



Irish College of Humanities & Applied Sciences



The Level 7 (NFQ)

- B.A in Counselling Skills & Psychotherapy Studies**
- B.A in Counselling Skills & Addiction studies**
- B.A in Counselling Skills & Youth Studies**

Level 8 (NFQ)

- B.A (Hons) in Counselling & Psychotherapy**
- B.A (Hons) in Counselling & Addiction studies**
- B.A (Hons) in Counselling & Youth Studies**



www.ichas.ie

Limerick Campus

ICHAS (Irish College of Humanities and Applied Sciences)
Walton House, Lonsdale Road,
National Technology Park, Castletroy, Limerick
Tel: 061 216288 Email: info@ichas.ie
Website: www.ichas.ie

Dublin Campus

Griffith College,
South Circular Road, Dublin 8
Tel: 01 4150429
Email: shortcourses@griffith.ie
Website: www.griffith.ie

Would you like to work in the area of Counselling and Psychotherapy?

Level 7 (NFQ) B.A. in

- **Counselling Skills & Psychotherapy Studies**
- **Counselling Skills & Youth Studies**
- **Counselling Skills & Addiction studies**

These are all 3-year Level 7 programmes validated by Quality and Qualification Ireland (QQI) and delivered by the Irish College of Humanities and Applied Sciences at both the Limerick Campus and Griffith College Campus on a full-time and part-time basis. The course is highly interactive and has been designed primarily for those who want to study towards becoming competent professional practitioners in counselling related areas. It is also aimed at those wishing to develop counselling skills that may be useful in their current position for their own personal and professional development.

Can I study this programme on a full or part-time basis?

Students considering the B.A. in Counselling Skills & Psychotherapy/B.A. in Counselling Skills & Addiction Studies/ B.A. in Counselling Skills & Youth Studies, can take this course on either a full-time or part-time basis. The course will commence in September. Delivered over 3 years, it combines a range of comprehensive theory and practical skills development. Each academic year consists of two 12-week terms and can be taken on a full time or part-time basis. The part-time programme is taught using a combination of classroom based and blended learning techniques. This allows the learner to access classes in person or using on-line facilities. In certain skills based/experiential modules attendance may be a requirement.

Full-time option:

The full-time programme runs 3 days per week at ICHAS Limerick and Griffith College, Dublin from 9.30am to 4.30pm. Please note the full-time option consists of 100% face to face contact time and there is a requirement for attendance in person.

Part-time option:

The part-time programme runs 1 evening per week (6pm to 10pm) and Saturdays (9.30am to 4.30pm) over the 2 semesters September to December and January to April and participants can avail of the blended learning facility.

What are the entry requirements for this course?

CAO Entrants (Please note this relates to the Full Time Programme only)

If you are under 23 years of age and applying for the fulltime programme you are required to apply through the CAO website on www.cao.ie. Normally this requires applicants to have successfully completed the Leaving Certificate programme (or equivalent) and to have obtained a minimum of 250 points. A minimum grade of D1 in English is stipulated. (Please note the points are subject to change depending on available places). If over the age of 23, you will be required to make application directly to the college.

Codes & Entry Requirements for CAO 2018- Limerick & Dublin Based Programme

| Course Code / Name | English | Irish | Language | Maths | Science | Other | Min. subjects | Pts. at rd 2 |
|---|------------------|-------|----------|-------|---------|--------------|---------------|--------------|
| Level 8 | | | | | | | | |
| CI101 Counselling and Psychotherapy | O6/H7 in 1 lang. | | O6/H7 | | | 2H5 & 4O6/H7 | | |
| Level 7 | | | | | | | | |
| CI001 Counselling Skills and Psychotherapy Studies (Limerick Campus) | O6/H7 in 1 lang. | | O6/H7 | | | 5O6/H7 | | |
| CI002 Counselling Skills and Addiction Studies (Limerick Campus) | O6/H7 in 1 lang. | | O6/H7 | | | 5O6/H7 | | |
| CI005 Counselling Skills and Youth Studies (Limerick Campus) | O6/H7 in 1 lang. | | O6/H7 | | | 5O6/H7 | | |
| CI201 Counselling Skills and Psychotherapy Studies (ICHAS at Griffith College Dublin) | O6/H7 in 1 lang. | | O6/H7 | | | 5O6/H7 | | |
| CI202 Counselling Skills and Addiction Studies (ICHAS at Griffith College Dublin) | O6/H7 in 1 lang. | | O6/H7 | | | 5O6/H7 | | |
| CI205 Counselling Skills and Youth Studies (ICHAS at Griffith College Dublin) | O6/H7 in 1 lang. | | O6/H7 | | | 5O6/H7 | | |

