approved practitioners and negotiate a rate directly with them. All course fees are eligible for tax relief for Irish income tax payers.

## Career Progression

Graduates of Undergraduate programmes can be found working in a wide variety of organisations areas such as private and public residential and non-residential addiction treatment centres, schools, colleges, youth services, prison services, hospitals and of course, in private practice.

Opportunities also exist working with many different groups, including but not limited to young people, women at risk of domestic violence, the elderly and those with mental health issues.







## **INTRODUCTION TO OUR COURSES**

# B.A. (HONS) IN COUNSELLING & PSYCHOTHERAPY

## Quick Reference Guide

Course Level:	QQI level 8
Duration:	4 years full time / part time
Delivery Method:	Blended learning
Tuition fees:	€3825.00
Course placement:	200 hours
Clinical supervision:	1 Hour of clinical supervision to 5 hours of placement (1:5)
Personal therapy:	50 hours
Campus:	ICHAS Limerick and Griffith College Dublin

## Who is this course for?

This B.A (Hons) course is highly interactive, it has been designed primarily for those who want to study towards becoming competent professional practitioners in counselling related areas.

The syllabus covers a diverse combination of theory and competence development. Designed with a balanced mix of theory, skills and personal development. Students will gain real life experience through work-based learning and will be supported through this process. The blended learning option provides a flexible learning environment for student who wish to study on a part time basis.

## Course Delivery

This course is delivered over a 4 year full time / part time basis.

- Full time lectures occur in Limerick on 3 days per week Tuesday – Thursday during term time (September – May).

This Programme is taught primarily using classroom-based teaching skill-based.

- Part time lectures occur in Dublin & Limerick 1 evenings a week from 6-9pm and on Saturdays from 9.30am – 4.30pm during term time September – May)

It is taught using a combination of classroom-based and skill-based learning that allows the learner to access classes in person or using on-line facilities to allow for a better work/life/study balance while equipping the learner with the confidence, skills and competencies to work in the area of Counselling & Psychotherapy.

Having a student-centred approach that offers mentoring and placement support is a cornerstone of this course. Therefore, during work-based learning, each student will be required to undertake 200 hours of direct client work under strict clinical supervision arrangements.

All students are supported with personal development modules in the early stages of the programme and are required to engage in a minimum of 50 Hours of Personal Psychotherapeutic Experience (or equivalent) across the programme. Personal psychotherapeutic experience (PPE) may commence from the second semester of Stage 2 of the programme and will continue until programme completion. In certain modules (mainly Skills Based) attendance is a mandatory requirement.



*The success of my business Clonmel Counselling Services' can be directly attributed to the standard of education I received at ICHAS. This is a testament to the quality of lecturers and the level of insight they offer after their many years experience working in the counselling and psychotherapy profession*

**Sean Conway**  
BA (Hons) in Counselling and  
Psychotherapy

# COURSE CONTENT

## STAGE 1

Name of Module	Mandatory / Elective	ECTS (Credits)
Study skills for higher education	M	5
Theoretical perspectives in counselling & psychotherapy	M	10
Essential counselling and psychotherapeutic skills	M	10
Group facilitation	M	5
Human development across the lifespan	M	10
Ethics & professional issue	M	5
Understanding mental health	M	10
Introduction to personal development	M	5

## STAGE 2

Name of Module	Mandatory / Elective	ECTS (Credits)
Core competencies in counselling & psychotherapy	M	5
Cultural issues in professional practice	M	5
Case formulation	M	10
Psychosocial assessment	M	10
Group process	M	5
Psychodynamic approaches in interpersonal practice	M	10
Humanistic approaches in interpersonal practice	M	10
Personal development & self-caring practices	M	5



STAGE 3

Name of Module	Mandatory / Elective	ECTS (Credits)
Research approaches in counselling and psychotherapy	M	5
Integrative approaches in interpersonal practice	M	10
Mood, stress and anxiety related disorders	M	5
Family systems theory & psychotherapeutic interventions	M	10
Theory / practice integration	M	10
Cognitive behavioural approaches in interpersonal practice	M	5
Personal psychotherapeutic experiences 1	M	5
Psychopathology	M	5

STAGE 4

Name of Module	Mandatory / Elective	ECTS (Credits)
Understanding trauma informed care	M	10
Contemporary discourses in counselling and psychotherapy	M	5
Bereavement, loss and grief	M	5
Applied Practice	M	5
Final year project	M	10
Personal psychotherapeutic experience 2	M	5
Emotion Focused therapy	M	10
Elective (Chose one from list of electives)	E	5

The programme is structured to facilitate a single point of entry to a Programme that leads to a distinctive Degree Award at Level 8 on the National Framework of Qualifications. Completion of the programme leads to an academic award at Level 8 on the National Framework of Qualifications awarded by QQI. Where successful

graduates wish to pursue professional accreditation for practice, they must seek such accreditation from the relevant body in accordance with the guidelines of that particular body.

