ICHAS

Irish College of Humanities & Applied Sciences

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

CORE COMPETENCIES IN COUNSELLING AND PSYCHOTHERAPY

The aim of this module is to 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.

THEORETICAL ASPECTS OF ADDICTION

The aim of this module is to provide the learner with the opportunity to develop their knowledge of the theoretical underpinnings of Addiction. Learners will focus on theoretical explanations, epidemiological considerations as well as personal and familial consequences, over the period of the Module and will be required to appraise the evidence base for a range of explanatory theories.

SUBSTANCE-RELATED ADDICTIONS

The aim of the module is to facilitate students to explore and critically evaluate the concept of non-substance related addictions. Learners will focus on the theoretical evidence for non-substance use related disorders being categorized as addictions.

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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Irish College of Humanities & Applied Sciences

BA(Hons) in Counselling and Psychotherapy with Addiction 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.

PSYCHOSOCIAL INTERVENTION MODALITIES IN ADDICTION

The aim of the module is to facilitate students to acquire the knowledge necessary to comprehend the principles of the key psychosocial intervention approaches in addiction practice. Learners will be required to appraise the evidence base for a range of treatment approaches.

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.

NON-SUBSTANCE-RELATED ADDICTIONS

The aim of the module is to facilitate students to explore and critically evaluate the concept of non-substance related addictions. Learners will focus on the theoretical evidence for non-substance use related disorders being categorized as addictions.

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 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 Addiction Studies Stage 4 – Module aims

TRAUMA INFORMED CARE IN ADDICTION PRACTICE

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 individuals in addiction contexts.

CONTEMPORARY DISCOURSES IN COUNSELLING AND PSYCHOTHERAPY

The aim of this module is to 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 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.

EMOTION FOCUSED THERAPY

The aim of the module is to facilitate students to acquire the knowledge, skills, knowledge and attitude necessary to understand the theoretical basis for Emotion Focused approaches.

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.

BIO-PHYSIOLOGICAL ASPECTS OF ADDICTION

The aim of the module is to facilitate students to acquire the knowledge necessary to identify, work with and refer clients on for appropriate treatment of biological and physiological disorders related to alcohol and other drug use. Learners will be required to appraise the evidence base for a range of explanatory theories.