



ICHAS

Irish College of Humanities & Applied Sciences



GRIFFITH COLLEGE



Certificate in Counselling Skills (Online)

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ICHAS will be commencing the Certificate in Counselling Skills (Online) this May and will be completed over a 6 week period (6pm – 10pm) - subject to a viable cohort

The Certificate in Online Essential Counselling Skills has been specifically designed for those who want to develop key foundation-level counselling skills. This certificate is an ideal introduction to the world of Counselling and Psychotherapy, offering participants the opportunity to explore this growing profession in Ireland, teaching general Counselling skills that will benefit people in both their personal and professional lives.

Duration: 8 Weeks (6.00-9.00pm)

Course Content will include:-

Understanding the distinctions between counselling/psychotherapy and differing types of helping.	Exploration Skills in Counselling - Use of Opening Questions, Attending, Listening, Use of Restatements and reflection of feelings.	Facilitating the arousal of emotions and supporting clients to share appropriately in therapy.
Understanding the Therapeutic Relationship	Use of Self Disclosure in Counselling	Working with Clients to achieve insight and construct meaning of experiences.
The listening helper; qualities, skills and knowledge. Core conditions of Congruence, Empathy and UPR.	Establishing Rapport and client engagement.	Addressing relational issues in the Therapeutic Alliance.
Closing skills and disengagement at the end of the session	Demonstrating the use of Core conditions in the counselling framework.	Reflection on content and process of a counselling session

Schedule

May 01st 2024	May 08th 2024	May 15th 2024	May 22nd 2024
May 29th 2024	June 05th 2024	June 12th 2024	June 19th 2024

Programmes Fees

Fees for this Certificate are €500. Upon successful completion of the programme, you will obtain a college Certificate in Counselling Skills (Online). Successful participants on this certificate programme have the option to progress onto the range of BA(Hons) degree programmes at the College. Should you wish to proceed with the ICHAS Degree Programme, tuition fees for this degree will be reduced, pro-rata (€300.00),.

To proceed with an application for this programme, please apply online at www.ichas.ie

Closing Date for Applications: 26th of April 2024

See further information at: www.ichas.ie or please contact Tony at ICHAS at tony.obrien@ichas.ie or on 061216288

*Scheduled course dates and times may be subject to change.



www.ichas.ie

Limerick Campus

ICHAS (Irish College of Humanities and Applied Sciences)
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National Technology Park, Castletroy, Limerick
Tel: 061 216288 Email: info@ichas.ie
Website: www.ichas.ie

Dublin Campus

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South Circular Road, Dublin 8
Tel: 01 4150429
Email: shortcourses@griffith.ie
Website: www.griffith.ie