



Counselling & Psychotherapy | Postgraduate Courses | Personal Development | Professional Development



PCI College

Excellence & Innovation in Mental Health & Wellbeing

CELEBRATING 25 YEARS

1991/92 - 2016/17

PROSPECTUS 2017



Welcome to the PCI College 2017 Prospectus!

We are delighted that you are interested in learning about our programmes.

Now in its 25th year, PCI College is the leading provider in Ireland of third level and continuing professional development programmes in the field of counselling and psychotherapy, mental health and wellbeing and personal and professional skills development. Our core commitment is to excellence and innovation in mental health and wellbeing education and training. Our highly-trained graduates are to be found in a wide range of professional practice settings, both public and private.

It is the mission of PCI College to make transformative contributions to individuals and society as the leading mental health and wellbeing educational establishment, contributing significantly towards excellence in contemporary academic knowledge and ethical practice within the helping professions.

The College's vision is centred on its commitment to high quality provision of inspiring, memorable, positive, professional and potentially life-changing learning experiences through programmes designed to be participative and experiential and draw upon the prior lived experience of the learner.

We aim to offer optimum experiences and opportunities in inclusive provision so that every student will feel warmly welcomed, cared for, respected and supported, with particular focus on the needs of the adult learner and mature student. We are privileged to have an academic team of the highest quality and commitment in a setting where learning and development accepts and values openness, honesty, difference, freedom of expression and the sharing of experience.

In addition to our well-established and popular BSc (Honours) Degree in Counselling & Psychotherapy (Part-Time) from Middlesex University (MU), the College is proud to have welcomed the first Masters level participants in 2016-17 in our MSc in Child & Adolescent Counselling & Psychotherapeutic Skills also validated by MU. This is a very significant enhancement of our ongoing postgraduate and continuing professional development programme and for 2017-18 we are delighted to introduce two further Masters programmes in Family Therapeutic Skills and Addiction Counselling & Psychotherapy.

If your desire is to begin or continue an educational journey with us in mental health and wellbeing, you can be assured of our total commitment to the highest quality teaching, learning and professional support throughout your chosen course of study and beyond. We hope you will find this Prospectus reflects our aims to develop academic programmes that are relevant to the intellectual and vocational needs of individuals and provide educational opportunities for all to reach their full potential.

We look forward to welcoming you into this dynamic teaching and learning environment.

Best wishes

Pat Kitterick
Director



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PCI College is the leading provider in Ireland of third level educational and continuing professional development courses in the mental health fields of Counselling & Psychotherapy, and personal & professional development. The college is committed to the provision of expert professional training and education in mental health and wellbeing, to individuals and to specialist groups through tailor-made training. Our students come from a wide range of backgrounds and previous experience, while our corporate reach includes Government departments, organisations such as the Health Service Executive (HSE), the community and voluntary sector and commercial companies.

The BSc (Honours) degree in Counselling & Psychotherapy is validated, quality assured and awarded by Middlesex University and is professionally accredited by the IACP (Year 3). Our Certificate courses provide a high standard introduction to fields including counselling & psychotherapy, covering both theoretical and applied issues, while our Postgraduate and Professional programmes deliver enhanced learning in specialist areas of study.

Our online and blended learning programmes allow students the flexibility to study at home, while a range of Personal Development courses offer the opportunity to explore self-enrichment in short, experiential formats.

PCI College was founded in 1991 by Liam McCarthy and Josephine Murphy (as Personal Counselling Institute) to provide students with a broad education in counselling & psychotherapy. The academic year 2016-2017 is the 25th anniversary year of the College and we will host a number of events to mark the occasion. In 2001 the college became a collaborative partner of Middlesex University and this has remained a very fruitful working relationship. Our programmes are characterised by an integrative approach to counselling & psychotherapy training. Through their extensive training, students are introduced to all the main theorists, as well as being afforded the opportunity to delve into important topics such as Anxiety, Loss and Sexuality. This expansive breadth of training, in conjunction with the provision of high quality, student-friendly teaching, is one of the key factors that each year continues to attract many students to join the growing PCI College family of qualified counsellors, psychotherapists and other therapeutic professionals. PCI College continues our founders' pioneering work by embracing the continued raising of academic standards in the context of proposed professional regulation, while still making training as accessible as possible; by continuing to set a high standard of personal development in training; by raising awareness around the wide range of mental health issues with which people struggle daily - depression, anxiety, suicide, addictions, relationship difficulties etc. - and by promoting an integrative approach within our field, and with our fellow professionals.

Student Progression and Support

Since our foundation we have prioritised the delivery of a service characterised by an attitude to adult learners which is supportive and encouraging, as well as developing in students a hunger for reflective and critical analysis. Our programmes are designed to be participative and experiential, drawing whenever possible on prior lived experience. The academic value of our courses is enhanced by a learning environment that is warm, transparent and genuine. Learners and staff interact in a mutual effort to engage in and promote the concept of lifelong learning.

PCI College provides students with online access to a student portal with course timetables and content, an online library and a dedicated email account. Students are invited to note any diagnosed learning difficulty, e.g. dyslexia on application and can expect to be provided with advice and support to complete their chosen course.

Students connect with their Core Tutors throughout the degree programme making this an exceptionally supportive adult education experience. In cooperation with lecturers and other college staff, Core Tutors monitor student participation in professional degree and postgraduate programmes including academic assignments, clinical work and personal development.



Academic Director, PCI College and Principal, Ironmill College

Rose Bedford

Rose is the Academic Director at PCI College, providing support and leadership related to strategic development, academic standards and practices, and the development of new and existing programmes. The role also includes sharing and aligning the excellent standards and practices offered by both PCI College and Iron Mill College in Exeter, where Rose is the Principal. As a senior accredited and registered member of the BACP, Rose has previously been in private practice for many years, providing counselling and supervision, board member coaching, and organisational group development and training. Rose is continually involved with universities in external examiner and external advisor positions, and takes various roles on academic committees. She is enthusiastic about creative, innovative and contemporary approaches to learning.



College Director

Rhiannon Murphy

As College Director, Rhiannon manages all aspects of the smooth running of the College as well as coordinating operational planning and future developments. Rhiannon holds a degree in Communication Systems and Marketing from the University of Lincoln and a Certificate in Equality in Training and Education from NUI Maynooth. Rhiannon provides valuable knowledge and experience in higher education matters, coupled with over 15 years' experience in higher education, working with both UK and USA universities specifically in the fields of recruitment, admissions, academic boards and student services. Rhiannon has a keen interest in strategic change and business management development and is highly focussed on student support and customer service.



