

# Diploma in Arts Adult Guidance Counselling

(Level 8) MHA57



# Introduction

**The Diploma in Arts (Adult Guidance Counselling) is designed to serve as a training course for people working with adults in a guidance counselling setting, providing information, advice guidance and placement services.**

The emphasis of the course is on the development of the key communication and relationship skills and competencies that underpin the practice of Adult Guidance. The course also aims to work towards the development of an understanding of core concepts and ideas concerning marginalisation, exclusion and adult career development. The personal development and self awareness of the participants underpins the course.

## Year 1

Modules: For a fuller description of the content, learning outcomes and assessment methods please go to the following link:

<https://www.maynoothuniversity.ie/adult-and-community-education/our-courses/diploma-adult-guidance-counselling>

### Case Review and Professional Development 1 AD02FA

#### Content to include

- To offer an opportunity to reflect on casework in the light of course material
- To provide an opportunity to integrate theory and practice

#### Learning outcomes to include

- Enhanced self-concept and self-awareness in terms of professional practice
- A capacity to apply theory to practice
- A familiarity with a supervisory model of professional development

### Adult Guidance Counselling Skills 1 AD02DA

#### Content to include

- Core communication and interpersonal approaches and skills.
- Models of guidance counselling.
- Reflective practice in professional development.

#### Learning outcomes to include

- The capacity to establish a professional relationship with clients in terms of contract setting and boundary setting.
- A capacity to engage in reflexivity around client issues.
- A capacity to reflect on own practice in the light of models of guidance.

### Theoretical Perspectives in Adult Guidance Counselling AD02GA

#### Content to include

- The Psychology of Adult Development: Implications for Facilitating Change
- Work and Unemployment
- Sociological and Psychological Models of Vocational Development
- Principles of information storage and retrieval in Adult Guidance
- Theories and Approaches to Group Facilitation

#### Learning outcomes to include

- A capacity to apply psychological, counselling and vocational models to one's own experience and practice
- An understanding of issues relating to work and unemployment in the context of current labour market trends
- An exploration of the role of information and information technology in Career decision making
- Familiarity with core concepts and theories of Group Facilitation Skills practice in the context of Adult Guidance

### The Reflective Learner and Reflective Practice 1 AD02EA

#### Content to include

- Introduction to Adult Learning theories
- Presentation and Writing skills
- Reflective Practice and Experiential Learning

#### Learning outcomes to include

- Capacity to take responsibility for oneself as a learner
- Capacity to set and meet appropriate learning goals

## Year 2

### Case Review and Professional Development 2 AD02FB

#### Content to include

- To give and receive feedback on professional practice
- To establish a professional support network
- To critically reflect on ethical practice

#### Learning outcomes to include:

- A familiarity with a supervisory model of professional development
- Capacity to reflect critically on one's own practice
- Capacity to reflect on the emotional and psychological dynamics and demands of interacting in a group setting

### Adult Guidance and Counselling Skills 2 AD02DB

#### Content to include

Advanced core communication and interpersonal approaches and skills.

- Advanced models of guidance and counselling.

#### Learning outcomes to include:

- The capacity to maintain a professional relationship
- Use of advanced communication skills underpinning the guidance process.
- A capacity to critique oneself professionally and ethically.

### Integrating Theory and Practice in Adult Guidance Counselling AD02B

#### Content to include

- Experiential group work from a Psychodynamic Perspective
- Organisation Systems and Dynamics
- Key Psychometric tests and their application in Adult Guidance
- New and Emerging Issues in Adult Guidance
- Humanistic, Psychodynamic and Cognitive Behavioural Approaches to Counselling

### Learning outcomes to include

- Capacity to reflect on the emotional and psychological dynamics and demands of interacting in a group setting
- Familiarity with key theories and approaches to Counselling
- Familiarity with organisation theory in terms of structure, culture and development
- Familiarity with key psychometric texts and their application in Adult Guidance
- Capacity to apply models of best practice to working with marginalized groups in Adult Guidance

### Research Methodologies in Adult Guidance Counselling AD02C

#### Content to include

- Qualitative Research Methods
- Applied Research and Evaluation Techniques
- Reflexivity in Qualitative research design and implementation

#### Learning outcomes to include

- A critical appreciation of different models of qualitative research design and implementation in the field of Adult Guidance Counselling
- Production of a Research Dissertation

### The Reflective Learner and Reflective Practice 2 AD02EB

#### Content to include

- Advanced Adult Learning theories Journaling
- As Reflexive learning method
- Reflective Presentation,
- Writing and Research skills
- Practice and Experiential Learning

#### Learning outcomes to include

- Capacity to take responsibility for oneself as a learner
- Capacity to set and meet appropriate learning goals
- Capacity to reflect on the development of professional identity

## Course Content

The course will seek to develop a critical awareness for participants of their professional role by:

- Developing their knowledge of the theoretical field of Adult Guidance Counselling
- Facilitating the exploration of issues of marginalisation and exclusion as they relate to employment and unemployment;
- Enabling participants to develop key skills and competencies involved in working with clients

## Admission Requirement

- Applicants will be expected to have a minimum of two years' experience working with adults in a developmental setting and be seeing a minimum of 6 clients on a regular basis
- Applicants should have participated in training courses or workshops in the area of guidance, counselling and self awareness; Interview
- with Staff in the Department

## Assessment Methods

Participants are required to have a minimum attendance of 80%. A range of assessment methods will be used on the course as follows:

- Skills Application: Twice a year participants are required to submit a taped interview together with a written commentary. Participants' skills will be monitored on an ongoing basis
- Portfolio: A portfolio of home based learning activities
- Essay/Research: One essay over the course and a research project
- Self and Peer Assessment: A learning statement at the end of each year
- Case Presentation: Two Case Studies presented to peers

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[www.maynoothuniversity.ie/adult-and-community-education](http://www.maynoothuniversity.ie/adult-and-community-education)

## Course Duration

The Diploma is delivered part-time over two years in an open learning format, incorporating e-learning material, and workshops. The workshops will be provided over 2 x 3 days and 6 x 2 day sessions each year and one summer week-long psychometric testing workshop in Year 1. Participants will be required to attend one workshop per month. Workshops will take place on Thursday/Friday, 9.30am – 5.00pm

## Course Duration

Home Based Learning: 212 hours

Workshops: 216 hours

Total: 428 hours

## Fees

The course fee for 2019 has yet to be confirmed, please contact the Fees Office for current fees. There will be an additional charge of €350 in Year 1 for psychometric testing

<https://www.maynoothuniversity.ie/student-fees-grants/postgraduate>

## Further Details

- Closing date for applications: 30th April 2019
- Interviews will be held in May 2019
- Applications online [www.pac.ie](http://www.pac.ie) using PAC code MHA57
- As part of the on-line PAC application, please submit the supplementary questions electronically. Please also submit two academic references and official transcripts to PAC
- If you would like to discuss your application and/or to speak with a graduate of the programme please contact Carmen Ruiz at 01- 708 3752 or [email: adultguidancecourses@mu.ie](mailto:adultguidancecourses@mu.ie)

Please note: Graduates from this programme are eligible for membership of the Institute of Guidance Counsellors.