Irish (Non CAO)/EU/EEA Applicants

To join the programmes listed above, applicants must meet the following requirements;

- Submit a completed application form or complete the attached and provide all requested information.
 - For Limerick Applications apply online at: <http://ichas.net/ichas-application-form-courses/>
 - For Dublin Applications apply online at: <https://www.griffith.ie/apply-online>
- Complete an interview process, which is designed to explore your reasons for taking the programme and to ensure that it is suitable for your needs. ICHAS is committed to ensuring that the programme you are on is right for you.
- Complete the Garda vetting procedure upon registration to the programme.
- English language proficiency certificates (e.g. IELTS of 6 or equivalent) if applicable. Please see <http://ichas.ie/prospective-students/international-applicants/>

International/Non EU/EEA Applicants will be required to also include the following information with their application:-

- English language proficiency certificate (e.g. IELTS of 6 or equivalent) <http://www.inis.gov.ie/en/INIS/Pages/Study>
- Upon acceptance of your College place you are required to have in place Valid Medical Insurance throughout the duration of your programme (copied to be provided before programme start date) For further information, please visit <http://ichas.ie/prospective-students/international-applicants/> for further information

If you have any difficulty applying for this course, please contact the college on 061 216288 where we will be only too pleased to assist you.

Fees

A central component of the ICHAS vision is the provision of flexible and affordable education for all. In line with this approach, the fees for the programme whether full or part time are in line with those of Universities and Institutes of Technology. The fees for these programmes are €3,450 p/a along with a 2% PEL levy of €69 and the academic administration fee of €300 per annum. Total fee payable is €3,819 Students who opt for instalments will incur an extra annual fee of €50 to avail of this facility. All fees are fully protected under our Protection of Enrolled Learners' Policy.

Please Note: Non EU/EEA students are required under the Irish Naturalisation and Immigration Service (INIS) to pay fees in full upon acceptance of their place on a programme.

All QQI accredited programmes of education and training of 3 months or longer duration are covered by arrangements under section 65 (4) of the Qualifications and Quality Assurance (Education and Training) Act 2012 whereby, in the event of the provider ceasing to provide the programme for any reason, enrolled learners may transfer to a similar programme at another provider, or, in the event that this is not practicable, the fees most recently paid will be refunded.

Academic Year 2018/2019

The programme covers a range of subjects which when taken together provide a syllabus designed to develop competent professional practitioners. The subjects covered are designed to be both practical and theoretical as per the table shown: Modules for the 1st year of the programme, which will commence in September 2018 are listed to the right.

Modules for Stage 1

(Please note stage 1 modules are common across all programmes)

| | |
|--|------------|
| Ethics & Professional Issues | 5 Credits |
| Counselling & Psychotherapeutic Skills & Practices 1 | 10 Credits |
| Theoretical Perspectives in Counselling & Psychotherapy | 5 Credits |
| Human Development | 10 Credits |
| Research and Inquiry for Counselling & Psychotherapy | 10 Credits |
| Theoretical Perspectives in Therapeutic Engagement in Practice | 5 Credits |
| The Mental Health Continuum | 10 Credits |
| Introduction to Personal Development | 5 Credits |

Blended Learning

We've embraced innovative educational technologies in a number of ways at ICHAS, with the aim of delivering flexible education options for our students using blended learning. We broadcast most theory-based modules online, giving you the choice between attending classes face-to-face or joining in online. In addition, our learning management system enables us to use a number of innovative approaches to support learning beyond the classroom, including access to lecture recordings, mobile learning, video assessments, easy login to online libraries, and more. We offer all part-time courses at undergraduate and postgraduate levels through a blended learning approach. This simply means these programmes combine the best of traditional face-to-face teaching with online/remote learning. Many of your modules will be theory-based, and these classes will be broadcast online live while they're being taught in the classroom. This gives you the choice of whether to attend in person or online. The online learning platform isn't a passive experience – you can see the lecturer and the students in the class via webcam; ask and answer questions using your microphone, and view presentation slides as the lecturer explains them.