Name of Module	Mandatory / Elective	ECTS (Credits)
Principles & practice of group therapy	E	5
Brief therapy for emotional health & wellness	E	5
Psychoses & personality disorders	E	5
Inner child therapy	E	5
Play therapy & psychotherapeutic practice	E	5
Understanding motivational interviewing	E	5
Understanding community reinforcement approaches in addiction treatment	E	5
Principles of personality assessment	E	5
Principles of occupational assessment	E	5
Theories and practice of mindfulness	E	5
Eating disorders	E	5
Independent study	E	5
Developing and managing a professional practice	E	5
Recovery approaches in addiction	E	5
Families aspects of addiction	E	5
Theory & practice of the Minnesota model approach to addiction treatment	E	5
Adolescent mental health screening	E	5
Engaging with parents in professional practice	E	5
Principles and practice of technologically facilitated therapeutic engagement	E	5
Prevention & health promotion approaches in addiction	E	5

## Course Highlights

The programme is highly interactive and is designed for learners who wish to begin their educational and learning journey in the field of Counselling and Psychotherapy or related fields, especially those who aspire to develop professional's competence to work with diverse and marginalised groups people or individuals with complex needs. The primary focus will be working with individuals

and groups but also to prepare learners to contribute at community and policy levels as practitioners in their field. This programme is for those who wish to break down barriers of access to evidence-based intervention and create opportunities for high-quality treatment experiences for all who need them.

## Entry Requirements

The knowledge, skills, and competence required to successfully participate in and complete the Level 8 Programme are outlined below:

- All applicants must be over 18 years of age and are required to undergo Garda Vetting
- Applicants will be required to have basic IT literacy, skills, and competence,
- For non-native speakers of English, a C score in the Common European Framework of Reference for Languages (CEFR) or an equivalent IELTS score of 6.0 is required.

## CAO Applicants

A minimum of 2 H5 & 4 O6/H7 grades in six Leaving Certificate subjects, including English or Irish. Mathematics is not a subject requirement for this programme. Leaving Certificate candidates are required to apply for participation in the programme through the CAO system.

## Mature Applicants (Over 23 Years of Age)

Mature Applicants will undergo the following selection process:

- Attend for an interview.
- Provide any information requested by the Institute e.g. provision of personal references
- Undergo garda vetting procedures

Candidates who hold a relevant QQI Level 5 qualification with a Distinction in at least three modules will qualify for entry to the programme. Examples of such modules would include:

5M2009	Early Childhood Care and Education DCHCC Community Care
5M2786	Community Care
5M3050	Community Development
5M4468	Community Health Services
5M3635	Education and Training
5M4349	Nursing Studies

5M4732	Youth Work
EYXXX	Youthwork
5M3635	Education and Training
5M1761	Intellectual Disability Practice

## Fees

This course is offered on a full time or part basis and there are options around the payment of course fees with payment plans made available to learners.

A central component of the ICHAS vision is the provision of flexible and affordable education for all. In line with this approach, the fees for the programme whether full or part-time are in line with those of Universities and Institutes of Technology and we work with learners to work out suitable options around the payment of fees.

The fees for the programme are €3,825 per annum (this includes a 2% PEL levy of €75) . In addition, students who opt for monthly instalments will incur an extra annual fee of €100 to avail of this facility. All fees are fully protected under our Protection of Enrolled Learners' Policy below.

## International Students

Please Note: Non-EU/EEA students are required under the Irish Naturalisation and Immigration Service (INIS) to pay fees in full upon acceptance of their place on a programme. For more information in relation to international learners, please visit our website at [www.ichas.ie](http://www.ichas.ie).

Protection of Enrolled Learners' Policy: All QQI accredited programmes of education and training of 3 months or longer duration are covered by arrangements under section 65 (4) of the Qualifications and Quality Assurance (Education and Training) Act 2012 whereby, in the event of the provider ceasing to provide the programme for any reason, enrolled learners may transfer to a similar programme at another provider, or, in the event that this is not practicable, the fees most recently paid will be refunded.

## Career opportunities

Graduates of this programme go on to work in statutory bodies including the HSE & Tusla, private healthcare settings, social care settings, and self-employed in private practice. The College also offers a wide range of MA programmes for more information visit [www.ichas.ie](http://www.ichas.ie).

# B.A. (HONS) IN COUNSELLING & PSYCHOTHERAPY WITH ADDICTION STUDIES

## Quick Reference Guide

Course level:	QQI level 8
Duration:	4 years Full time / Part time
Delivery Method:	Blended Learning
Tuition Fees:	€3,825.00
Course placement:	200 hours
Clinical supervision:	1 Hour of clinical supervision to 5 hours of placement (1:5)
Personal Therapy:	50 hours
Campus:	ICHAS Limerick and Griffith College Dublin

## Who is this course for?

This BA programme is an exciting and innovative programme, designed to support students wishing to study towards becoming professional practitioners in Counselling related areas of practice and specifically in addiction based settings. It focuses on the skills, knowledge and approach necessary to work within the addiction's context, with emphasis placed on the link between theory and practice.

Completion of the programme leads to an academic award at Level 8 on the National Framework of Qualifications awarded by QQI.

## Course Delivery

This course is delivered over a 4 year full time / part time basis.

- Full time lectures occur in Limerick 3 days per week Tuesday – Thursday during term time (September – May).

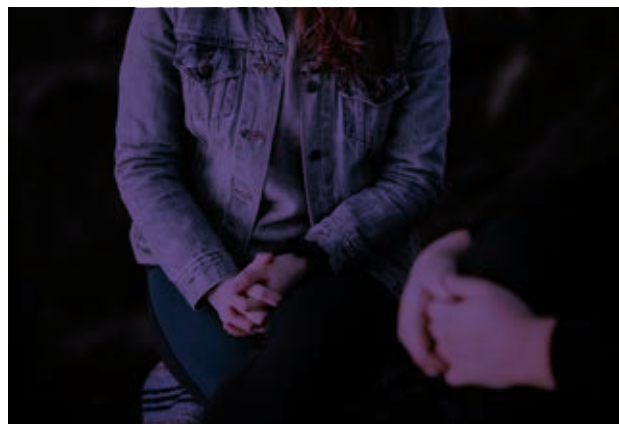
This Programme is taught primarily using classroom-based learning.

