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Irish College of Humanities & Applied Sciences

BA(Hons) in Counselling and Psychotherapy with Youth Studies Stage 1 – Module aims

STUDY SKILLS FOR HIGHER EDUCATION

The aim of this module is to support students in their transition to becoming independent learners in higher education by enabling them to develop learning skills and strategies essential for success at this level.

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

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.

GROUP FACILITATION

To provide students with the opportunity to learn the skills, knowledge and attitude to manage the range of issues that are associated with group facilitation within the counselling/psychotherapeutic fields.

HUMAN DEVELOPMENT ACROSS THE LIFESPAN

The aim of this module is to support learners to achieve an understanding of a range of theories of human development and to consider their application in counselling and psychotherapy contexts.

ETHICS & PROFESSIONAL ISSUES

The aim of this subject is to teach students the skills, knowledge and attitude to understand the role of ethics in areas of professional practice such as Counselling & Psychotherapy.

UNDERSTANDING MENTAL HEALTH

The aim of this module is to teach students the skills, knowledge and attitude to understand the theoretical basis for normal and abnormal behavioural, cognitive and emotive responses as related to areas of professional practice such as Counselling & Psychotherapy.

INTRODUCTION TO PERSONAL DEVELOPMENT

The aim of this module is to teach students the skills, knowledge and attitude to understand the concept and practice of Personal Development in counselling and psychotherapeutic activities. In addition, it will introduce students to the importance of knowing themselves and the appropriate use of self within the interpersonal and therapeutic process.



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BA(Hons) in Counselling and Psychotherapy with Youth Studies Stage 2 – Module aims

CORE COMPETENCIES IN COUNSELLING AND PSYCHOTHERAPY

The aim of this module is to teach students the key evidence-based practice skills and interventions necessary to facilitate understanding and provide the basis for effective work with clients across the main theoretical approaches within Counselling & Psychotherapy.

CULTURAL ISSUES IN PROFESSIONAL PRACTICE

The aim of this module is to provide students with the opportunity to raise awareness of the beliefs and values of the learner's own culture and the impact of cultural beliefs and values in practice settings. It will emphasise the importance of sharing and increasing cultural knowledge as a means of challenging ethnocentricity and inter-cultural discrimination.

CASE FORMULATION

The aim of this module is to introduce students to the concept of Case Formulation in areas of practice using Psychotherapeutic paradigms. Within the learning environment students will critically appraise the concept of formulation within psychotherapeutic traditions and compare the similarities and distinctions with more traditional medicalized diagnoses. Learners will focus on the theoretical distinctions between both approaches and examine the contribution of formulation to treatment planning and evaluation.

PSYCHOSOCIAL ASSESSMENT

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to understand the theoretical basis for the use of Psychological & Psychometric Assessment in areas of professional practice.

GROUP PROCESS

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to understand Group Process in Counselling & Psychotherapy.

YOUTH AND SOCIETY

The aim of this module is to introduce students to a sociological perspective of adolescence focusing on the relationship between the individual and society with specific reference to the theoretical conceptualisations of youth, the role of social policy in young people's lives, and how current social realities shape the adolescent experience.

INTEGRATIVE APPROACHES IN ADOLESCENCE

The aim of this module is to enable students to appropriately apply a range of interventions when working with adolescents. It will emphasise the importance of structured assessment and competent application based on the theoretical underpinnings associated with a range of modalities including, CBT, REBT, Behavioural Modification Approaches, Solution Focused approaches, Person Centred approaches and Motivational Interviewing across a spectrum of issues from anxiety to life crises to anti-social behaviour. The modules will also address the attributes and skills necessary to work in the care and management of clients who present with these issues. In short, the module will specifically address the appropriateness of interventions to specified issues focusing on the practical transformation of theory to practice through the acquisition of the required skills and competencies associated with each form of intervention.

PERSONAL DEVELOPMENT & SELF-CARING PRACTICES

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to understand the concept and practice of Personal Development and Self Caring Practices in counselling and psychotherapeutic activities.



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BA(Hons) in Counselling and Psychotherapy with Youth Studies Stage 3 – Module aims

RESEARCH APPROACHES IN COUNSELLING & PSYCHOTHERAPY

The aim of this module is to provide students with the opportunity to acquire the skills, knowledge and attitude to engage with Research in Counselling & Psychotherapy.

CREATIVE THERAPEUTIC APPROACHES

The aim of this module is to introduce students to the range of evidence-based creative and expressive approaches applied in a youth context with reference to the theory and principles underpinning these therapeutic approaches and their connectivity with other modalities. It will enable students to develop and apply knowledge of alternative therapeutic models of intervention to enhance their responsiveness to clients' needs. The modules will also address the particular techniques and skills associated with each form of therapeutic approach with emphasis on supportive factors, learning factors and action factors. Finally, students will acquire an understanding of how to appropriately integrate expressive and creative approaches with other interventions and modalities.