BSc (Honours) degree in Counselling & Psychotherapy Programme Leader

Jade Mullen

Jade is the Programme Leader and Year Head for Years 3 and 4 on the BSc (Honours) Degree in Counselling and Psychotherapy. Jade also lectures across the BSc from Years 1-4. Jade is a registered Counselling Psychologist and accredited member of the IACP. Jade has experience working in a number of areas, with a particular interest in autism, in particular in relation to psychotherapeutic supports, knowledge and psychoeducation available for parents and carers of children who have a diagnosis of autism and has delivered a presentation on this area at the 2013 National Counselling and Psychotherapy Conference. Jade is also interested in the relational aspects of therapeutic work and has a growing interest in working with children in care.

Faculty Lecturers

See full details of Faculty teaching responsibilities and specialist areas on our website www.pccollege.ie

Antoinette Stanbridge

BA (Hons) Psychology (UCD);
H.Dip. Counselling (UCC), MIACP

Brian O'Sullivan

BA Psychotherapy and Psychometric Testing;
M.Sc. Systemic Psychotherapy MBACP

Cóilín Ó Braonáin

PhD Developmental Psychology,
MA in Humanistic & Integrative Counselling,
MIACP

Colm Early

M.Sc. Couns. & Psychotherapy, Dip Couns, Dip
Gestalt, Dip Couns Supervision, MIACP, MAPPI

Donagh Ward

BSc (Hons) Counselling & Psychotherapy, MSc
Psychotherapeutic Studies, MIACP

Gael Kilduff

BSc (Hons) Counselling & Psychotherapy, Dip
Couples Counselling and Relationship Therapy,
Advanced Dip. Supervision, MIACP

Mike Hackett

BSc (Hons) Counselling & Psychotherapy,
Advanced Dip. Supervision, PMP, MIACP,
MARCHTI

Pat Gavin

BA (Hons) Counselling & Psychotherapy, MIACP

Tom Ryan

MA Integrative Therapy, MIACP MIAHIP

Willie Egan

BSc (Hons) Counselling & Psychotherapy,
Advanced Dip. Supervision, Dip. Social
Studies, MIACP



Why Choose PCI College



PCI College

Excellence & Innovation in Mental Health & Wellbeing
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If you speak to one of the thousands of PCI College graduates and current students, you will find there are many great reasons to choose PCI College for your education and career development. Here are some facts to help confirm why you should choose PCI College:

- ✓ PCI College are **experts in mental health & wellbeing education** – we don't teach anything else. We have 25 years' experience providing programmes in counselling & psychotherapy, psychology and a variety of personal and professional development subjects.
- ✓ We set, monitor and maintain **high academic standards** on our programmes, with external validation of the BSc (Honours) degree and postgraduate programmes by Middlesex University and detailed internal Quality Assurance procedures to ensure all our courses are delivered to high standards.
- ✓ PCI College **supports professional standards and accreditation** within the field. Our BSc in Counselling & Psychotherapy is accredited by the IACP and we support the continued raising of academic standards in the context of proposed government regulation. We are proud that the largest cohort of counsellors accredited by IACP over the past few years have been PCI College graduates.
- ✓ The **programmes we teach are Integrative** in approach, bringing together theories and approaches from all the major schools of counselling, psychotherapy and psychological education. Our **courses combine theoretical and experiential learning** so students receive a fully rounded education in theory, personal development and the practical application of skills and knowledge in the real world.
- ✓ **Our lecturers are highly qualified, experienced educators.** They hold qualifications to Diploma, Degree and Masters level, and many have further specialist training. Moreover, our lecturers are also practitioners, bringing their own professional and practical experience to the classroom to share with you and other students.
- ✓ **PCI College is student focused.** We strive to provide excellent value for our students and recognise the investment you are making in your own future while studying at PCI College. We design our programmes and our college experience to ensure that students receive high-quality training, with support from lecturers and administrative staff, to enhance your education and develop your career.

We want you to feel welcomed, supported and valued during your time with PCI College and strive to provide a warm, encouraging environment for your future study.



Where We Teach

PCI College teach programmes in Athlone, Belfast, Cork, Dublin, Kilkenny and Limerick. We currently have two Dublin campuses; our Dublin West campus and Head Office (just off the N7 and close to the M50) and our City campus, in the heart of Dublin 2.

OUR OTHER CLASS VENUES INCLUDE:

Athlone Education Centre • Butler House, Kilkenny • Cork Education Support Centre
Inspire, Lombard Street, Belfast • Limerick Education Centre



What Our Students Think



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"My experience with PCI College has been a significantly positive journey to date. I am passionate about the field and work of Counselling and Psychotherapy and PCI has been the perfect vehicle for me to carry my academic and experiential endeavours. The staff and lecturers have a total dedication to the wellbeing of the students throughout their studies and the training available is of the highest standards available in Ireland."

Johanne Kenny

"I rate my experience of training with PCI College not only as a 10 but also as one of my most enjoyable experiences of further education. I look forward to each weekend's training with enthusiasm, and I value the knowledge and experience shared by the tutors and the camaraderie of my fellow students."

Kathleen Doherty

"The team at PCI College make this a wonderful, worthwhile learning experience. This course covers a broad range of topics and areas in psychology and is the perfect stepping stone to further study in psychology. I found the experience and the standard of the college exceptional."

Sarah Glynn

"Presented in a clear manner. Very informative and interesting. Enjoyed the group discussions & participation."

Rita McCabe

"The tutors were incredibly experienced in counselling and I found they treated us as trainees rather than students, which was very encouraging and gave you the freedom and confidence to build on what you were learning and how you were growing...In each year the assignments became more challenging but in another way we had learned a lot of skills and developed an understanding of human nature and had the confidence to write what we really felt about a subject and how this might be in the counselling setting."

Carol McNeill Dunlea

"Excellent tutors and course-work, made this course very enjoyable... I found the college had a lovely approach in dealing with students, and helping them to handle the pressure of completing the high level of college hours, assignments, workshops, client hours, personal therapy hours, and supervision hours required."