- Part time lectures occur in Dublin & Limerick 1 evenings a week from 6-9pm and on Saturdays from 9.30am – 4.30pm during term time September – May)

It is taught using a combination of classroom-based and skill-based learning that allows the learner to access classes in person or using on-line facilities to allow for a better work/life/study balance while equipping the learner with the confidence, skills and competencies to work in the area of Counselling & Psychotherapy.

The syllabus covers a diverse combination of theory and competence development. It centres on areas such as understanding mental health, the theoretical evolution of addiction, substance and non-substance addictions, addiction intervention and recovery approaches.

Having a student-centred approach that offers mentoring and placement support is a cornerstone of this course. Therefore, during work-based learning, each student will be required to undertake 200 hours of Direct client work under strict Clinical Supervision arrangements.



# COURSE CONTENT

## STAGE 1

Name of Module	Mandatory / Elective	ECTS (Credits)
Study skills for higher education	M	5
Theoretical perspectives in counselling & psychotherapy	M	10
Essential counselling and psychotherapeutic skills	M	10
Group facilitation	M	5
Human development across the lifespan	M	10
Ethics & professional issue	M	5
Understanding mental health	M	10
Introduction to personal development	M	5

## STAGE 2

Name of Module	Mandatory / Elective	ECTS (Credits)
Core competencies in counselling & psychotherapy	M	5
Cultural issues in professional practice	M	5
Case formulation	M	10
Psychosocial assessment	M	10
Group process	M	5
Theoretical aspects of addiction	M	10
Substance related addictions	M	10
Personal development & self-caring practices	M	5



### STAGE 3

Name of Module	Mandatory / Elective	ECTS (Credits)
Research approaches in counselling and psychotherapy	M	5
Psychosocial intervention modalities in addiction	M	10
Mood, stress and anxiety related disorders	M	5
Family systems theory & psychotherapeutic interventions	M	10
Theory / practice integration	M	10
Non substance related addictions	M	10
Personal psychotherapeutic experiences 1	M	5
Psychopathology	M	5

### STAGE 4

Name of Module	Mandatory / Elective	ECTS (Credits)
Contemporary discourses in counselling and psychotherapy	M	10
Trauma informed care in addiction practice	M	5
Bereavement, loss and grief	M	5
Applied Practice	M	5
Final year project	M	10
Personal psychotherapeutic experience 2	M	5
Bio-physiological aspects of addiction	M	10
Elective * (Chose one form list of electives)	E	5

\* Range of electives (Chose 1 in final stage)

Name of Module	Mandatory / Elective	ECTS (Credits)
Principles & practice if group therapy	E	5
Brief therapy for emotional health & wellness	E	5
Psychoses & personality disorders	E	5
Inner child therapy	E	5
Play therapy & psychotherapeutic practice	E	5
Understanding motivational interviewing	E	5
Understanding community reinforcement approaches in addiction treatment	E	5
Principles of personality assessment	E	5
Principles if occupational assessment	E	5
Developing and managing a professional practice	E	5
Recovery approaches in addiction	E	5
Families aspects of addiction	E	5
Theory & practice of the Minnesota model approach to addiction treatment	E	5
Adolescent mental health screening	E	5
Engaging with parents in professional practice	E	5
Principles and practice of technologically facilitated therapeutic engagement	E	5
Prevention & health promotion approaches in addiction	E	5

Completion of the programme leads to an academic award at Level 8 on the National Framework of Qualifications awarded by QQI. Where successful graduates wish to pursue professional accreditation for practice, they must seek such accreditation from the relevant body in accordance with the guidelines of that particular body.

Course Highlights

- Utilises “Blended Learning”
- Benchmarked against European Association of Counselling Training Standards (2015)
- The awards associated with this programme are accepted for Professional Accreditation by The Addiction Counsellors of Ireland ACI; Association of Professional Counsellors and Psychotherapist’s APCP & The National Association for Professional Counselling & Psychotherapy – NAPCP
- Support Students to develop Personally & Professionally to enable them to achieve a Level 8 Degree

- Develop students knowledge, skills & competence to an appropriate level of 'Higher Order Practice'
- Modules within the course are designed to build personal capacity, collaborative problem-solving skills and an understanding of the systems and context within which individuals may be best supported.

The programme is highly interactive and is designed for learners who wish to begin their educational and learning journey in the fields of Counselling and Psychotherapy specifically to work in addiction settings. It is specially designed for those who aspire to develop professional's competence to work with diverse and marginalized groups of people or individuals with complex needs.

The primary focus will be working with individuals and groups but also to prepare learners to contribute at community and policy levels as practitioners in their field. This programme is for those who wish to break down barriers of access to evidence-based intervention and create opportunities for high-quality treatment experiences for all who need them..

This is an Innovative course for anyone looking to pursue a career in the Addiction area of counselling and psychotherapy. Designed with a balanced mix of theory, skills and personal development. Student will gain real life experience through work-based learning and will be supported through this process.

