



Certificate in Essential Counselling Skills

Certificate in Essential Counselling Skills – October 2024

ICHAS will be commencing the Certificate in Essential Counselling Skills & Competence in this October at Griffith College, **October 14th of October 2024** and will be completed over an 8 week period (6pm – 9pm on Monday evenings.- subject to a viable cohort

The Certificate in Essential Counselling Skills provides participants with a real understanding and practical application of counselling and psychotherapeutic skills. 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.

Who is this course for?

This part-time programme is designed for those who have little or no professional experience but wish to extend their knowledge of interpersonal and counselling skills. It is suitable for healthcare professionals, teachers, social workers, managers, those working in customer services, sports coaches and others.

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 a Major Award might be something that they wish to pursue.

Duration: 8 Weeks

NFQ Credits: 10 ECTS

This Certificate Programme Comprises of the following modules

Module Title	Aim of the module	Credits
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

Schedule

Monday October 14th 2024	Monday October 21st 2024	Monday November 04th 2024	Monday November 11th 2024	Monday November 18th 2024
Monday November 25th 2024	Monday December 02nd 2024	Monday December 09th 2024		

*Scheduled course dates and times may be subject to change.

Programmes Fees

Fees for this Certificate are €800. Upon Successful completion of this Certificate students will receive a College Certificate in Essential Counselling Skills. This Certificate comprises a single 10ECTs module 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, pro-rata (€500.00), students would also be exempt from class attendance for the 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: Monday 11th October 2024

See further information at: <https://ichas.ie/course/certificate-in-essential-counselling-skills/> or please contact ICHAS at info@ichas.ie or on 061216288



www.ichas.ie

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