Jenny Hannigan

"Right from the beginning there was a friendly atmosphere; the tutors were approachable and the small class size helped me form great friendships. I love being in the classroom and interacting with the group and tutors, it is good to spend time with people who have common interests. It also helps that the tutors are all qualified counsellors themselves and all have experience of working with people which makes their lectures more interesting when they share their own experiences."

Laura Porritt

"Shared experience, grounded examples, very knowledgeable with varied modes of teaching, loved it. Put a huge effort into each section, very much appreciated."

Marie O'Connor

"I enjoyed this course immensely. It opened up a new vision for me and allowed me focus on who I want to be and what I want to believe. Our group was amazing and the trust we all had in each other was great and it enabled us to share our personal experiences. We had some great moments in the classroom. I would recommend it not only for those who want a career in counselling but for those who want to personally develop and take time out of their busy lives."

Laura Farrell

"Excellent course, very informative and gain useful skills that one can use in every day life. Would highly recommend it to anyone."

Geraldine Hanley



Certificate in Counselling & Psychotherapy

Preparatory course for BSc (Honours) Degree Programme and providing a unique opportunity for personal growth and development.



PCI College

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WHO IS THIS COURSE FOR?

For individuals who want to prepare for professional qualification or for those who want to explore personal development and gain basic counselling skills for use in their current roles and everyday life.

ABOUT THE COURSE

This course is accessible to all and is a great way to develop an understanding and appreciation of counselling. It will appeal to those who are looking for personal development or those who need counselling skills in their work. You will be introduced to a basic knowledge of counselling, key skills and selected approaches to the process. Interpersonal communication, personal development issues and the application of theory to practice are all thoroughly explored. This course is also a stepping stone for those who want to prepare for a professional qualification. Successful completion of the PCI College Certificate in Counselling & Psychotherapy will enable you to meet one of the entry requirements of our BSc (Honours) in Counselling & Psychotherapy.

SYLLABUS / COURSE CONTENT:

- Personal Development
- Overview of Theories & Approaches
- Counselling Skills
- Introduction to the profession of Counselling & Psychotherapy

LEARNING OUTCOMES:

Participants can expect to:

- Develop an understanding and appreciation of counselling as a distinct interpersonal form
- Learn and practice key frameworks for counselling and the skills required to implement them
- Reflect on personal growth and experience of life as a primary source of your understanding of counselling
- Become familiar with some of the main issues presented in counselling and an outline of how each is treated

LEADING TO THE AWARD OF:

PCI COLLEGE CERTIFICATE IN COUNSELLING &

PSYCHOTHERAPY - Meets one of the entry requirements of the BSc Honours Degree Programme

BELFAST

The Certificate in Counselling & Psychotherapy in Belfast is delivered in association with Inspire.
Further details on www.pccollege.co.uk.



ENTRY REQUIREMENTS:

- Applicants should be 18 years of age or over and possess a level of maturity to reflect on their own development as a person.
- Entry is by Application Form.

DURATION:

AUTUMN PROGRAMME: October - April

SPRING PROGRAMME: February - June

SUMMER PROGRAMME: May - September (Dublin Only)

See our website for detailed timetables.

ASSESSMENT: Assignments.

VENUE:

Dublin West, Dublin City, Cork, Limerick, Athlone, Kilkenny, Belfast & Blended Learning.

FEES:

Please see our website www.pccollege.ie for full details of fees and payment options.

CAREER POTENTIAL / PROGRESSION

Students who complete the Certificate in Counselling & Psychotherapy will be invited to apply for entry to the BSc (Honours) degree in Counselling & Psychotherapy which leads to qualification as a professional therapist. The skills and knowledge gained in the Certificate are also beneficial in many other roles, as students focus on listening skills, interpersonal communication and a range of basic counselling approaches which are applicable in work and personal settings.



Blended Learning Certificate in Counselling & Psychotherapy & Online Introduction to Counselling & Psychotherapy



PCI College
Excellence & Innovation in Mental Health & Wellbeing
CELEBRATING 25 YEARS
1991/92 - 2016/17

WHO IS THIS COURSE FOR?

The Blended Learning Certificate course is ideal for individuals who cannot commit to a classroom setting or would like the flexibility of online study. It is ideal for those who wish to study from home and want to explore personal development, who need counselling skills in their work, or those who intend to pursue a career in counselling & psychotherapy.

For students who wish to begin with an overview and introduction to Counselling, Psychotherapy and Personal Development, the Online Introduction course provides an accessible starting point and can be upgraded to a full Blended Learning Certificate on completion.

ENTRY REQUIREMENTS:

- Applicants should be over 18 years of age and possess a level of maturity to reflect on their own personal development.
- Entry is by online Application Form.
Applicants should have sufficient IT competence to complete this online course.

DURATION:

Students can begin the course at any time.

The Online Introduction to Counselling & Psychotherapy must be completed within 12 months of enrolment.

The Blended Learning Certificate in Counselling & Psychotherapy must be completed within 18 months of enrolment.

ASSESSMENT:

Assignments & Workbooks. For the Blended Learning Certificate, attendance & participation at both weekend workshops is also required.

FEES:

Please see our website www.pccollege.ie for full details of course fees.

LEADING TO THE AWARD OF: PCI COLLEGE BLENDED LEARNING CERTIFICATE IN COUNSELLING & PSYCHOTHERAPY

CAREER POTENTIAL / PROGRESSION

Students who complete the Blended Learning Certificate in Counselling & Psychotherapy will be invited to apply for entry to the BSc in Counselling & Psychotherapy which leads to qualification as a professional therapist. The skills and knowledge gained in the Certificate are also beneficial in many other roles, as students focus on listening skills, interpersonal communication and a range of basic counselling approaches which are applicable in work and personal settings.

ABOUT THE COURSE

The course is a great way to develop an understanding and appreciation of counselling and will appeal to those who wish to discover the different theories and approaches to counselling & psychotherapy, to explore their own personal development, and to develop basic counselling skills. The course material is delivered online, through the PCI College Student Portal, and students are fully supported by the Course Tutor, with introductory videos and contact through email and phone.

During the Blended Learning Certificate classroom experiential weekends, interpersonal communication, personal development issues and the application of theory to practice are all well explored. The weekend workshops are facilitated by experienced lecturers (who are also practicing professional counsellors) who guide students to fully explore the basic theories, approaches and skills of counselling, working with other students in small group exercises.