## Entry Requirements

The knowledge, skills, and competence required to successfully participate in and complete the Level 8 Programme are outlined below:

- All applicants must be over 18 years of age and are required to undergo Garda Vetting
- Applicants will be required to have basic IT literacy skills and competence
- For non-native speakers of English, a C score in the Common European Framework of Reference for Languages (CEFR) or equivalent international English language Testing System (IELTS) score of 6.0 is required.

## CAO Applicants

A minimum of 2 H5 & 4 O6/H7 grades in six Leaving Certificate subjects, including English or Irish. Mathematics is not a subject requirement for this programme. Leaving Certificate candidates are required to apply for participation in the programme through the CAO system.

Once an offer of a place is made, all applicants will be required to undergo Garda vetting procedures (this criterion will be communicated to all applicants in advance of final CAO offers) and make a self-declaration of Fitness for the Programme.

## Mature Applicants (Over 23 Years of Age)

Mature Applicants will undergo the following selection process:

- Attend for an interview
- Provide any information requested by the institute .g. provision of personal references
- Undergo Garda vetting procedures Candidates who hold a relevant QQI Level 5 qualification with a Distinction in at least three modules will qualify for entry to the programme. Examples of such modules would include:

5M2009	Early Childhood Care and Education
DCHCC	Community Care
5M2786	Community Care
5M3050	Community Development
5M4468	Community Health Services
5M3635	Education and Training
5M4349	Nursing Studies 5M4732 Youth Work
EYXXX	Youthwork
5M3635	Education and Training
5M1761	Intellectual Disability Practice

## Fees

This course is offered on a Full Time or Part Time basis and there are options around the payment of course fees with payment plans made available to learners.

A central component of the ICHAS vision is the provision of flexible and affordable education for all. In line with this approach, the fees for the programme whether full or part-time are in line with those of Universities and Institutes of Technology and we work with learners to work out suitable options around the payment of fees.

The fees for the programme are €3,825 per annum (this includes a 2% PEL levy of €75). In addition, students who opt for monthly instalments will incur an extra annual fee of €100 to avail of this facility. All fees are fully protected under our Protection of Enrolled Learners' Policy below.

## International Students

**Please Note:** Non-EU/EEA students are required under the Irish Naturalisation and Immigration Service (INIS) to pay fees in full upon acceptance of their place on a programme. For more information in relation to international learners, please visit our website at [www.ichas.ie](http://www.ichas.ie).

*Protection of Enrolled Learners' Policy: All QQI accredited programmes of education and training of 3 months or longer duration are covered by arrangements under section 65 (4) of the Qualifications and Quality Assurance (Education and Training) Act 2012 whereby, in the event of the provider ceasing to provide the programme for any reason, enrolled learners may transfer to a similar programme at another provider, or, in the event that this is not practicable, the fees most recently paid will be refunded.*



**ICHAS**  
Irish College of Humanities & Applied Sciences

*My experience has been so positive that I have now applied for a post-grad course with ICHAS also the course has motivated me to read philosophy and psychology material for enjoyment.*

**Steven Shields**  
BA (Hons) in Counselling and Addiction

Visit our website for more [www.ichas.ie](http://www.ichas.ie)

## Career opportunities

Graduates of this programme can be found working in the private and public statutory sector in organisations such as Tusla, HSE, Merchants Quay Project, Peter McVerry Trust, Irish Prison Service, Aiseiri, and other areas of addiction practice. Graduates have also found employment in community-based organisations, working with individuals, families, and communities affected by addiction as members of multi-disciplinary teams in health, settings within the private, community, and voluntary sectors.

# B.A (HONS) IN COUNSELLING & PSYCHOTHERAPY WITH YOUTH STUDIES

## Quick Reference Guide

Course level:	QQI level 8
Duration:	4 years Full time / Part time
Delivery Method:	Blended Learning
Tuition Fees:	€3,825.00
Course placement:	200hours
Clinical Supervision:	1 Hour of clinical supervision to 5 hours of placement (1:5)
Personal Therapy:	50 hours
Campus:	ICHAS Limerick and Griffith College Dublin

## Who is this course for?

This BA(Hons) programme is an exciting and innovative programme, designed to support students wishing to study towards becoming professional practitioners in Counselling related areas of practice and specifically in Youth based settings. It focuses on the skills, knowledge and approach necessary to work within the youth context, with emphasis placed on the link between theory and practice.

Completion of the programme leads to an academic award at Level 8 on the National Framework of Qualifications awarded by QQI.

## Course Delivery

This course is delivered over a 4 year full time / part time basis.

- Full time lectures occur in Limerick 3 days per week Tuesday – Thursday during term time (September – May).

This Programme is taught primarily using classroom-based learning

- Part time lectures occur in Dublin & Limerick 1 evenings a week from 6-9pm and on Saturdays from 9.30am – 4.30pm during term time September – May)

It is taught using a combination of classroom-based and skill-based learning that allows the learner to avail of blended learning to access classes in person or using on-line facilities to allow for a better work/life/study balance while equipping the learner with the confidence, skills and competencies to work in the youth area of Counselling & Psychotherapy. While much of the course can be accessed online, in certain modules, mainly Skills Based, attendance is a mandatory requirement.

The syllabus covers a diverse combination of theory and competence development. It focuses on areas such as understanding mental health and issues directly affecting young people such as education, health, inequality, racism, suicide and addiction.

