

Professional Diploma in Counselling

Becoming a Professional Counsellor

To become a professional Counsellor requires a decision to undertake a journey of personal and social discovery. This is vital, as one of the most important instruments you have to work with as a counsellor, is yourself as a person.

'If we hope as Counsellors to promote growth and change in our clients, we must be willing to promote growth in our own life'.

Gerald Corey

While the wish to help others is important in our profession, this, in itself, is not enough. Effective counselling training has to incorporate four components: deep personal awareness, thorough knowledge of theory and techniques, skills training and supervised clinical practice. The Counselling Centre Training Institute provides all of the above. We expect our applicants to have successfully completed a foundation course and to have experience of personal development work. The minimum age to apply for the course is 25.

Our Diploma in Counselling is a professionally recognised qualification.

Course Structure

The course is organised on a part-time basis. The core of the training is done over two years in an ongoing training group, followed by 100 practice hours. Each group has an average of 16 members. The group meets on a monthly basis for residential weekends and extended workshops from September to May. To successfully complete each training year, students must have passed all three elements of training, e.g. Personal Development, Skills Training and Theory.

At the end of the two year training group, the students will be assessed by their trainers and a decision will be made about their competence to work with clients. Students will then begin their supervised practice hours in one of two ways:

a) Placement at The Counselling Centre in Cork city;

Or;

b) External placement in an approved counselling setting.

Students receive ongoing supervision during this time.

Other requirements of the course include external personal counselling, the keeping of a personal journal, extensive study, attendance at tutorials, theory presentation and essays, lifespan essay, video transcript and analysis, case study and a short thesis.

Course Completion

A professional Diploma is awarded to students on successful completion of their studies. **This course is recognised by the I.A.C.P.** (Irish Association for Counselling and Psychotherapy) and fulfils one of the core requirements of the accreditation process of that professional body.

Course Selection

There are 3 steps to the selection procedure;

- Applicants are invited to submit a comprehensive Curriculum Vitae, passport sized photograph and the completed application form.
- This will be followed by an individual interview.
- Selected candidates are then invited to attend a group interview. This completes the assessment process.

Successful applicants will then be offered a place on the course. Responsibility for final selection rests solely with the training team.

Course Fees

See application form.

Please note training fees do not cover supervision, practice hour costs, cost of accommodation for the workshops or personal counselling costs.

All courses will run subject to a minimum number of participants. The Counselling Centre reserves the right to make changes to dates, times, course content and will make every effort to advise participants of any such changes in good time.

New Diploma to Degree Conversion Course

While at present a Diploma in Counselling is sufficient to obtain accreditation by the professional bodies, there are some plans to regulate the counselling profession. In line with possible future requirements, The Counselling Centre is offering students a chance to upskill to degree level. Proposed intake for this new course begins in 2010.

New Post Graduate Certificate & Diploma in Supervision

This new training course will be commencing intake in September 2009. Information on request.



The Counselling Centre Training Institute

*Ordinary people can make
an extraordinary difference*

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Registered Charity Number: CHY 8911

“ Ordinary people can make an extraordinary difference”



The Counselling Centre Training Institute is a professional place, with a supportive and creative atmosphere. Our training courses provide a unique and exciting way to find out who you are, learn effective skills and become a competent counsellor.

The Counselling Centre

“We are committed to providing counselling and psychotherapy of the highest ethical and professional standards to all members of society regardless of financial means, religious beliefs, race, sexual orientation or educational background.”

The Counselling Centre was founded in the early 1980s by Clinical Psychologist Maria Huss, one of the first psychotherapists to introduce professional counselling and psychotherapy to Ireland. From the beginning The Centre has grown and developed, was granted charitable status in 1989, and to this day continues to change and develop in response to the needs of the community.

The Counselling Centre Training Institute

Out of this history the Training Institute was born. Since its foundation The Centre has been providing professional training, supervision and placements for 3rd level students. The training has grown into the comprehensive range of courses in counselling we offer today. **Our Diploma course was one of the first professional training courses to be recognised by the Irish Association for Counselling and Psychotherapy in 1996.** Our Foundation course offers an opportunity for personal development and the chance to explore counselling as a career. **The fees students pay part-finance the work of our community counselling centre.**

We offer the option to bring your Certificate to Diploma and your Diploma to Degree Level

Why train with us?

As a student Counsellor you will train in a supportive environment which offers:

- Over 20 years experience in training and counselling practice;
- The possibility to train for a new career while maintaining your current employment;
- Option to bring your certificate to Diploma and your Diploma to Degree Level;
- The completion of your practice hours either at The Counselling Centre in Cork city or at approved venues nationwide;
- Access to clients presenting with a wide range of issues;
- An opportunity to experience work in a busy community counselling centre;
- One of the core requirements for accreditation by the Irish Association for Counselling and Psychotherapy, to graduates of the Diploma.
- Tuition with trainers who are practising counsellors working within recognised codes of ethics and professional practice;
- A unique opportunity to reclaim joy, wonder and creativity in your life with space and attention given to fun and celebration;
- Deliberately small group sizes allowing individual attention, group cohesion and the potential for building friendships;

Foundation course in counselling skills

The Foundation course in counselling offers participants the opportunity to pursue their interest in counselling. It may also appeal to those who need counselling skills in their work. In addition, it prepares people for entry into professional counselling training courses. The Foundation Course is not however a professional qualification in counselling. The minimum age for application is 24.

Course Structure

The course is organised on a part-time basis. The group meets over nine workshops at The Counselling Centre & Training Institute, running on Friday evening and all day Saturday, plus one residential weekend. We usually offer two courses; the first of these will be held from September to May, with the second beginning in January.

Course Content

There are four essential components to the course content;

- Personal awareness and development;
- Knowledge of theories of counselling;
- Skills training, including the opportunity to participate in a professional supervision session;
- Multi-cultural awareness.

The Counselling Centre Training Institute provides this training in a group setting which encourages exploration and learning.

Participation Requirements:

Openness to ongoing personal development which occurs in a group setting;
Keeping a personal journal;
Assignments based on core components of the course;
Self and peer assessments.

Assessment

Assessment is continuous and based on submitted assignments, attendance and feedback on personal development from self, peers and trainers.

Course Completion

Students who successfully complete the course will be awarded a Certificate in Counselling Skills. It is important to note that this is not a professional qualification in counselling.

Course Selection

Applicants are invited to submit a comprehensive Curriculum Vitae, passport sized photograph and the completed application form. Based on this application, individuals will be invited to attend an interview. Successful interviewees will then be offered a place on the course.

Course Fee

See application form.