Information Technology

We realise that many people are doubtful about their IT skills. That's why we focus on making our systems easy to use and provide lots of support. IT staff are available before and during online classes to help those who choose this option, and we have many learning resources such as videos and step-by-step guides to support your use of technology. Additionally, we provide a comprehensive IT systems overview at Induction. You will also complete an introductory module at your own pace that teaches you how to use ICHAS IT services such as student email, downloading Microsoft Office, using online libraries and watching class recordings.

All students who wish to attend classes online through virtual classrooms will be required to attend a mandatory online test session wherein you will learn how to use the online classroom. These sessions will be offered at convenient times during the day, evenings and weekends so that all students have the option to attend. They offer students the opportunity to learn how to set up and use your microphone, webcam and speakers so that the virtual classroom offers the highest quality experience. It also allows you to check that your broadband connection and personal computer are fit for purpose.

Please note that you will not be able to attend live virtual classrooms using phones or tablets. While there are apps available that will allow you to do so, the sheer number of different devices, operating systems and potential unique software issues means it is impossible for us to offer comprehensive support. You will, however, be able to review your class recordings and access your notes and learning materials easily on such devices.

Who Awards My Qualification?

On successful completion of your course, your qualification is awarded by Quality and Qualifications Ireland (QQI) and this will appear on your parchment. QQI is one of the principal Irish awarding bodies for the higher education sector in Ireland and sets the standards for awards on the NFQ. This course is recognised in Ireland and throughout Europe. See www.qqi.ie for further information.

Where Can I progress to on completion of the L7 Programme?

Upon successful completion of the L7 (NFQ) B.A. programmes, students will be eligible to progress to the range of L8 (NFQ) BA (Hons) programmes at the College, which can be completed in 1 year. Please see range of Level 8 Programmes below:

The Level 8 (NFQ) B.A. (Hons) in

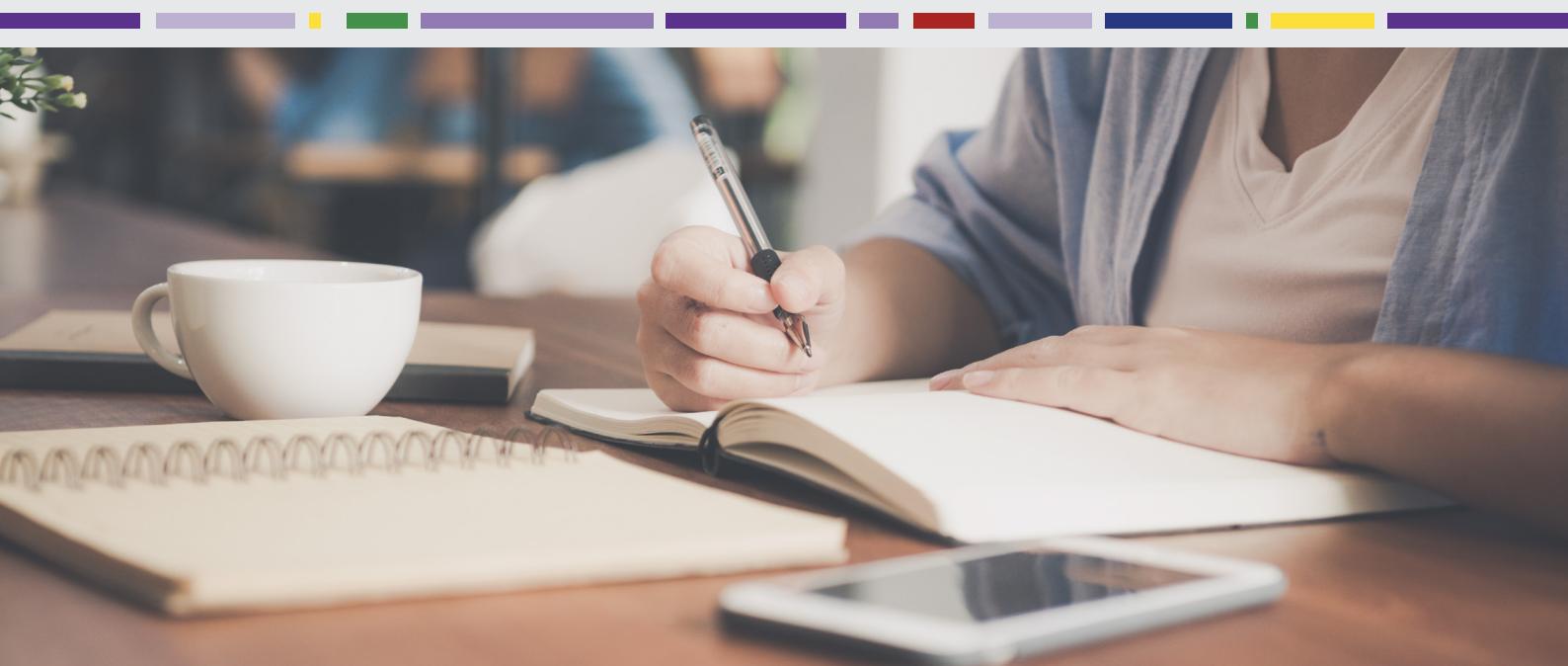
- Counselling and Psychotherapy
- Counselling and Youth Studies
- Counselling and Addiction Studies

