



## Certificate in Foundational Skills & Competence in Counselling & Psychotherapy - **Certificate At Safe Ireland**

**April 2026**

ICHAS will be commencing the Certificate in Foundational Skills & Competence in Counselling & Psychotherapy in April 2026 on Saturday 11<sup>th</sup> April 2026 and will be completed over a 12 week period (6.30pm – 8.30pm on Mondays (via Zoom), and 9.30am – 4.30pm on Saturdays (In person Attendance)).

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 or not a Major Award might be something that they wish to pursue.

**Duration: 12 Weeks**

**NFQ Credits: 20 ECTS**

**This Certificate Programme comprises 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

<b>*Saturday 11th Apr 2026 9.30am to 4.30pm – In person Skills Griffith College Dublin</b>	<b>Monday 20th Apr 2026 6.30 to 9pm – Theoretical Perspectives</b>	<b>*Saturday 25th April 2026 9.30am to 4.30pm – In person Skills Griffith College Dublin</b>	<b>Monday 27th April 2026 6.30 to 9pm – Theoretical Perspectives</b>	<b>*Saturday 9th May 2026 9.30am to 4.30pm -In person Skills Griffith College Dublin</b>
<b>Monday 11th May 2026 6.30 to 9pm – Theoretical Perspectives</b>	<b>Monday 18th May 2026 6.30 to 9pm Theoretical Perspectives</b>	<b>*Saturday 23<sup>rd</sup> May 2026 9.30am to 4.30pm – In person Skills Griffith College Dublin</b>	<b>Monday 25th May 2026 6.30 to 9pm Theoretical Perspectives</b>	<b>Monday 8th June 2026 6.30 to 9pm Theoretical Perspectives</b>
<b>Monday 15th June 2026 6.30 to 9pm Theoretical Perspectives</b>	<b>Monday 22<sup>nd</sup> June May 2026 6.30 to 9pm Theoretical Perspectives</b>	<b>Monday 29th June 2026 6.30 to 9pm Theoretical Perspectives</b>		