

WHAT IS COUNSELLING/PSYCHOTHERAPY?

Counselling/psychotherapy is a process, in which a safe and non-judgemental space is created between a person and a counsellor/therapist, where a person can explore any issues that are causing them difficulties in a particular area or areas of their life. Counselling/psychotherapy focuses on enhancing the psychological well being of the client thereby empowering the client in enabling choice or change or in reducing confusion.

ACCREDITATION:

Becoming an accredited member of a professional organisation for Counselling and Psychotherapy guarantees a high level of training and an ethical framework for good practice. It means that the Counsellor/Psychotherapist has been deemed to be competent and ethical by the accrediting body to whom that professional subscribes. Prior to undertaking training in this area, it is essential that you rigorously investigate the accreditation of your proposed course for training, ethical and future employability purposes. Two of the larger bodies in Ireland are the Irish Association of Counselling and Psychotherapy (IACP) - <http://www.irish-counselling.ie/> and the Irish Association of Humanistic and Integrative Psychotherapists –<http://iahip.org/>. (Note: This list is not exhaustive as there are further organisations, depending on the nature of training and the school of thought to which you subscribe, therefore due care must be given in examining professional status of all courses and organisations before embarking on training).

IACP is the main accreditation body in Ireland. There is a reciprocal agreement regarding accreditation between IACP and BACP. IACP also has a mutual agreement with IAHIP regarding supervision – using a supervisor with IAHIP qualification is acceptable to IACP. The IACP courses have gone through the IACP accreditation process. If a course is not on the list, either they have not applied for accreditation or the accreditation process is in progress and not completed yet. If there is a course in which you are interested, you can ask if they have applied for accreditation and when they expect to receive it. When new courses receive accreditation, they will be listed on IACP website.

PROFESSIONAL QUALIFICATION:

Awarded on completion of Irish Association of Counselling & Psychotherapy Recognised Course or the body to which you wish to become accredited. Having completed a counselling course (this is only the first step in the accreditation process) it is necessary to spend 2 years gaining supervised experience ([See IACP Information Sheet](#))

Having completed this 450 hours of client work along with supervision hours you can then apply to be accredited by IACP.

If the course you completed was not accredited you will need to include the course information in your accreditation application.

NB by checking IACP course criteria you should be able to determine if the course in which you are interested meets the IACP requirements.

Counselling courses by their nature are part-time in Ireland.

- Application: Application forms and further details are available from the individual colleges. Applications made directly to colleges.
- Selection: Application Form and Individual Interview. Group Interview may also be required.
- Entry Requirements: Experience of personal development / group work. Ability to demonstrate self-awareness, maturity, stability. Ability to make use of and reflect upon life experience. Capacity to cope with the emotional and intellectual demands of course. Potential to form a therapeutic relationship. Related work, volunteer or personal experience in a helping capacity. Completion of a Foundation Course/Certificate in Counselling is often required before applying to an IACP Recognised course.

Research:

Courses: See IACP website <http://www.irish-counselling.ie> for listings of their **Recognised Courses**.

Seek: Voluntary work is one way of gaining experience and assessing your suitability and motivation for work in this field

Research: Irish Association of Counselling & Psychotherapy Education Section: - <http://www.irish-counselling.ie/education-overview>

Irish Council for Psychotherapy (Disciplines Section) - <http://www.psychotherapyCouncil.ie/members/disciplines/>

www: **CDC Explore Careers** - <http://www.maynoothuniversity.ie/careers/useful-resources/explore-careers/social-guidance-and-community-work>

USEFUL ADDRESSES AND CONTACT DETAILS

✉ Irish Association of Counselling & Psychotherapy
First Floor, Marina House, 11-13 Clarence St.,
Dun Laoghaire
Co. Dublin
1890 907 265
☎ iacp@iacp.ie
www: <http://www.irish-counselling.ie>

✉ Irish Council for Psychotherapy
29 Upper Mount Street
Dublin D02 K003
☎ 01 9058698
☎ hello@psychotherapycouncil.ie
www: <http://www.psychotherapycouncil.ie/>

✉ Irish Association of Humanistic & Integrative Psychotherapy
44 Northumberland Avenue
Dun Laoghaire
Co. Dublin
(01) 284 1665
☎ info@iahip.org
www: <http://iahip.org/>

Another option -

COUNSELLING PSYCHOLOGY: as a psychological speciality, facilitates personal and interpersonal functioning across the life span with a focus on emotional, social, vocational, educational, health-related, and developmental concerns. Therefore counselling psychologists can be found working in such diverse areas as schools and colleges, industrial workplaces and health services. Counselling psychology encompasses a broad range of practices that help people improve their well being, alleviate distress and maladjustment, resolve crises, and increase their ability to live more highly functioning lives. Counselling psychologists work with people who have experienced a range of emotional and psychological difficulties. These include problems of identity and bereavement, relationship problems, sexual abuse, emotional abuse and neglect. (Source: Psychological Society of Ireland <https://www.psychologicalsociety.ie/>)

COUNSELLING PSYCHOLOGIST – normally holds an undergraduate degree in Psychology or an equivalent qualification e.g. Higher Diploma in Psychology (see below for courses) Following this qualification and having obtained some relevant experience applicants can apply for a postgraduate qualification in Counselling Psychology. These courses are at either Masters or Doctorate level and are generally full-time courses.

For further details of graduate routes in psychology (for those who do not have an undergraduate degree in Psychology see <https://www.psychologicalsociety.ie/accreditation/PSI-Accredited-Undergraduate-Courses-3>)

- Psychology conversion courses
 - DCU <https://www.dcu.ie/courses/Postgraduate/snhs/MSc-Psychology-Conversion.shtml>
 - NUI, Galway
 - <http://www.nuigalway.ie/courses/taught-postgraduate-courses/psychology-full.html> for students who have not studied Psychology previously
 - <http://www.nuigalway.ie/courses/taught-postgraduate-courses/psychology-conversion.html> for student who have studied some Psychology e.g. 1st year
 - UCC <https://www.ucc.ie/en/cka01/>
 - UCD https://sisweb.ucd.ie/usis/IW_HU_MENU.P_PUBLISH?p_tag=PROG&MAJR=W014
 - UL <http://www.ul.ie/graduateschool/course/psychology-ma>
 - TCD <https://psychology.tcd.ie/postgraduate/h-dip/>