Available at our Limerick Campus: Part-time and Full-time

Available at our Dublin Campus: Part-time, (The full-time Level 8 programme will be available at our Dublin Campus on completion of the Level 7 Programme).

Level 8 Programmes may also be offered to suitable applicants under the RPL (Recognised Prior Learning). Please contact the college for further information.

Graduates of Undergraduate programmes can be found working in a wide variety of organisations areas such as private and public residential and non-residential addiction treatment centres, schools, colleges, youth services, prison services, hospitals and of course, in private practice. Opportunities also exist working with many different groups, including but not limited to young people, women at risk of domestic violence, the elderly and those with mental health issues. The Government has committed to increased funding of mental health initiatives as part of the national counselling service.



B.A in Counselling Skills & Psychotherapy Studies

| Year 1 | Year 2 | Year 3 |
|---|--|--|
| Ethics & Professional Issues (5 Credits) | Counselling & Psychotherapeutic Skills & Practices 2 (10 Credits) | Elective (5 Credits) |
| Counselling & Psychotherapeutic Skills & Practices 1 (10 Credits) | Group Facilitation (5 Credits) | Bereavement, Loss & Grief (5 Credits) |
| Theoretical Perspectives in Counselling & Psychotherapy (5 Credits) | Cultural Issues in Professional Practice (5 Credits) | Application of Psychological and Psychometric Assessment (10 Credits) |
| Human Development (10 Credits) | Theory of Psychological & Psychometric Assessment (10 Credits) | Integrative Approaches in Interpersonal Practice (10 Credits) |
| Research and Inquiry for Counselling & Psychotherapy (10 Credits) | Simulated Experiential Learning (5 Credits) | Family & Systems Theory (5 Credits) |
| Theoretical Perspectives in Therapeutic Engagement in Practice (5 Credits) | Psychodynamic Approaches in Interpersonal Practice (10 Credits) | Cognitive Behavioural Approaches in Interpersonal Practice (10 Credits) |
| The Mental Health Continuum (10 Credits) | Humanistic Approaches in Interpersonal Practice (10 Credits) | Theory/Practice Integration (10 Credits) |
| Introduction to Personal Development (5 Credits) | Personal Development & Self Caring Practices (5 Credits) | Facilitating Personal Development (5 Credits) |

Academic Progression: Graduates who successfully complete this programme may pursue a range of Honours degree programmes (level 8 on NFQ) at ICHAS or other colleges and universities in both Ireland and abroad.

Awarding Body: QQI - **NFQ Level:** 7

Registration Fees: Please refer to www.ichas.ie for further information on fees.

Career Opportunities: Graduates of the B.A. in Counselling Skills and Psychotherapy Studies can be found working in a wide variety of organisations areas such as private and public residential and non-residential addiction treatment centres, schools, colleges, youth services, prison services, hospitals and of course, in private practice. Opportunities also exist working with many disparate groups, including but not limited to young people, women at risk of domestic violence, the elderly and those with mental health issues.

