**TURNING POINT™ INSTITUTE**

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Counselling and Psychotherapy for Individuals, Couples, Families and Groups

Grief Counselling and Psychotherapy Employee Assistance Programmes Meditation

Stress Management

Continuing Professional Development Programmes Supervision Training

Mindfulness

Leadership Training and Development

Foundation Course in Counselling and Psychotherapy

Professional Training in Integrative Counselling and

Psychotherapy

# FOUNDATION COURSE IN COUNSELLING &PSYCHOTHERAPY

### **Part-time Certificate Course at**

### **Turning Point™ Institute**



**Are you at a "turning point" in your life?**

**Do people, and what makes**

**them tick, fascinate you?**

**Are you a good listener?**

**Did you ever think of Counselling or Psychotherapy as a profession?**

If your answer is yes to any or all of the above why not find out more about the counselling and psychotherapy profession by taking our Foundation Course in Counselling and Psychotherapy. This is a part time course, Tuesday evenings 7pm– 10pm

**Themes:**

What is Counselling/Psychotherapy

Historical background; overview of current theories; introduction to the skills of counselling and psychotherapy

Personality & Development

What is personality? Normal Adult Development Psychoanalysis

Classical Freud; the post-Freudians; Carl Jung

Cognitive-Behavioural Therapy

Skinner’s Behaviourism; The Cognitivists; Mindfulness Humanistic Psychotherapy Part 1and Part 2

Self-actualization; Carl Rogers and Person Centered Therapy; Gestalt

Transpersonal Psychotherapy

Links to Spirituality; Psychosynthesis

Systemic Psychotherapy

Family therapy; Group Work; Sociopolitical Context

Special Topics

Mental illness; Attachment; Grief and loss, Somatic Psychotherapy; Trauma; Positivity

The Practice of Psychotherapy

The Therapeutic Relationship; Transference/Counter-transference; Ethics, Professional Issues.

**Learnings:**

This course combines Academic/Theoretical and Experiential/Skills Practice components.

By the end of the course, participants will have:

Considered the range of psychotherapeutic

and counselling approaches that are currently available

in the field of psychotherapy, including a critical evaluation of each approach.

Explored many of the ethical concerns relevant to the field of Psychotherapy.

Found a deeper understanding of self and aspects of personal development on which a professional competence in the field of Psychotherapy is founded

Obtained information to facilitate them in making well-informed decisions about undertaking further professional training.

**Facilitator:**

Geradine (Ger) Matthews MIAHIP, SIAHIP

**Assessment and Award:**

Evaluation is based on student's attendance and participation throughout the course. Students who complete the programme with satisfactory feedback from their tutor will receive a 'Foundation in Counselling and Psychotherapy' certificate from TPI.

**Fee:**

The fee for this course is €850. Credit card payment will be accepted. Application forms can be downloaded from our website at www.turningpoint.ie, or you can contact TPI by telephone on 01-2801603.

*Turning Point™ Institute reserves the right to make changes to dates, times and course content and will make every effort to advise participants of any such changes in good time.*