ONLINE INTRODUCTION TO COUNSELLING & PSYCHOTHERAPY COURSE CONTENT

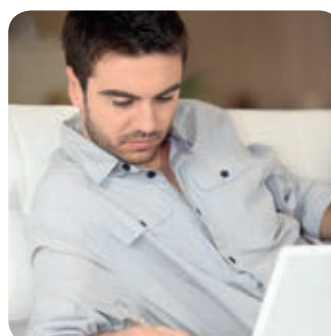
- Personal Development
- Overview of Theories & Approaches
- Humanistic Approach & Cognitive Behavioural Approach
- Counselling Skills

You can either sign up to the full Blended Learning Certificate from the beginning and avail of discounted fees, or upgrade after completing the Online Course.

BLENDED LEARNING CERTIFICATE IN COUNSELLING & PSYCHOTHERAPY COURSE CONTENT:

- All content in the Online Introduction outlined above
- Plus 2 classroom-based experiential weekend workshops (held at our Head Office, Clondalkin, Dublin 22)

The PCI College Blended Learning Certificate in Counselling & Psychotherapy meets one of the entry requirements of our professional BSc (Honours) Degree Programme.



BSc (Honours) in Counselling & Psychotherapy

WHO IS THIS COURSE FOR?

The course is intended for students who want to gain an honours degree and a professional qualification in Counselling & Psychotherapy. This course is designed for people who wish to become professional counsellors/psychotherapists, as well as those who have an opportunity to use counselling skills as part of their work (either in a paid or voluntary capacity) or simply want to broaden their qualifications. Many of our graduates enter the profession from diverse careers such as finance, engineering, and the wider world of business, as well as homemaking, nursing, teaching, and social work. It may be of particular interest to people who have themselves found counselling to be helpful.

ENTRY REQUIREMENTS:

1. Applicants should possess a level of maturity to reflect on their own personal development.
2. Applicants need to have successfully completed a:
Certificate Course in Counselling & Psychotherapy (or similar)
OR
have completed the following Equivalent:
 - Work / Volunteer training with a substantial counselling element.***OR**
 - Level 7+ course in Psychology, Social Care / Social Work, Psychiatric Nursing or Equivalent:
3. Entry is by application form and interview.
** Entry onto the BSc (Honours) in Counselling & Psychotherapy may require catchup work to be completed. This is based on assessment of your prior learning, which will be discussed at interview.*

DURATION:

Four years part-time.

ASSESSMENT:

Written assignments and skills assessments.

VENUE:

Choice of Dublin West, Dublin City, Cork, Limerick, Kilkenny, Athlone and Belfast.

FEES:

Please see our website www.pcicollege.ie for full details of fees and payment options. This course is eligible for tax relief on fees.

ABOUT THE COURSE

The course is Integrative in approach, with a Humanistic basis. It includes Person-Centred, Existential, Cognitive-Behavioural, Psychodynamic and other approaches as well as focusing on skills training and various special issues. To facilitate the experiential and participative nature of the course, class size is limited. Each course module is assessed separately, by a written assignment or a skills assessment. Client work is carried out in placement situations, which will be arranged in liaison with the College's Client Work Team. Students will meet with a Core Tutor, who will be a core lecturer on their programme, twice a year to discuss progression and engagement in a supportive capacity. The programme was developed and is delivered and assessed by PCI College, awarded by and quality assured by Middlesex University.

ACCREDITATION

The PCI College Diploma in Counselling & Psychotherapy awarded on completion of Year 3 is fully accredited by the Irish Association for Counselling and Psychotherapy (IACP). Currently, a Diploma is the academic requirement for working towards accreditation; however, the IACP has stated its intention to increase this standard to Level 8 degree from 2018 onwards. The BSc (Honours) Degree provides students with the higher Level 8 qualification, ensuring they meet both current and future accreditation standards.





SYLLABUS / COURSE CONTENT

YEAR 1

- Humanistic & Existential Approaches: Relational Perspectives in Counselling & Psychotherapy
- Humanistic Therapeutic Skills
- Personal Development & the Student Counsellor: An Exploration of Self

YEAR 2

- Psychotherapy & Science: Psychology, Psychiatry & Cognitive Behavioural Therapy
- Case Management & Therapeutic Skills in Professional Practice
- Universal Issues in Counselling & Psychotherapy: The Relational Self
- Group Supervision

YEAR 3

- Psychodynamic Approaches: The Role of the Unconscious in Psychotherapy
- Research Project
- Personal & Professional Integration
- Group Supervision

ADDITIONAL COURSE REQUIREMENTS:

- Four one day continuing professional development workshops totalling 24 hours or equivalent
- 50 hours of personal therapy during the first three years of the course
- 100 hours of work with clients beginning at the second year of the course
- 20 sessions with a qualified supervisor to monitor your client work

LEADING TO THE AWARD OF:

PCI COLLEGE DIPLOMA IN COUNSELLING & PSYCHOTHERAPY

Accredited by the
Irish Association for
Counselling & Psychotherapy



YEAR 4

- One Optional Module from:
Advanced Humanistic Psychotherapy
Advanced Psychodynamic Psychotherapy
Advanced Cognitive Behavioural Psychotherapy
- Case Study
- Proposition Essay

LEADING TO THE AWARD OF:

MIDDLESEX UNIVERSITY BSc (HONOURS) IN COUNSELLING & PSYCHOTHERAPY



CAREER POTENTIAL / PROGRESSION

Students who graduate from the BSc (Honours) in Counselling & Psychotherapy will be fully qualified to practice as professional counsellors & psychotherapists. Graduates pursue a wide variety of career options including private practice and the provision of counselling services to voluntary, community and statutory organisations. Many graduates continue their professional development with courses of study in specialist areas, including CPD certificates, workshops and postgraduate programmes. The majority of graduates work towards full professional accreditation with an organisation, such as the IACP.

BELFAST

The BSc (Honours) in Counselling & Psychotherapy in Belfast is delivered in association with Inspire. The BSc degree is Level 6 on the UK NFQ. The PCI College Diploma in Counselling & Psychotherapy awarded on completion of Year 3 meets the accreditation criteria of the BACP and IACP. Further details on www.pccollege.co.uk.