B.A in Counselling Skills & Youth Studies

| Year 1 | Year 2 | Year 3 |
|---|--|--|
| Ethics & Professional Issues (5 Credits) | Counselling & Psychotherapeutic Skills & Practices 2 (10 Credits) | Elective (5 Credits) |
| Counselling & Psychotherapeutic Skills & Practices 1 (10 Credits) | Group Facilitation (5 Credits) | Bereavement, Loss & Grief (5 Credits) |
| Theoretical Perspectives in Counselling & Psychotherapy (5 Credits) | Cultural Issues in Professional Practice (5 Credits) | Application of Psychological and Psychometric Assessment (10 Credits) |
| Human Development (10 Credits) | Theory of Psychological & Psychometric Assessment (10 Credits) | Leading & Managing in Youth Work (10 Credits) |
| Research and Inquiry for Counselling & Psychotherapy (10 Credits) | Simulated Experiential Learning (5 Credits) | Family & Systems Theory (5 Credits) |
| Theoretical Perspectives in Therapeutic Engagement in Practice (5 Credits) | Conceptual Framework for Youth Work (10 Credits) | Social Deviance & Youth (10 Credits) |
| The Mental Health Continuum (10 Credits) | Socio-Cultural aspects of Youth Development (10 Credits) | Theory/Practice Integration (10 Credits) |
| Introduction to Personal Development (5 Credits) | Personal Development & Self Caring Practices (5 Credits) | Facilitating Personal Development (5 Credits) |

Academic Progression: Graduates who successfully complete this programme may pursue a range of Honours degree programmes (level 8 on NFQ) at ICHAS or other colleges and universities in both Ireland and abroad.

Awarding Body: QQI - **NFQ Level:** 7

Registration Fees: Please refer to www.ichas.ie for further information on fees.

Career Opportunities: Those who have completed this course work in a variety of different employments including work within the public sector with children and teenagers at risk, graduates also work in a variety of youth settings; addiction and adult counselling careers and some also work within the education and justice sectors. Employment opportunities in this area have continued to grow both nationally and internationally with new areas for employment continuing to come on stream.

B.A in Counselling Skills & Addiction Studies

| Year 1 | Year 2 | Year 3 |
|---|--|--|
| Ethics & Professional Issues (5 Credits) | Counselling & Psychotherapeutic Skills & Practices 2 (10 Credits) | Elective (5 Credits) |
| Counselling & Psychotherapeutic Skills & Practices 1 (10 Credits) | Group Facilitation (5 Credits) | Bereavement, Loss & Grief (5 Credits) |
| Theoretical Perspectives in Counselling & Psychotherapy (5 Credits) | Cultural Issues in Professional Practice (5 Credits) | Application of Psychological and Psychometric Assessment (10 Credits) |
| Human Development (10 Credits) | Theory of Psychological & Psychometric Assessment (10 Credits) | Prevention & Health Promotion Approaches in Addiction (10 Credits) |
| Research and Inquiry for Counselling & Psychotherapy (10 Credits) | Simulated Experiential Learning (5 Credits) | Family & Systems Theory (5 Credits) |
| Theoretical Perspectives in Therapeutic Engagement in Practice (5 Credits) | Theoretical Aspects of Addiction (10 Credits) | Intervention Modalities in Addiction (10 Credits) |
| The Mental Health Continuum (10 Credits) | Bio-Psychological Aspects of Addiction (10 Credits) | Theory/Practice Integration (10 Credits) |
| Introduction to Personal Development (5 Credits) | Personal Development & Self Caring Practices (5 Credits) | Facilitating Personal Development (5 Credits) |

Academic Progression: Graduates who successfully complete this programme may pursue a range of degree programmes (level 8 on NFQ) at ICHAS or other colleges and universities in both Ireland and abroad.

Awarding Body: QQI - **NFQ Level:** 7

Registration Fees: Please refer to www.ichas.ie for further information on fees.

Career Opportunities: Working as a specialised addiction counsellor in Ireland is a recognised profession. Whether working within health or in the range of addiction services or youth services or in private practice in Ireland, many different opportunities exist for graduates.

