



## Certificate in Foundational Skills & Competence in Counselling & Psychotherapy



**Safe Ireland and ICHAS, in partnership, will commence the Certificate in Foundational Skills & Competence in Counselling & Psychotherapy in April 2025 via blended learning at Griffith College, Dublin.**

**This course will begin on Tuesday 1st April 2025 and will be completed over a 12-week period:**

**6.30pm – 9pm on Tuesdays  
(via Zoom)**

**9.30am – 4.30pm on three Saturdays  
(In-person Attendance)**

This Certificate Programme is designed for specialist Domestic Violence staff in the Safe Ireland Membership who wish to learn fundamental skills and competencies in counselling & psychotherapy practice through a DV-Informed lens. This 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 staff 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 their existing role or as a point of initial discovery as to whether or not a Major Award might be something that they wish to pursue.

**DURATION:**  
**12 WEEKS**

**NFQ CREDITS:**  
**20 ECTS**

## Module 1: 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.

**CREDITS:**  
**10**

Module content will be delivered through a DV-Informed Lens and will include:

Counselling & 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.

## Module 2: 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.

**CREDITS:**  
**10**

Module content will be delivered through a DV-Informed Lens and 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.

# Programme Schedule 2025

Safe Ireland  
Member locations

Tues 1st April, 6.30-9.00pm  
*Theoretical Perspectives*

Tues 8th April, 6.30-9.00pm  
*Theoretical Perspectives*

Sat 12th April, 9.30am-4.30pm  
*In-person Skills*  
Griffith College, Dublin

Tues 15th April, 6.30-9.00pm  
*Theoretical Perspectives*

Tues 29th April, 6.30-9.00pm  
*Theoretical Perspectives*

Sat 11th May, 9.30am-4.30pm  
*In-person Skills*  
Griffith College, Dublin

Tues 13th May, 6.30-9.00pm  
*Theoretical Perspectives*

Tues 20th May, 6.30-9.00pm  
*Theoretical Perspectives*

Sat 24th May, 9.30am-4.30pm  
*In-person Skills*  
Griffith College, Dublin

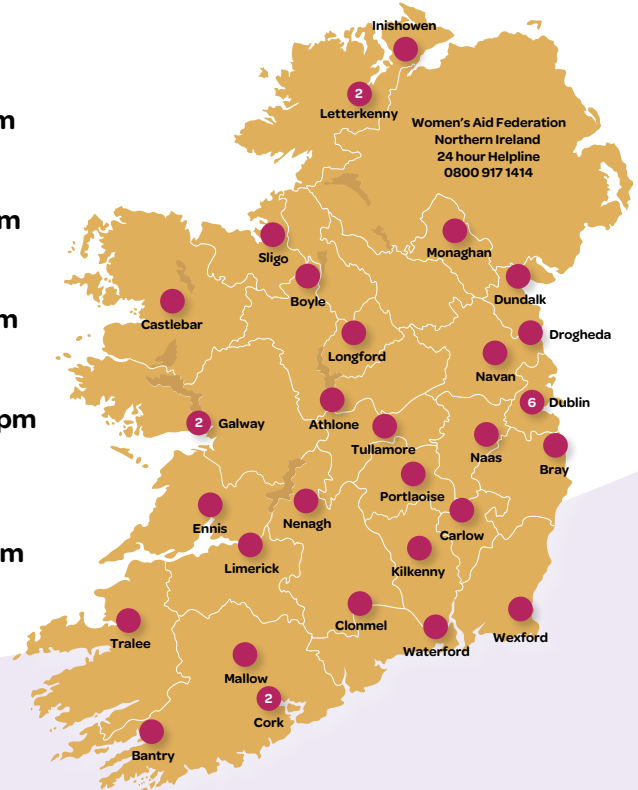
Tues 27th May, 6.30-9.00pm  
*Theoretical Perspectives*

Tues 10th June, 6.30-9.00pm  
*Theoretical Perspectives*

Tues 17th June, 6.30-9.00pm  
*Theoretical Perspectives*

Sat 21st June, 9.30am-4.30pm  
*In-person Skills*  
Griffith College, Dublin

Tues 24th June, 6.30-9.00pm  
*Theoretical Perspectives*



## Programme Fees

Fees for this certificate are €1,000, and with a Safe Ireland Members discount we are delighted to offer places at the reduced rate of €800.

Furthermore, Safe Ireland are offering 3 x full bursaries under the following criteria:

1 x Bursary Application per service

Bursaries are allocated on a  
first come, first serve basis

To register your interest in this course  
and apply for a bursary please contact:  
[jenny.horsfield@safaireland.ie](mailto:jenny.horsfield@safaireland.ie)

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 BA 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 the module listed above on the B.A. Programmes.

Closing Date for Applications:  
21st February 2025

For further information  
contact Safe Ireland or ICHAS

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Creating safety for women and children  
[www.safaireland.ie](http://www.safaireland.ie)

 **ICHAS**  
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