MOOD, STRESS AND ANXIETY RELATED DISORDERS

The aim of this module is to enable students to achieve an understanding of the manifestations of mood, stress and emotional disorders and to support students develop the attributes and skills necessary to work in the care and management of clients who present with stress, emotional and mood disturbance in areas of practice such as Counselling & Psychotherapy.

FAMILY SYSTEMS THEORY AND PSYCHOTHERAPEUTIC INTERVENTIONS

The aim of this module is to introduce students to family systems theory and its application in Counselling and Psychotherapy Practice.

THEORY/PRACTICE INTEGRATION

The aim of this subject is to provide students with an opportunity to integrate the skills, knowledge and attitudes necessary for the competent practice of counselling/psychotherapy. This experiential learning is undertaken at 'Novice' level of practice and is workplace based.

CRIME, DEVIANCY AND YOUTH JUSTICE

The aim of this module is to introduce students to issues faced by young people who engage in crime, deviant and anti-social behaviour in the context of how youth justice is perceived by society in general. This will include an introductory exploration of criminological theory and the workings of the criminal justice institutions focussing on latest policy and practice developments. The module will also examine trends in sentencing with specific reference to controversies surrounding the shift from detainment to community intervention and restorative forms of justice. Finally, the module will examine the breadth of causative factors with emphasis on practical intervention.

PERSONAL PSYCHOTHERAPEUTIC EXPERIENCE 1

The aim of this module is to offer an experientially orientation introduction to personal psychotherapeutic experience. This module will enable learner's develop personal insight and self-knowledge through their personal participation in psychotherapeutic processes. Students will also, through their participation as an individual and/or as a group member in such engagements, learn directly to appreciate the diversity of a client's experience in personal therapy.

PSYCHOPATHOLOGY

The aim of this module is to enable students to achieve an understanding of the importance of mental illness and disorder in the context of psychotherapeutic activities.



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BA(Hons) in Counselling and Psychotherapy with Youth Studies Stage 4 – Module aims

TRAUMA INFORMED CARE FOR YOUTH AT RISK

The primary aim of the module is to provide students with an understanding of ACE Awareness and Trauma Informed Practice and examine this approach as a response to addressing the impact of early trauma, toxic stress and attachment disruption when working with adolescents.

CONTEMPORARY DISCOURSES IN COUNSELLING AND PSYCHOTHERAPY

The aim of this module is to support learners to engage with contemporary discourses relating to the latest developments in the counselling and psychotherapy fields of practice nationally and internationally.

BEREAVEMENT, LOSS & GRIEF

The aim of this module is to provide students with the opportunity to understand the process of bereavement and explore issues in loss and grief.

APPLIED PRACTICE

The aim of this subject is to provide students with an opportunity to integrate the skills, knowledge and attitudes necessary for the competent practice of counselling/psychotherapy. This experiential learning is undertaken at 'advanced beginner' level of practice and is workplace based using an approved supportive structure.

FINAL YEAR PROJECT

The aim of this module is to act as a Capstone Module which will help the student integrate the theoretical and practice-based learning achieved across the programme. It will emphasise the importance of the integration of evidence-based practice in counselling and psychotherapeutic practice.

PERSONAL PSYCHOTHERAPEUTIC EXPERIENCE 2

The aim of this module is to offer an experientially orientation introduction to personal psychotherapeutic experience. This module will enable learners' develop personal insight and self-knowledge through their personal participation in psychotherapeutic processes. Students will also, through their participation as an individual and/or as a group member in such engagements, learn directly to appreciate the diversity of a client's experience in personal therapy.

LEADERSHIP, MANAGEMENT AND EMPOWERMENT IN A YOUTH CONTEXT

The aim of this module is to introduce students to foundational concepts of working with young people emphasising the essentiality of participation and empowerment when leading and managing in a youth environment. This will include a theoretical and practical exploration of the effective interpersonal communication skills required for effective leadership practice in multiple contexts including one-to-one, team and community engagements. Students will develop the required skills and approaches for the development of positive and productive relationships with an understanding of personal & professional boundaries and the skills in developing trusting relationships. Module content is also devised to provide practical skills in project management including the skills required for needs assessment, planning, project design and evaluation. Essential leadership and managerial skills will be emphasised including creativity, innovation and enterprise as well as team work, conflict resolution, self-management and accountability.

Elective

Student choose from a range of elective modules further details of the range of electives available through your programme coordinator