B.A. (Hons) in Counselling & Psychotherapy

Please note students would normally be expected to have completed the Level 7 programme or have sufficient RPL or APL prior to commencing on the Level 8 programme which is a 1 year Add on programme.

| B.A (Hons) Level 8 is a one year add on to Level 7 Programme |
|---|
| Psychopathology (5 Credits) |
| Principles & Practice of Group Therapy (5 Credits) |
| Contemporary Discourses in Counselling & Psychotherapy Practice (10 Credits) |
| Stress and Anxiety Related Disorders (5 Credits) |
| Advanced Counselling & Psychotherapeutic Skills & Practice (5 Credits) |
| Final Year Project (15 Credits) |
| Applied Practice (10 Credits) |
| Elective Module (One to be Taken) (5 Credits) |

Academic Progression: Graduates who successfully complete this programme may pursue a range of Masters programmes (level 9 on NFQ) at ICHAS or other colleges and universities in both Ireland and abroad.

Awarding Body: QQI - **NFQ Level:** 8

Registration Fees: Please refer to www.ichas.ie for further information on fees.

Career Opportunities: Graduates of the B.A(Hons) in Counselling and Psychotherapy can be found working in organisations areas such as private and public residential and non-residential youth and adult centres, schools, colleges, hospitals and of course, in private practice. The Government has committed to increased funding of mental health initiatives as part of the national counselling service. For many the opportunity to work in private practice as a professional Counsellor is hugely important.

B.A. (Hons) in Counselling & Youth Studies

Please note students would normally be expected to have completed the Level 7 programme or have sufficient RPL or APL prior to commencing on the Level 8 programme which is a 1 year Add on programme.

| B.A (Hons) Level 8 is a one year add on to Level 7 Programme |
|---|
| Psychopathology (5 Credits) |
| Principles & Practice of Group Therapy (5 Credits) |
| Contemporary Discourses in Professional Youth Work (10 Credits) |
| Youth Work Mediums (5 Credits) |
| Advanced Counselling & Psychotherapeutic Skills & Practice (5 Credits) |
| Final Year Project (15 Credits) |
| Applied Practice (10 Credits) |
| Elective Module (One to be Taken) (5 Credits) |

Academic Progression: Graduates who successfully complete this programme may pursue a range of Masters programmes (level 9 on NFQ) at ICHAS or other colleges and universities in both Ireland and abroad.

Awarding Body: QQI - **NFQ Level:** 8

Registration Fees: Please refer to www.ichas.ie for further information on fees.

Career Opportunities: Those who have completed this course work in a variety of different employments including work within the public sector with children and teenagers at risk, graduates also work in a variety of youth settings, addiction and adult counselling careers and some also work within the education sectors. Employment opportunities in this area have continued to grow both nationally and internationally with new areas for employment continuing to come on stream.

B.A. (Hons) in Counselling & Addiction Studies

Please note students would normally be expected to have completed the Level 7 programme or have sufficient RPL or APL prior to commencing on the Level 8 programme which is a 1 year Add on programme.

| B.A (Hons) Level 8 is a one year add on to Level 7 Programme |
|---|
| Psychopathology (5 Credits) |
| Principles & Practice of Group Therapy (5 Credits) |
| Contemporary Discourses in Counselling & Addiction Studies (10 Credits) |
| Managing Process & Behaviour Addictions (5 Credits) |
| Advanced Counselling & Psychotherapeutic Skills & Practice (5 Credits) |
| Final Year Project (15 Credits) |
| Applied Practice (10 Credits) |
| Elective Module (One to be Taken) (5 Credits) |

Academic Progression: Graduates who successfully complete this programme may pursue a range of Masters programmes (level 9 on NFQ) at ICHAS or other colleges and universities in both Ireland and abroad.

Awarding Body: QQI - **NFQ Level:** 8

Registration Fees: Please refer to www.ichas.ie for further information on fees.

Career Opportunities: Whether working in health or in the range of addiction services or youth services or in private practice in Ireland, many different opportunities exist for graduates of this programme.

Notes



Irish College of Humanities & Applied Sciences

Contact Details for your programme

For **Dublin Campus** queries, please contact
Tony O'Brien - Programme Co-ordinator at tony.obrien@ichas.ie

For **Limerick Campus** queries, please contact
Anne Conlon - Programme Co-ordinator at anne.conlon@ichas.ie

Please telephone **061 216288** for any other queries. Further information can also be obtained by contacting short courses in Griffith College on **01 4150429** or shortcourses@griffith.ie

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