Having a student-centred approach that offers mentoring and placement support is a cornerstone of this course. Therefore, during work-based learning, each student will be required to undertake 200 hours of Direct client work under strict Clinical Supervision arrangements.

All students are supported with Personal Development Modules in the early stages of the Programme and are required to engage in a minimum of 50 Hours of Personal Psychotherapeutic Experience (or equivalent) across the programme. PPE may commence from the Second Semester of Stage 2 of the programme and will continue until Programme Completion.



# COURSE CONTENT

## STAGE 1

Name of Module	Mandatory / Elective	ECTS (Credits)
Study skills for higher education	M	5
Theoretical perspectives in counselling & psychotherapy	M	10
Essential counselling and psychotherapeutic skills	M	10
Group facilitation	M	5
Human development across the lifespan	M	10
Ethics & professional issue	M	5
Understanding mental health	M	10
Introduction to personal development	M	5

## STAGE 2

Name of Module	Mandatory / Elective	ECTS (Credits)
Core competencies in counselling & psychotherapy	M	5
Cultural issues in professional practice	M	5
Case formulation	M	10
Psychosocial assessment	M	5
Group process	M	10
Youth & society	M	10
Integrative approaches in adolescence	M	10
Personal development and self caring practices	M	5

## STAGE 3

Name of Module	Mandatory / Elective	ECTS (Credits)
Research approaches in counselling and psychotherapy	M	5
Creative therapeutic approaches	M	10
Family systems theory & psychotherapeutic interventions	M	10
Mood, stress & anxiety related disorders	M	5
Theory / practice integration	M	10
Crime, deviance and youth justice	M	10
Personal psychotherapeutic experiences 1	M	5
Psychopathology	M	5

## STAGE 4

Name of Module	Mandatory / Elective	ECTS (Credits)
Contemporary discourses in counselling and psychotherapy	M	5
Trauma informed care for youth at risk	M	10
Bereavement, loss and grief	M	5
Applied Practice	M	10
Final year project	M	10
Personal psychotherapeutic experience 2	M	5
Leadership, management & empowerment in a youth context	M	10
Elective * (Chose one form list of electives)	E	5

\* Range of electives (Chose 1 in final stage)

Name of Module	Mandatory / Elective	ECTS (Credits)
Principles & practice if group therapy	E	5
Brief therapy for emotional health & wellness	E	5
Psychoses & personality disorders	E	5
Inner child therapy	E	5
Play therapy & psychotherapeutic practice	E	5
Understanding motivational interviewing	E	5
Understanding community reinforcement approaches in addiction treatment	E	5
Principles of personality assessment	E	5
Principles if occupational assessment	E	5
Theories and practice of mindfulness	E	5
Eating disorders	E	5
Independent study	E	5
Developing and managing a professional practice	E	5
Recovery approaches in addiction	E	5
Families aspects of addiction	E	5
Theory & practice of the Minnesota model approach to addiction treatment	E	5
Adolescent mental health screening	E	5
Engaging with parents in professional practice	E	5
Principles and practice of technologically facillitated therapeutic engagement	E	5
Prevention & health promotion approaches in addiction	E	5

Completion of the programme leads to an academic award at level 8 on the National Framework of qualifications awarded by QQI. Where successful graduates wish to pursue professional accreditation for practice, they must seek such accreditation from the relevant body in accordance with the guidelines of that particular body.

Course Highlights

- Utilises “Blended Learning”
- Benchmarked against European Association of Counselling Training Standards (2015)
- The awards associated with this programme are accepted for Professional Accreditation by The Addiction Counsellors of Ireland ACI; Association of Professional Counsellors and Psychotherapist’s APCP

& The National Association for Professional Counselling & Psychotherapy – NAPCP

- Support Students to develop Personally & Professionally to enable them to achieve a Level 8 Degree
- Develop students knowledge, skills & competence to an appropriate level of 'Higher Order Practice'
- Modules within the course are designed to build personal capacity, collaborative problem-solving skills and an understanding of the systems and context within which individuals may be best supported.

The programme is highly interactive and is designed for learners who wish to begin their educational and learning journey in the fields of Counselling and Psychotherapy specifically to work in youth settings. It is specially designed for those who aspire to develop professional's competence to work with diverse and marginalized groups of people or individuals with complex needs.

The primary focus will be working with individuals and groups but also to prepare learners to contribute at community and policy levels as practitioners in their field. This programme is for those who wish to break down barriers of access to evidence-based intervention and create opportunities for high-quality treatment experiences for all who need them.. This is an Innovative course for anyone looking to pursue a career in the Youth area of counselling and psychotherapy. Designed with a balanced mix of theory, skills and personal development. Student will gain real life experience through work-based learning and will be supported through this process.

## Entry Requirements

The knowledge, skills, and competence required to successfully participate in and complete the Level 8 Programme are outlined below:

- All applicants must be over 18 years of age and are required to undergo Garda Vetting
- Applicants will be required to have basic IT literacy, skills, and competence
- For non-native speakers of English, a C score in the Common European Framework of Reference for Languages (CEFR) or equivalent International English Language Testing System IELTS score of 6.0 is required.

## CAO Applicants

A minimum of 2 H5 & 4 O6/H7 grades in six Leaving Certificate subjects, including English or Irish. Mathematics is not a subject requirement for this programme. Leaving Certificate candidates are required to apply for participation in the programme through the CAO system. Once an offer of a place is made, all applicants will be required to undergo Garda vetting procedures (this criterion will be communicated to all applicants in advance of final CAO offers) and make a self-declaration of Fitness for the Programme.