BSc (Honours) in Counselling & Psychotherapy Upgrade Programme *for Qualified Counsellors*

WHO IS THIS COURSE FOR?

This course is designed for qualified counsellors and psychotherapists (including Diploma graduates from other Counselling & Psychotherapy training institutes) who wish to add to their qualifications and gain a Level 8 honours degree in just two years (Part-Time).

ABOUT THE COURSE

The course is Integrative in approach. To facilitate the experiential and participative nature of the course, class size is limited. Each course module is assessed separately, by a written assignment or a skills assessment. Students will meet with a Core Tutor, who will be a core lecturer on their programme, twice a year to discuss progression and engagement in a supportive capacity. The programme was developed and is delivered and assessed by PCI College, awarded by and quality assured by Middlesex University.

ENTRY REQUIREMENTS:

Applicants must have completed:-

- *A diploma with counselling & psychotherapy at its core.*

Applicants must supply supporting documentation to verify completion of:-

- *50 hours of personal therapy.*
- *At least 100 hours of work with clients.*
- *20 sessions with a qualified supervisor to review client work.*

Entry is by application form and interview.

DURATION: Two year part-time programme.

ASSESSMENT: Assignments.

VENUE:

Athlone, Belfast, Cork, Dublin City, Dublin West, Kilkenny, Limerick.

FEES:

Please see www.pcicollege.ie for full details of fees and payment options. This course is eligible for tax relief on tuition fees.

ACCREDITATION

The BSc (Honours) Degree in Counselling & Psychotherapy is quality assured by Middlesex University and you will receive a Middlesex Level 8 award on successful completion of the course. The requirements for professional accreditation (with the IACP or similar) are not part of the BSc Upgrade programme. Students who wish to work towards professional accreditation must enter the BSc (Honours) degree programme in Counselling & Psychotherapy (page 10 & 11) at Year 1 or 2.

SYLLABUS / COURSE CONTENT

YEAR 1 & YEAR 2 Catch-Up Modules

Upgrade Students enter the degree programme in Year 3 and receive appropriate exemptions from Year 1 and Year 2 modules. Catch-Up Modules may be required based on the Course Comparison form completed as part of the application process.

YEAR 3

- Psychodynamic Approaches:
The Role of the Unconscious in Psychotherapy
- Research Project
- Personal & Professional Integration
- Group Supervision

YEAR 4

- One Optional Module from:
Advanced Humanistic Psychotherapy
Advanced Psychodynamic Psychotherapy
Advanced Cognitive Behavioural Psychotherapy
- Case Study
- Proposition Essay

**LEADING TO THE AWARD OF: MIDDLESEX UNIVERSITY
BSc (HONOURS) IN COUNSELLING & PSYCHOTHERAPY**





CAREER POTENTIAL / PROGRESSION

Students who graduate from the BSc (Honours) in Counselling & Psychotherapy Upgrade programme hold an internationally recognised Middlesex University Level 8 Degree qualification. This enhances graduate career options in a variety of areas such as private practice, working within the HSE, the Department of Education and for other statutory, voluntary and community organisations where a qualification above Diploma level is either required or preferred. It can also facilitate graduates to continue to further studies at Masters and higher levels.



MSc Child and Adolescent Counselling & Psychotherapeutic Skills

WHO IS THIS COURSE FOR?

This course is intended for students who wish to gain specialist training and a Middlesex University Masters qualification in counselling and psychotherapy for under 18's, including counsellors/ psychotherapists, social workers, guidance counsellors, psychologists, youth workers, teachers and those in related disciplines. The course is designed to provide students with the theoretical background and practical skills (and in particular creative approaches) required to work with children and adolescents in a therapeutic setting.

ENTRY REQUIREMENTS:

Applicants are required to hold a Degree (Level 7 NFQ or equivalent) in Counselling & Psychotherapy, Guidance Counselling, Social Work, Psychology, Youth Work, Education or similar.

Applicants who do not hold a degree qualification may be considered on the basis of substantial relevant experience and training. Applications in this category will be considered on a case by case basis and applicants will be required to furnish documentary evidence of experience and training.

Entry is by application form and interview.

DURATION:

Two years (24 months), part-time.

ASSESSMENT: Written and practical assignments.

VENUE: PCI College, Dublin West & Cork.

FEES:

Please see our website www.pcicollege.ie for full details of course fees and payment options.



ABOUT THE COURSE

Exploring creative media such as art, sandplay, therapeutic storytelling, drama, music and other approaches, the course places significant emphasis on experiential learning and acquisition of key skills for work with young clients. Drawing on established and current theory in counselling and psychotherapy, up to date approaches in child and adolescent mental health, lifespan development, family systems and trauma are also examined. Students will also engage in clinical placement work of 100 hours over the duration of the course to put into practice the skills and knowledge gained in the programme. Individual clinical supervision and personal therapy will also be required.





SYLLABUS / COURSE CONTENT:

Each module is 30 hours duration.

Modules are assessed by written and practical assignments.

YEAR 1:

- Theories - Child and Adolescent Psychotherapy / Therapeutic Play Skills
- Family Systems and Working with Parents
- Counselling & Psychotherapy Skills
- Creative Therapies - Sandplay and Storytelling

YEAR 2:

- Theories - Child and Adolescent Psychotherapy & Counselling
- Family Systems - Working with Trauma
- Child Psychology and Mental Health
- Creative Therapies - Art, Clay, Music, Drama, Puppets

ADDITIONAL COURSE REQUIREMENTS:

- 100 hours clinical placement / client work
- Supervision: Group Supervision is provided during the course; Students are required to attend an external supervisor for a minimum of 10 hours one-to-one supervision
- Personal Therapy

LEADING TO THE AWARD OF: MSc Child and Adolescent Counselling & Psychotherapeutic Skills

This programme was developed and is delivered and assessed by PCI College, awarded by and quality assured by Middlesex University.



CAREER POTENTIAL / PROGRESSION

Students who graduate from the MSc in Child and Adolescent Psychotherapy will be qualified to work with children and adolescents (under 18) in a therapeutic setting. Other career opportunities may include working for state and voluntary organisations, schools, community care centres, mental health organisations and also integrating the skills with any qualification that students have already achieved.



MSc Addiction Counselling & Psychotherapeutic Skills

Subject to validation from Middlesex University

WHO IS THIS COURSE FOR?

