



ADDITIONAL INFORMATION

Thank you for applying for the BSc (Hons) in Counselling & Psychotherapy Upgrade Programme. We now require some more information to proceed with your application.

- 1. Copy of Core Course Prospectus / Core Course Outline**
- 2. Transcript of Results of all my assessments / examinations**
- 3. Copy of all relevant qualifications**
- 4. Completed Course Comparison Form**
- 5. Letter from counsellor to verify 50 hours of personal therapy**
- 6. Letter from supervisor to verify 100 hours of client work**

Please note that we have included a Course Comparison Help sheet to assist you in filling out the courses comparison form. Please do not hesitate to contact us if you have any queries regarding the application process at info@pcicollege.ie or 01-4642268.



Additional information to help with filling in Course Comparison form on page 5.

Module Number / Description	What is covered in the PCI College Module
1104a Personal Development 30 hours	<ul style="list-style-type: none"> • Importance of self-awareness / self-knowledge; moral development, emotional intelligence & relationships. • Reflection & Journaling. • Group Sharing Experiential Individual & Group Exercises
1104b Lifespan Development 30 hours	<ul style="list-style-type: none"> • Theoretical Framework within which self can be examined – developmental periods, infancy, childhood, adolescence, earl adulthood etc. • Developmental Theories (psychoanalytic, psychosocial, cognitive attachment)
1105a Humanistic Approaches 30 hours	<ul style="list-style-type: none"> • Rogers (Person-Centred) • Gendlin (Person-Centred) • Mearnes (Person-Centred) • Thorne (Person-Centred) • (Also Look at Gestalt Approach)
1105b Cognitive Behavioural Approaches 30 hours	<ul style="list-style-type: none"> • Beck (Cognitive Therapy) • Ellis (Rational Emotive Behaviour Therapy) • Glasser (Reality Therapy)
1106a Skills of Counselling 30 hours	<ul style="list-style-type: none"> • Basis Interpersonal Counselling Skills e.g. Warm relationships, Active Listening, Probing Skills, Primary Empathy... • Clarifying & Defining clients problems & concerns
1106b Strategies of Counselling 30 hours	<ul style="list-style-type: none"> • Making a Working Contract. • Egan’s Model & The Wheel of Change
2207a Personal Development 30 hours	<ul style="list-style-type: none"> • Further self-awareness – e.g. Prejudices, Sexuality & Boundaries • Ethical implications of the therapeutic relationship.
2207b Advanced Counselling Skills 30 hours	<ul style="list-style-type: none"> • Summarising; Advanced Empathy; Active Helping; Immediacy; Termination...
2208a Universal Issues in Counselling (Loss) 30 hours	<ul style="list-style-type: none"> • Helpfulness in ritual of grief and loss • The effect of multiple losses • Managing Trauma of sudden death
2208b Universal Issues in Counselling (Sexuality) 30 hours	<ul style="list-style-type: none"> • Sexual Development; Sexuality & Gender issues; Intimacy; Sexual Orientation; Cultural & Religious Influences
2209a Abnormal Psychology 30 hours	<ul style="list-style-type: none"> • Concept of psychological abnormality or mental illness (to include the perspectives of relativism and socio-cultural influences) • Classification of abnormal behaviour (to include an understanding of DSM-IV) • Major categories of psychiatric disorders (including anxiety disorders, personality disorders, substance abuse and addiction, mood disorders) • Boundaries and limits of counselling and psychotherapy; interface with psychiatry and medical approaches.
2209b Psychodynamic Perspectives 30 hours	<ul style="list-style-type: none"> • Freud (Freudian Psychoanalytical Theory) • Jung (Jungian Psychoanalytical Theory)



ADDITIONAL INFORMATION

Name: _____

Email Address: _____

Phone Number: _____

Registration Number (if known): _____

I wish to join your BSc in Counselling & Psychotherapy Upgrade Programme and

I have completed a Diploma in Counselling & Psychotherapy / Diploma in Addiction Counselling

I attach the following:-

1. **Copy of Core Course Prospectus / Core Course Outline**
2. **Transcript of Results of all my assessments / examinations**
3. **Copy of all relevant qualifications**
4. **Completed Course Comparison Form**
5. **Letter from counsellor to verify 50 hours of personal therapy**
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Course Comparison Form - each module is 30 hours duration

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Please see **Additional Information on Page 2** for details of what is covered in the PCI College Modules



Module Number	Description	Match with your core course Reference the Prospectus or Course Description from Institute	How was module assessed?	Grade awarded
1104a	Personal Development 30 hours			
1104b	Lifespan Development 30 hours			
1105a	Humanistic Approaches 30 hours			
1105b	Cognitive Behavioural Approaches 30 hours			
1106a	Skills of Counselling 30 hours			
1106b	Strategies of Counselling 30 hours			
2207a	Personal Development 30 hours			
2207b	Advanced Counselling Skills 30 hours			
2208a	Universal Issues in Counselling (Loss) 30 hours			
2208b	Universal Issues in Counselling (Sexuality) 30 hours			
2209a	Abnormal Psychology 30 hours			
2209b	Psychodynamic Perspectives 30 hours			