## Mature Applicants (Over 23 Years of Age)

Mature Applicants will undergo the following selection process:

- Attend for an interview
- Provide any information requested by the Institute e.g. provision of personal references
- Undergo Garda vetting procedures

Candidates who hold a relevant QQI Level 5 qualification with a Distinction in at least three modules will qualify for entry to the programme. Examples of such modules would include:

5M2009	Early Childhood Care and Education
DCHCC	Community Care
5M2786	Community Care
5M3050	Community Development
5M4468	Community Health Services
5M3635	Education and Training
5M4349	Nursing Studies
5M4732	Youth Work
EYXXX	Youthwork
5M3635	Education and Training
5M1761	Intellectual Disability Practice

## Fees

This course is offered on a Full Time or Part Time basis and there are options around the payment of course fees with payment plans made available to learners.

A central component of the ICHAS vision is the provision of flexible and affordable education for all. In line with this approach, the fees for the programme whether full or part-time are in line with those of Universities and Institutes of Technology and we work with learners to work out suitable options around the payment of fees.

The fees for the programme are €3,825 per annum (this includes a 2% PEL levy of €75). In addition, students who opt for monthly instalments will incur an extra annual fee of €100 to avail of this facility. All fees are fully protected under our Protection of Enrolled Learners' Policy below.

## International Students

**Please Note:** Non-EU/EEA students are required under the Irish Naturalisation and Immigration Service (INIS) to pay fees in full upon acceptance of their place on a programme. For more information in relation to international learners, please visit our website at [www.ichas.ie](http://www.ichas.ie).

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## Career opportunities

Graduates of this programme have found employment in the public and private sector in organisations such as the HSE, Tusla, and in a variety of local authority, charity & voluntary settings. Youth & Community roles can include youth workers, outreach workers, family support officers, youth advocacy works, and school completion project workers.

Examples of some such organisations include Foróige, Childline, Child and Youth Councils – Comhairle na nÓg, The Irish Society for the Prevention of Cruelty to Children (ISPCC), SpunOut, Youth Work Ireland, Changing Futures and UBU – Your Place Your Space

## Academic Progression

The College also offers a wide range of MA programmes for more information visit [www.ichas.ie](http://www.ichas.ie).



# CERTIFICATE IN FOUNDATIONAL SKILLS & COMPETENCE IN COUNSELLING & PSYCHOTHERAPY

## Quick Reference Guide

Course Level:	Level 6 (20 ECTS)
Duration:	12 weeks
Delivery Method:	Part time blended learning
Tuition Fees:	€1,250.00
Campus:	Griffith College Dublin and ICHAS Limerick

## Who is this course for?

This part-time certificate is designed for those who have little or no professional experience but wish to extend their knowledge of interpersonal and counselling skills prior to undertaking more advanced educational training in counselling at degree level. It is also relevant for healthcare professionals, teachers, social workers, managers, customer services, sports coaches and others.

It 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. This programme is suitable for those who wish to study both Counselling and Psychotherapy at a foundational level, either to support existing roles or as a point of initial discovery as to whether a Major Award might be something that they wish to pursue.

## Course Delivery

Classes are conducted on a part time basis over a 12 week period.

## COURSE CONTENT

Name of Module	Aim of Module	ECTS (Credits)
Theoretical perspectives in counselling and psychotherapy	The aim of this module is to introduce a range of theories central to counselling and psychotherapy placing them in the social, cultural, philosophical and historical contexts	10
Essential counselling and psychotherapeutic skills	The aim of this module is to teach students the attributes and foundation skills necessary to work and understand their role in areas of practice such as counselling and psychotherapy.	10

## Why choose this Programme?

The overall aims of the Certificate in Foundational Skills & Competence in Counselling & Psychotherapy are to:

- Provide quality assured undergraduate Minor Award in Counselling and Psychotherapy related skills and competence for students who seek to develop foundational level knowledge and competence in counselling related skills
- Commence an educational journey with a view to subsequent study in programmes that would lead to eligibility for professional accreditation.
- Provide a programme that, through interdisciplinary and transdisciplinary engagement, models best evidence-informed skills in the fields of Counselling which is well informed by psychotherapeutic theories.
- Demonstrate heightened awareness of theoretical and applied practices in Counselling related fields.
- Enable students to employ foundational counselling competencies by creating and modelling learning opportunities where learners can participate successfully within the context of their own strengths and abilities.
- Provide opportunities to engage in personal reflection to enhance knowledge and greater awareness of the competencies required for professional practice.
- Provide access routes to major awards in Higher Education in counselling related areas.
- Students gain practical experience as well as theoretical understanding of the area of counselling which they can later apply both personally and professionally.
- Small class sizes ensure that you get the one-on-one attention needed to perfect your counselling skills.
- Graduates can apply for further higher-level studies in the field.
- Successful Students will gain 20 ECTS on the National Framework of Qualifications

## Course Highlights

- Utilises “Blended Learning”
- Benchmarked against European Association of Counselling Training Standards (2015)
- Designed for learners who wish to develop their counselling and psychotherapy skills for both personal and professional development.
- Successful completion of this programme means the participant will have completed 20 ECTS on the National Framework of Qualifications.

