



## Certificate in Essential Counselling Skills

### Certificate in Essential Counselling Skills August 2024

ICHAS will be commencing the Certificate in Essential Counselling Skills this August 2024 on a blended basis at Griffith College, South Circular Road, Dublin and ICHAS Limerick on **Tuesday 27th of August 2024** and will be delivered over a 3 evenings (6pm – 9pm) and **2 Saturday workshops (9.30 – 4.30pm)**- subject to a viable cohort

The Certificate in 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. This programme is a 10 ECTS (NFQ) module and is one module from the first year of our degree programme. You will receive a College Certificate and a record of Credits on successful completion of the module.

#### 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

**Scheduled Class Dates are as follows: \***

## Schedule

<b>August 27th 2024 (Tuesday online)</b>	<b>August 31st 2024 (Saturday in class)</b>	<b>September 03rd 2024 (Tuesday online)</b>	<b>September 07th 2024 (Saturday in class)</b>	<b>September 10th 2024 (Tuesday online)</b>
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## Programmes Fees

Fees for this Certificate are €800. Upon successful completion of the programme, you will obtain 10 ECTS credits on the National Framework of Qualifications. This module is a 10 credits from the first year of the BA(Hons) in Counselling and Psychotherapy(With)Addiction/Youth Studies at ICHAS. Successful participants on the certificate programme have the option to progress on to the 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 (€500.00), students would also be exempt from class attendance for this module on the B.A. Programmes.

To proceed with an application for this programme, please apply online at [www.ichas.ie](http://www.ichas.ie)

**Closing Date for Applications:** Friday 23<sup>rd</sup> August 2024

See further information at: <https://ichas.ie/course/certificate-in-essential-counselling-skills/#1561038184784-5f3b7ad4-43c0> or please contact Tony at [tony.obrien@ichas.ie](mailto: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)  
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)