



Certificate in Foundational Skills & Competence in Counselling & Psychotherapy

Certificate in Foundational Skills & Competence in Counselling & Psychotherapy February 2026

ICHAS will be commencing the Certificate in Foundational Skills & Competence in Counselling & Psychotherapy this February at Griffith College, South Circular Road, Dublin, Griffith College Limerick and Griffith College Cork , **Saturday 28th February 2026** 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 or not a Major Award might be something that they wish to pursue.

Duration: 10 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

*Essential Counselling Skills (in Person class)

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|---|--------------------------------------|--------------------------------------|---|
| *Saturday February 28th 2026 | Monday March 02nd 2026 | Monday March 09th 2026 | *Saturday March 21st 2026 |
| Monday March 23rd 2026 | Monday March 30th 2026 | *Saturday April 11th 2026 | Monday April 13th April 2026 |
| Monday April 20th 2026 | *Saturday April 25th 2026 | Monday April 27th 2026 | Monday May 11th 2026 |

Programmes Fees

Fees for this Certificate are €1000. Upon Successful completion of this Certificates 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 (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 20th February 2026

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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