

APPROVED

Certificate in Counselling Skills  
Faculty of Business and Humanities

Award Class					
Awards					
Certificate					
Programme Code	CR_HCOUI_6	Mode of Delivery	Full Time, Part Time	No. of Semesters	2
NFQ Level	6	Embedded Award	No	Programme Credits	60
Next Review Date					
Review Type				Date	
Programmatic Review				01/09/2021	
Department	APPLIED SOCIAL STUDIES				

## Programme Outcomes

Upon successful completion of this programme the graduate will be able to demonstrate... :

#	PO Domains	Programme Learning Outcome
PO1	Knowledge - Breadth	1.An introductory understanding of basic Counselling Theory 2. An introductory knowledge and competence in the use of Counselling Skills to enable him/her to use them in a context appropriate to his /her level of competence. 3.An introductory level of self-awareness and Personal Development both in his/her personal life and in his/her Counselling/Helping role. 4. An introductory grounding in Counselling Theory, Counselling Skills and Experiential Group Process to such a level as would be required to apply for entry into the Higher Certificate in Counselling Skills
PO2	Knowledge - Kind	1. A clear understanding of one major theoretical approach to Counselling. 2.An introductory knowledge of developmental and personality Theory. 3.The ability to understand and analyse a family system with particular reference to his/her own family of origin 4.A knowledge of the range of Counselling and Helping Skills appropriate to his/her level of development. 5.The beginning of his/her journey of self-awareness and personal growth and the ability to deal with some of his/her own significant life issues and experiences.
PO3	Skill - Range	1. The ability to integrate the use of Counselling Skills where appropriate into his/her existing interactions in relevant settings 2.The ability to conduct a Counselling/Helping interview involving the competent use of the basic Counselling Skills in an appropriate Helping setting 3.A foundation level of self-awareness and personal maturity to meet the demands of the Helping setting.
PO4	Skill - Selectivity	1.The ability to use body language which conveys respect, welcome, acceptance, acknowledgement and reassurance to the client 2.The ability to suspend critical judgement, respecting the client's uniqueness, assuming the capability and goodwill of the client, caring about the client's welfare, respecting the client without necessarily agreeing with her and giving her encouragement and support 3.The ability to maintain his/her own presence, separateness and realness: - being him/her self as a counsellor rather than stuck in role - not getting hooked into the client's issues or feelings - being aware of his/her own feelings and responses and managing them 4.The ability to get on the Client's wavelength, understanding her content and feelings from the client's perspective and conveying this understanding verbally and non verbally to the client. 5.The ability to use facilitative exploration to enable the client to contact, explore and process her experience from her own inner perspective. 6.The ability to allow the client to own the problem, issue or experience: - Avoiding fixing or offering solutions, trusting the client to find her own solutions when she is ready. - focusing more on the internal experience of the client rather than on solving the problem . 7. The ability to make effective Counselling interventions that facilitate the client to develop a deeper sense of awareness, new insights or new perspectives. 8.The ability to manage the session - Directing the process, contracting, clear beginnings, keeping time, clear endings.
PO5	Competence - Context	1. A foundation level competence to enable him/her to use Counselling and Helping Skills within a variety of Helping Settings. 2.The ability to take appropriate initiative and leadership in the use of Counselling/Helping Skills within the Helping setting. 3.The ability to understand that his/her training qualifies him/her to use Counselling and Helping Skills at foundation level in a Helping setting and is not a professional qualification to practice as a stand-alone Counsellor. 4.The ability to be aware of the limits of his/her own competence and level of training and adheres to them.
PO6	Competence - Role	1.The ability to work alone and as a member of a team under direction/supervision in the delivery of Counselling Skills. 2.The ability to, with appropriate direction /supervision, be able to take a co-ordination role in the delivery of Counselling/Helping Skills within a Helping setting.
PO7	Competence - Learning to Learn	1.The ability to pursue ongoing training and development with the understanding that the training which he/she has received will require to be continuously updated and expanded to enable him/her to keep abreast of new developments. 2. Be able to pursue specialist training which might be required to take account of the needs of a particular Helping setting. 3. Be able to recognise his/her need to continue to pursue his/her own journey of self-awareness and Personal Development.
PO8	Competence - Insight	1.The emerging capability to develop his/her own philosophy and value system and can relate it appropriately to the Helping context 2.The ability to assess his/her own strengths and limitations without being too hard or too soft on him/her self. 3.The ability to work through some of his/her own important therapeutic issues. 4.The ability to display Self Confidence and appropriate assertiveness – be neither dominant nor passive; use and trust own judgement without arrogance. 5.The ability to display insight into, awareness of and contact with own process. The ability to make links and show emotional self-contact and fluency. 6.The ability to develop openness and accessibility – have access to, contact with and articulation of own issues and process and be ready to engage experientially with them 7.The ability to display personal Qualities of maturity, openness, sensitivity, compassion, spontaneity,

		warmth and ease. 8.The ability to display emotional stability – Solidity, Calmness, steadiness, anxiety tolerance. Be well adjusted, grounded and non defensive. 9.The ability to balance strength and vulnerability – have appropriate access to own vulnerability without becoming either too overwhelmed or too defended. 10.The ability to display interpersonal rapport - appropriate contactfulness, presence, interactiveness, warmth, empathy, awareness of impact of self on others and vice versa.
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## Semester Schedules

### Year 1 / Semester 1

<i>Mandatory</i>				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
COUN6003	<a href="#"><u>Coun Skills Foundation 1</u></a>	Mary Galvin	3	5
COUN6007	<a href="#"><u>Group Process Foundation 1</u></a>	Mary Galvin	3	10
COUN6021	<a href="#"><u>Introduction to Mindfulness</u></a>	Mary Galvin	3	5
COUN6002	<a href="#"><u>Person-Centred Couns Applic.</u></a>	Mary Galvin	3	5
COUN6006	<a href="#"><u>Person-Centred Couns Theory</u></a>	Mary Galvin	3	5

### Year 1 / Semester 2

<i>Mandatory</i>				
<i>Code</i>	<i>Title</i>	<i>Module Coordinator</i>	<i>Version</i>	<i>Credits</i>
COUN6004	<a href="#"><u>Coun Skills Foundation 2</u></a>	Mary Galvin	3	5
COUN6001	<a href="#"><u>Family Systems Application</u></a>	Mary Galvin	3	5
COUN6005	<a href="#"><u>Family Systems Theory</u></a>	Mary Galvin	3	5
COUN6008	<a href="#"><u>Group Process Foundation 2</u></a>	Mary Galvin	3	10
COUN6009	<a href="#"><u>Intro to Developmental Theory</u></a>	Mary Galvin	4	5