## Entry Requirements

The knowledge, skills, and competence required to successfully participate in and complete the Programme are outlined below:

- All applicants must be over 18 years of age.
- Applicants will be required to have basic IT literacy, skills, and competence.
- For non-native speakers of English, a C score in the Common European Framework of Reference for Languages (CEFR) or an equivalent IELTS score of 6.0 is required.

## Career Progression

Graduates of the Certificate in Counselling and Psychotherapeutic Skills and Practice will have a good basis for professional progression in the counselling sector while they will have developed key life skills that can be applied freely to other professions.

Graduates of the Certificate in Counselling and Psychotherapeutic Skills and Practice course are eligible to advance to progress to any of the Level 8 BA programmes in the field of Counselling Skills & Psychotherapy Studies, Counselling Skills & Addiction Studies or Counselling Skills and Youth Studies within ICHAS.

# CERTIFICATE IN CULTURAL COMPETENCE FOR PROFESSIONAL DEVELOPMENT

## Quick Reference Guide

Course level:	Level 6 (10 ECTS)
Duration:	12 weeks (1 evening per week)
Delivery method:	Part time blended learning
Tuition fees:	€600.00
Campus:	Griffith College Dublin & ICHAS Limerick

## Who is this course for?

This part-time certificate is designed for learners who wish to explore the meaning of diversity in a multicultural context, with emphasis on experiential and inter-communicational modes of learning.

It will facilitate graduates with opportunities to develop their knowledge, skills and attitudes to prepare them for working in diverse minority and multicultural contexts and exploring the nature of stereotypes, prejudice and discrimination.

The Programme will afford learners opportunities to develop foundational knowledge of relevant theoretical and conceptual as foundations for developing the skills and competencies required for culturally sensitive practice..

## Course Delivery

Classes are conducted on a part time basis over a 12 week period.



# COURSE CONTENT

Name of Module	Aim of Module	ECTS (Credits)
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 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	5
Personal developments & self caring practices	The aim of this module is to provide students with the opportunity to acquire the skills and knowledge and attitude to understand the concept of personal self caring practices in counselling and psychotherapeutic activities	5

The Programme is an Embedded Minor award within the Principal Programme titled the Bachelors of Arts (Hons) in Counselling & Psychotherapy and is designed for learners who meet the specified entry requirements for that programme and who wish to develop trans and intercultural competencies for both personal and professional development. It is anticipated that the programme will be attractive to learners who wish to explore the meaning of diversity in a multi-cultural context.

The programme will be delivered with an emphasis on experiential and inter-communicational modes of learning. It will facilitate graduates with opportunities to develop their knowledge, skills and attitudes to prepare them for working in diverse minority and multicultural contexts and exploring the nature of stereotypes, prejudice and discrimination.

## Why choose this Programme?

The overall aims of the Certificate in Cultural Competence and Professional Development are to:

- Provide a Minor Award in Cultural Competence for students who seek to develop cultural competence and awareness in a professional context.
- Further expand professional development through the acquisition of competencies in inter-cultural and transcultural and diversity awareness and engagement.
- Provide a programme that, through inter and transdisciplinary engagement, models best evidence-informed inter-cultural engagement.
- Demonstrate heightened awareness of theoretical and applied practices in an intercultural context
- Employ intercultural competencies by creating and modelling transformative learning opportunities where learners can develop their personal awareness of cultural and minority experience to respond with

greater sensitivity

- Understand the centrality of personal development to the acquisition and internalisation of cultural competencies
- Develop insight into the importance of linguistic discernment and perception as fundamental competencies in intercultural communication.
- Provide opportunities to engage in personal reflection to enhance knowledge and greater awareness of the cultural competencies required for professional practice.
- Provide access routes to major awards in Higher Education in related areas.
- Graduates can apply for further higher-level studies in the field.

## Course Highlights

- Utilises “Blended Learning”
- Benchmarked against European Association of Counselling Training Standards (2015)
- Designed for learners who wish to develop trans and intercultural competencies for both personal and professional development.
- Suitable for mature learners who wish to explore the meaning of diversity in a multi-cultural context.
- Successful completion of this programme means the participant will have completed 10 ECTS on the National Framework of Qualifications.

## Entry Requirements

The knowledge, skills, and competence required to successfully participate in and complete the Programme are outlined below:

- All applicants must be over 18 years of age
- Applicants will be required to have basic IT literacy, skills, and competence,
- For non-native speakers of English, a C score in the Common European Framework of Reference for Languages (CEFR) or an equivalent IELTS score of 6.0 is required.

## Career Progression

Graduates of the Certificate in Counselling and Psychotherapeutic Skills and Practice will have a good basis for professional progression in the counselling sector while they will have developed key life skills that can be applied freely to other professions.