This course is intended for Professionals currently or considering working within addiction services in professions including Counsellors/Psychotherapists, doctors, nurses, youth workers, social carers, social workers, psychologists etc. who wish solidify and enhance their qualifications and to gain contemporary theoretical knowledge and practical skills to work therapeutically with those affected by addiction.

ABOUT THE COURSE

This programme is designed to provide students with the skills and approaches to work effectively with addiction. Students will gain an understanding of the major theories and models of up-to-date evidence-based treatment used to help clients with a wide range of addictions. Students will learn and practice the key skills for the treatment of addictions, as well as an overview of the social and practical issues arising.

ENTRY REQUIREMENTS:

Applicants are required to hold a Degree (Level 7 or higher) in Counselling & Psychotherapy, Social Care, Social Work, Psychology, Youth Work, Education or similar.

Applicants who do not hold a degree qualification may be considered on the basis of substantial relevant experience and training. Applications in this category will be considered on a case by case basis and applicants will be required to furnish documentary evidence of experience and training.

Entry is by application form and interview.

DURATION:

Two years (24 months), part-time.

ASSESSMENT:

Written and practical assignments.

VENUE:

Two years (24 months), part-time.

FEES:

Please see our website www.pccollege.ie for full details of course fees and payment options.

SYLLABUS / COURSE CONTENT

Each module is 30 hours duration. Modules are assessed by written and practical assignments.

YEAR 1:

- Theories of Addictive Behaviour: History & Current Situation
- Generic & Specific Therapy Skills for Addiction
- Drugs of Abuse: Biological, Psychological & Social Aspects
- The Motivational Interviewing Approach

YEAR 2:

- Behavioural Addictions: Gambling, Sex etc.
- The CBT Approach to Working with Addiction:
- The Family Dimension in Addiction
- Dual Diagnosis: Common Mental Health Problems in Addiction
- Case Study & Dissertation

ADDITIONAL COURSE REQUIREMENTS:

- 100 hours clinical placement / client work
- Students are required to attend an external supervisor for a minimum of 25 hours one-to-one supervision
- Personal Therapy

LEADING TO THE AWARD OF:

MSc Addiction Counselling & Psychotherapeutic Skills

This programme was developed and is delivered and assessed by PCI College, awarded by and quality assured by Middlesex University.

(subject to final validation for course beginning September 2017)





CAREER POTENTIAL / PROGRESSION

There is an ever increasing demand for addiction services and the demand in the public sector in particular far outstrips the available resources. There are many current and future job opportunities within the public sector – particularly in the area of drug, alcohol and gambling addiction for suitably qualified addiction professionals. Up-to-date training in evidenced-based therapeutic approaches is also becoming essential for those working in this field, as funders are increasingly concerned about outcomes and value for taxpayers' money.

Moreover, students who graduate from the MSc in Addiction Counselling & Psychotherapy will have gained the skills and knowledge to work with clients dealing with issues in a wide range of addictions including behavioural addictions. With an increasingly wide range of addiction in society, career opportunities may also include private practice, work with voluntary organisations and mental health organisations. With addiction, it is crucial to have timely interventions that are able to meet people where they are at.

The provision of increased specialist addiction capacity in private counselling & psychotherapy services and voluntary organisations will assist in dealing with the demand. PCI College is currently seeking Middlesex University Validation for this course starting September 2017.

MSc Family Therapeutic & Counselling Skills

Subject to validation from Middlesex University

WHO IS THIS COURSE FOR?

This course will appeal to those who are interested in family therapy, theory and training. Family Therapists work with relationships in the context of families, couples and other groups. It is a creative, innovative and thought provoking model of Psychotherapy which places sound ethics at the heart of the work. This programme is for graduates with a relevant professional training in a mental health related discipline, social care discipline or equivalent or suitable candidates applying under the APL (approved prior learning) system who have relevant experience of working with people in a responsible caring role and who wish to develop their family therapy, theoretical and clinical skills.



ENTRY REQUIREMENTS:

Applicants are required to hold a degree (Level 7 or higher) in Counselling & Psychotherapy, Social Work, Sociology, Psychology, Education, Medicine or equivalent.

Applicants who do not hold a degree qualification may be considered on the basis of substantial relevant experience and training. Applications in this category will be considered on a case by case basis and applicants will be required to furnish documentary evidence of experience and training.

Applicants should ideally have access to opportunities for client work in their current role and be able to apply theoretical principles and practice in their current workplace.

Entry is by application form and interview.

DURATION: Two years (24 months), part-time.

ASSESSMENT: Written and practical assignments.

VENUE: PCI College, Dublin West.

FEES:

Please see www.pcicollege.ie for full details of fees and payment options. This course is eligible for tax relief on tuition fees.

SYLLABUS / COURSE CONTENT

Each module is 30 hours duration.

Modules are assessed by written and practical assignments.

YEAR 1:

- Contemporary Family Therapy Theory, History, Current Perspectives & Emerging Dynamics
- Personal & Relational Development in Family Therapy
- Emotional Focused Therapy
- Therapeutic Relationships & Clinical Skills 1

YEAR 2:

- Theoretically Informed Family Therapy Practice
- Professional Ethics & Family Law
- Working Therapeutically with Couples Dyad
- Advanced Clinical Skills 2
- Case Study & Dissertation

ADDITIONAL COURSE REQUIREMENTS:

- 100 hours clinical placement / client work
- Students are required to attend an FTAI accredited supervisor for a minimum of 25 hours one-to-one supervision
- Personal Therapy with a FTAI registered systemic family therapist

LEADING TO THE AWARD OF: MSc Family Therapeutic & Counselling Skills

This programme was developed and is delivered and assessed by PCI College, awarded by and quality assured by Middlesex University.

(subject to validation for course beginning September 2017)



ABOUT THE COURSE

The principle which informed Family Therapy from the time of its inception in the 1950s has been to transcend simple cause and effect explanations which located deficits within the individual, and to include those aspects of the client's context in the therapy process which will enable them to manage, resolve or better understand their difficulty. It is this ecological view which attends to the interconnectedness of people, of beliefs and of all things, which characterises Family Therapy rather than the number of people sitting in the therapy room.

Students can expect a high quality cutting edge programme that captures and imparts a modern understanding of family therapy informed theory and practice that can be incorporated into a variety of practitioner's contexts such as counselling, teaching, psychology, social care and the allied health professions.

