



Certificate in Foundational Skills & Competence in Counselling & Psychotherapy

Certificate in Foundational Skills & Competence in Counselling & Psychotherapy October 2025

ICHAS will be commencing the Certificate in Foundational Skills & Competence in Counselling & Psychotherapy this October at Griffith College, South Circular Road, Dublin, Griffith College Limerick, and Griffith College Cork. Classes begin **Saturday 06th October 2025** and will be completed over a 10 week period (6pm – 9pm on Mondays(Online), and 9.30am – 4.30pm on Saturdays (in person attendance)(please see schedule below) - subject to a viable cohort

This Certificate Programme is designed for learners who wish to learn fundamental skills and competencies in counselling & psychotherapy practice. The certificate is an ideal introduction to the world of counselling and psychotherapy, offering participants the opportunity to explore this growing profession in Ireland. 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.

Duration: 10 Weeks

NFQ Credits: 20 ECTS

This Certificate Programme comprises of the following modules

Module Title	Aim of the module	Credits
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.	10
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.	10

Module Content is as follows:

Essential Counselling & Psychotherapeutic Skills

Module 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

Theoretical Perspectives in Counselling & Psychotherapy

Module content will include:

Counselling and psychotherapy. Definitional distinctions and commonalities.	An introduction to Psychodynamic Counselling & Psychotherapy	An introduction to Humanistic Counselling & Psychotherapy
An introduction to Integrative & Pluralistic Counselling & Psychotherapy	An introduction to other Theories & Models in Counselling & Psychotherapy	Similarities and differences between schools/models of counselling and psychotherapy.
A common factors approach to counselling and psychotherapy.	Structuring the counselling/psychotherapy session.	Understanding the Therapeutic Relationship in Counselling & Psychotherapy
Therapist Competencies for practice	Counselling, Psychotherapy & the "Core Conditions"	Diversity, Difference and Cultural Sensitivity

Schedule

*Essential Counselling Skills (in Person class)

*Saturday October 04th 2025	Monday October 06th 2025	Monday October 13th 2025	*Saturday October 18th 2025
Monday October 20th 2025	*Saturday November 08th 2025	Monday November 10th 2025	Monday November 17th 2025
Saturday November 29th 2025	Monday 01st December 2025	Monday 08th December 2025	Monday 15th December 2025

Programmes Fees

Fees for this Certificate are €1000. Upon successful completion of this Certificate, students will receive a Level 6 (20 ECTS) Certificate in Foundational Skills & Competence in Counselling & Psychotherapy validated by Quality Qualifications Ireland (QQI). <https://www.qqi.ie/>. This Certificate is made up of two 10 credit modules 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 suite 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, by the fee paid for this certificate. Students would also be exempt from class attendance for these module listed above on the B.A. Programmes.

To proceed with an application for this programme, please apply online at <https://myichas.ie/newApplication/apply>

Closing Date for Applications: Friday 27th September 2025

See further information at: <https://ichas.ie/course/certificate-in-foundational-skills-competence-in-counselling-psychotherapy/> or please contact ICHAS at info@ichas.ie or on 061216288



www.ichas.ie

Limerick Campus

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Dublin Campus

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