# CERTIFICATE IN SUPPORTING POSITIVE PARENTING

## Quick Reference Guide

Course Level:	Level 8 (15 ECTS)
Duration:	12 weeks (One evening per week)
Delivery method:	Part time blended learning
Tuition Fees:	€600.00
Campus:	Griffith College Dublin & ICHAS Limerick

## Who is this course for?

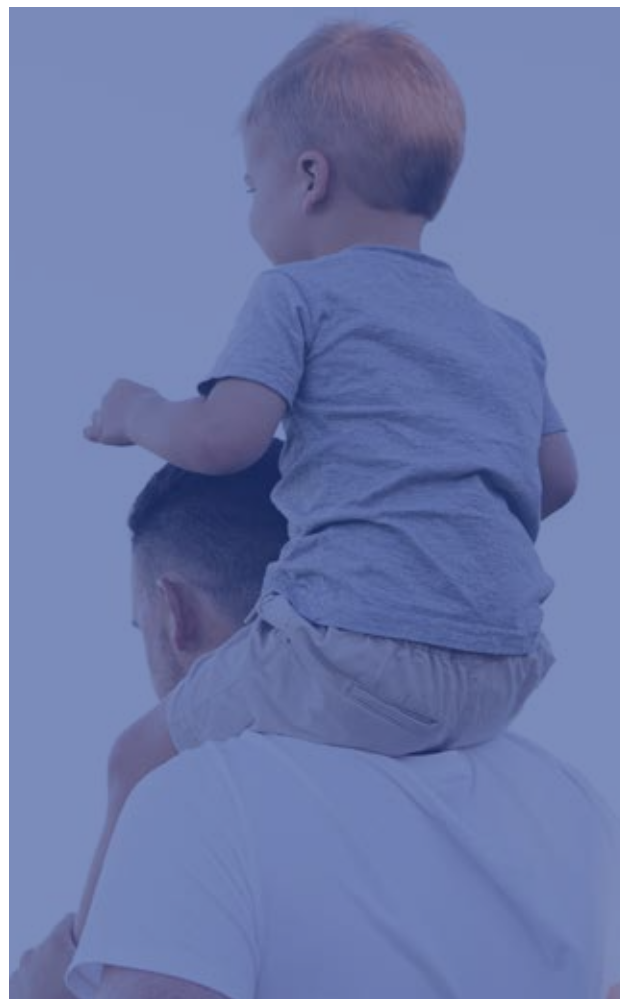
This part time programme will be attractive to learners from a range of disciplines including psychotherapy, social care, nursing, teaching, early childhood education and care, social work or other relevant areas who wish to explore the meaning of trauma and its influence on development and parenting.

The programme will afford learners opportunities to develop knowledge of relevant theoretical and conceptual competencies required for engagement in supporting positive parenting.

The programme will be delivered with an emphasis on experiential and inter-communicational modes of learning. It will facilitate graduates with opportunities to develop their knowledge, skills and attitudes of positive parenting to prepare them for working with parents in a range of professional contexts.

## Course Delivery

Classes are conducted on a part time basis comprising one evening a week for 12 weeks.





# COURSE CONTENT

Name of Module	Aim of Module	ECTS (Credits)
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	10
Engaging with parents in professional practice	The aim of this module is to provide learners an understanding of the importance of relationship-based practice in building positive collaborative engagement between parents and practitioners in order to deliver effective family-based interventions.	5

The programme is designed as an Embedded Minor award within the Principal Programme titled the Bachelors of Arts (Hons) in Counselling & Psychotherapy and is designed for learners who wish to develop knowledge and competence appropriate to enhance parenting competence and knowledge of the impact of trauma in developmental and parenting contexts for both personal and professional development.

## Why choose this Programme?

The overall aims of the Certificate in Supporting Positive Parenting are to:

- Provide a Minor Award in Supporting Positive Parenting for students who seek to develop knowledge, competence, and awareness of factors that impact on positive parenting and in particular understanding the principles of trauma-informed care and the impact of trauma on development and parenting practice.
- Further expand learners' professional development through the acquisition of factors that impact on positive parenting.
- Provide a programme that, through inter and transdisciplinary engagement, models best evidence-informed understanding of the principles of trauma-informed care.
- Demonstrate heightened awareness of theoretical and applied practices in a trauma-informed parental care context.
- Enable students to employ competencies that support positive parenting by creating and modelling transformative learning opportunities where learners can develop their personal awareness of positive parenting and respond with greater sensitivity to diverse needs within parenting contexts.
- Provide opportunities to engage in personal reflection to enhance knowledge and greater awareness.
- Provide access routes to major awards in Higher Education in related areas.

## Course Highlights

- Utilises "Blended Learning"
- Benchmarked against European Association of Counselling Training Standards (2015)
- Designed for learners who wish to develop support skills for parenting for both personal and professional development.
- Suitable for mature learners who wish to improve their parenting skills.
- Successful completion of this programme means the participant will have completed 15 ECTS on the National Framework of Qualifications.

## Entry Requirements

The knowledge, skills, and competence required to successfully participate in and complete the Programme are outlined below:

- Applicants are required to have a BA Degree in Counselling and Psychotherapy at Level 7.
- All applicants must be over 18 years of age.
- Applicants will be required to have basic IT literacy, skills, and competence.
- For non-native speakers of English, a C score in the Common European Framework of Reference for Languages (CEFR) or an equivalent IELTS score of 6.0 is required.






### **LIMERICK CAMPUS**

ICHAS (Irish College of Humanities and Applied Sciences)  
Walton House, Lonsdale Road,  
National Technology Park, Castletroy, Limerick  
Tel: 061 216288 Email: [info@ichas.ie](mailto:info@ichas.ie)  
Website: [www.ichas.ie](http://www.ichas.ie)

### **DUBLIN CAMPUS**

Griffith College,  
South Circular Road, Dublin 8  
Tel: 01 4150429  
Email: [shortcourses@griffith.ie](mailto:shortcourses@griffith.ie)  
Website: [www.griffith.ie](http://www.griffith.ie)

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