It is designed to provide students with clinical skills and theoretical underpinnings to inform their work and to gain an understanding of the major theories and models of family psychotherapy, as well as an overview of the social, practical, ethical and cultural issues that arise when working with families.

CAREER POTENTIAL / PROGRESSION

Graduates with qualifications in family therapeutic skills at Masters level may secure employment in a range of settings across health, social services, education, justice and related disciplines. Students who graduate from the MSc in Family Therapeutic Skills will have gained the skills and knowledge to work with families in a therapeutic setting. With an increased emphasis on therapeutic interventions at family level, career opportunities may include private practice, work with state and voluntary organisations, mental health organisations and integration of the learning with any qualification that students have already achieved. PCI College is currently seeking Middlesex University Validation for this course starting September 2017.



Advanced Diploma in Supervision



PCI College
Excellence & Innovation in Mental Health & Wellbeing
CELEBRATING 25 YEARS
1991/92 - 2016/17

WHO IS THIS COURSE FOR?

This course is for those intending to work as a supervisor, or for experienced supervisors who wish to gain a formal qualification in the practice of supervision. The programme is suitable for qualified counsellors & psychotherapists, psychologists, social workers and any other healthcare professionals who may benefit from supervision skills and knowledge in organisational or private practice contexts. Students who successfully complete the course can obtain a Level 8 Advanced Diploma qualification from Middlesex University and will be eligible for professional accreditation with the Irish Association for Counselling & Psychotherapy (IACP).

ABOUT THE COURSE

Supervisors play a vital role for qualified professionals, particularly in therapeutic and social care fields, where they provide support and guidance to supervisees. This course will provide a theoretical, ethical and skills based framework for students, allowing them to understand various models of supervision and how they may be applied in supervisory relationships. Students will learn the skills of supervision and be able to implement a range of approaches and methods to provide contemporary, ethical and professional practice. They will develop an awareness of how individuals and groups learn and how to use experiential learning and reflective practice as a basis of life-long learning. They will also gain skills in reflexivity, forming and managing supervisory contracts, giving/receiving effective feedback and the provision of effective supervisory reports. The course is integrative in approach, exploring the main theories and approaches to supervision informing effective practice. This programme is quality assured by Middlesex University. Participants will receive a Middlesex award on successful completion.



CAREER POTENTIAL / PROGRESSION

Graduates of the Advanced Diploma in Supervision will be qualified to practice as a professional supervisor, working with individual supervisees and in an organisational context. The programme also introduces the practice of group supervision. Career opportunities may include private practice, work with state and voluntary organisations, mental health organisations, social care providers, business and any environment whereby supervision is provided or required for practitioners. This programme can be effectively integrated with any qualification that students have already achieved.

COURSE CONTENT:

- Theories and Skills of Supervision
- Ethical and Professional Issues in Supervision
- Group and Organisational Supervision

ADDITIONAL COURSE REQUIREMENTS:

- 25 hours of external supervised Supervision practice (Course includes 25 hours of internal supervised Supervision practice)

LEADING TO THE AWARD OF: MIDDLESEX UNIVERSITY - ADVANCED DIPLOMA IN SUPERVISION

ENTRY REQUIREMENTS:

- Applicants are required to hold a Diploma or Degree (Level 7 or higher) in Counselling & Psychotherapy, Social Work, Sociology, Psychology, Education, Medicine or equivalent.
- Applicants who do not hold a Level 7 qualification may be considered on the basis of substantial relevant experience and training. Applications in this category will be considered on a case by case basis and applicants will be required to furnish documentary evidence of experience and training.
- Applicants must be qualified practitioners who have begun supervising other professional practitioners (trainees or experienced) or are about to do so.
- A minimum of three years' post-qualification experience as a practitioner is required.
- Applicants must provide a recommendation from their supervisor.

Entry is by application form and short essay.
Applicants may be invited to interview.

DURATION:

100 hour programme over eight weekends from October to April.

ASSESSMENT:

Two written essays plus one Viva (assessment of supervisory skills in clinical context).

VENUE:

Dublin City Centre and Belfast.

FEES:

Please see our website www.pccollege.ie for full details of course fees and payment options.

Continuing Professional Development Certificates and Workshops



PCI College

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CELEBRATING 25 YEARS

1991/92 - 2016/17

WHO ARE THESE COURSES FOR?

Our range of CPD Certificate programmes and Workshops enable helping professionals to develop a broad-based repertoire of practical counselling and psychotherapeutic skills.

ENTRY REQUIREMENTS:

- Qualification in counselling, psychotherapy or other helping professionals with therapeutic experience.
- Students currently in training will be considered on the understanding that CPD certificates cannot be used until they have fully qualified.
- Entry is by online application form.

DURATION:

Full day, weekend and five-day programmes.

VENUE:

Dublin and various other locations.

FEES:

Please see www.pccollege.ie for full details of course fees.



PROFESSIONAL CERTIFICATES

Professional Certificate in Cognitive Behavioural Therapy (CBT)

Professional Certificate in Couples Counselling

Professional Certificate in Working Therapeutically with Sexual Issues

Professional Certificate in Working with Dreams

Professional Certificate in Positive Therapy

Professional Certificate in Art Therapy

JOIN ONE OF OUR BSc 4th YEAR OPTIONAL MODULES

Certificate in Advanced Psychodynamics Psychotherapy

Certificate in Advanced Humanistic Psychotherapy

Certificate in Advanced Cognitive Behavioural Psychotherapy

Assessed Award:

PCI COLLEGE CERTIFICATE OF COMPLETION

Attendance Award Only:

PCI COLLEGE CERTIFICATE OF ATTENDANCE

CPD WORKSHOPS

Anxiety Disorders - A CBT Approach

Social Anxiety - A CBT Approach

Depression - A CBT Approach

Schema Therapy

Dual Diagnosis

EFT

Mindfulness based CBT

Art Therapy

Sandplay

Anger Management

Addictive Behaviours

Working with Suicide

Mindfulness

Motivational Interviewing

Repairing Relationships

Please see www.pccollege.ie for further details of all CPD

Workshops and Certificates, including start dates, fees and venues.

Award:

PCI COLLEGE CERTIFICATE OF ATTENDANCE

Personal Development Short-Term Courses



PCI College

Excellence & Innovation in Mental Health & Wellbeing

CELEBRATING 25 YEARS

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Using our unique and talented faculty of highly trained and qualified mental health and wellbeing specialists, PCI College are delighted to offer a range of Personal Development programmes in a variety of subject areas such as Psychology, CBT Skills, Dealing with Everyday Anxieties and Lifewriting.

The courses we offer allow students the opportunity to develop their skills and knowledge, learn more about subjects that are of personal interest to them and to enhance both their personal and professional development. Our desire is to give individuals a chance to take time out to enrich their lives, recharge their batteries and experience personal development in a relaxed environment.

Our team will provide you with the opportunity to delve into the world of self-discovery and development in a safe environment. No professional experience is necessary for these courses; they are open to all to attend. We hope you enjoy the experience.

We have a choice of day, evening and weekend classes available. Our topics include:

CBT FOR WEIGHT MANAGEMENT

This workshop is designed to help you reach your target weight and to help you maintain it once you have reached your goal. It will explore motivation, thoughts and beliefs in relation to food and physical exercise. Using the Cognitive Behavioural Therapy (CBT), techniques and the Symptom Cycle, it will look at breaking the cycle, changing eating habits and forming an activity and eating plan. CBT is not about putting you on an actual diet. It provides you with a set of tools to help you go on a diet and manage it in such a way that it is liveable and for life.

LIFE WRITING

This course introduces participants to the practice and theory of life writing. Life writing refers to the practice of writing for oneself, not specifically with the view for publication (though this is a possibility) but as a way of healing, growing, discovering, exploring, awakening creativity and solving problems. It encompasses the keeping of journals, diaries, memoirs, biography, stories, letter writing, travel writing and fiction based on personal experience. This workshop is for anyone who would like to explore their own thoughts & emotions through writing. It will also look at other aspects of writing such as claiming one's own voice, telling one's story, discovering one's strength and joyfulness.

TAMING THE ANXIOUS MIND: *Using CBT Tools to Tame Everyday Gremlins of Anxiety, Stress and Depression*

Anxiety is common and normal. It can frequently be useful in alerting us to threats of various kinds. Sometimes people develop irrational fears of situations which do not actually threaten them, such as social anxiety, panic attacks and worry about the future. Cognitive Behaviour Therapy is a reliable approach that anyone can learn, in order to cope better with difficult emotions e.g. stress, anxiety, fear, anger and low mood. This course demonstrates how CBT can help to understand and change our habitual thoughts and behaviours which can be very beneficial when it comes to dealing with the ongoing challenges of life, helping many people to largely rid themselves of these anxiety gremlins.

WORKPLACE RESILIENCE PROGRAMME

Resilience is what allows us to adapt and thrive in situations which can be difficult or seemingly impossible. It is based on our human potential to respond rather than react, to constantly grow and improve and to learn powerful skills which can be applied in both work and life circumstances. Our focus is on harnessing your character strengths and building learnt optimism and tenacity in life and at work, with particular emphasis on resilience. We will empower you to enhance your own resilience for the benefit of your work life and beyond.

POSITIVE PSYCHOLOGY

Positive psychology is a science of wellbeing and uncovering people's strengths as well as promoting their positive functioning. While traditional psychology focuses on individuals' shortcomings, positive psychology emphasizes their potential. Based on extensive research of people who thrive in life, it offers over 100 evidence-based interventions aimed to improve individuals' mental health, boost their energy levels, creativity and immune system, foster better relationships, fuel higher productivity at work and even lead to longer life. This workshop will discuss some selected findings from the latest research and introduce 5 interventions that you can immediately use to improve your mental health and boost your wellbeing.



Details of these and all of our Personal Development courses can be viewed and booked online at www.pccollege.ie or call us at 01-464 2268



PCI Counselling Service

Affordable – Confidential – Accessible

At PCI Counselling Service we provide quality and ethical counselling, on a nationwide basis, to individuals regardless of their financial circumstances. The service is provided at a low-cost; usually €10-€25 per session.

In today's society, we all have stresses in our lives that can be alleviated through talking with a trained professional. Counselling is for anyone who wants support, perhaps at a time of crisis, who is unhappy with his or her present circumstances and hopes for change, or who wishes to make progress in personal development. It is a valuable aid to personal growth and can help you to develop assertiveness and self-confidence, and improve your sense of wellbeing.

Counselling is provided by mature adults who are currently undergoing professional training in Counselling & Psychotherapy with PCI College and are supported in their work by experienced Supervisors.

In some areas, we also have qualified pre-accredited and accredited Counsellors available on request or by advisement. Please note that fees for these qualified Counsellors are higher.

- Our service provides a safe and secure, one-to-one counselling environment for anyone aged 18 years and upwards.
- We work with relationship issues, life changes, loss and separation, bereavement, depression, stress, anxiety and many other issues.
- Calls to our PCI Counselling Service are dealt with promptly by a professional counsellor/psychotherapist and callers are matched with a suitable counsellor.
- A suitable low-cost fee is agreed with the caller so that the service is available to all, regardless of circumstance.
- We have day, evening and weekend appointments available, with both male and female counsellors.

To speak confidentially and to arrange an appointment

Call 0818 555 450

email: info@pcicounselling.ie

More details are available at www.pcicounselling.ie

or on www.facebook.com/pcicounsellingservice 

Counselling Placements

Counsellors in training are available for placement in community organisations and agencies.

PCI College student counsellors are mature adults who are undergoing comprehensive professional training and are in at least their 2nd year of our professional BSc (Honours) degree programme. They are engaged in regular supervision with a qualified and highly experienced mentor and are insured to practice.

Contact our Client Work Team at 01-464 2268





PCI College

Excellence & Innovation in Mental Health & Wellbeing

CELEBRATING 25 YEARS

1991/92 - 2016/17

COUNSELLING & PSYCHOTHERAPY
POSTGRADUATE COURSES
PERSONAL DEVELOPMENT
PROFESSIONAL DEVELOPMENT

Head Office: Corrig House, Old Naas Road, Clondalkin, Dublin 22

Course Venues: Athlone | Belfast | Cork | Dublin City | Dublin West | Kilkenny | Limerick

Tel: 01 464 2268 | Email: info@pcicollege.ie | Web: www.pcicollege.ie

