



# **MSc Counselling & Psychotherapy**

**(4 Years Part-time) Dublin & Omagh**



**Dublin Counselling  
& Therapy Centre**

# About...

Dublin Counselling & Therapy Centre has been offering professional training in the field of counselling and psychotherapy since 1990 and continues to offer programmes to train suitable candidates who are seeking entry to the profession and programmes for qualified and accredited practitioners who wish to enhance their practice through further training in specialist areas. Degree programmes are offered through partnership with the University of Northampton.

In addition to being an established training school, DCTC also provides a professional counselling and psychotherapy service to support those who are experiencing personal, familial and social distress or difficulty. These services are aimed at promoting personal growth and well-being through attention to all aspects of the person's life – physical, emotional, social, psychological and spiritual. DCTC is committed to making this service accessible to those who are economically marginalised and so offers a low-cost option so that those who have financial difficulty can avail of a service that is affordable for them.

The Centre is located in Dublin City Centre, fifteen minutes from Dublin Airport and is accessible using all public transport options – Dublin Bus, DART, Iarnród Éireann and LUAS

From 2022 programmes will also be offered in Omagh.



# MSc Counselling & Psychotherapy

## Commencing October 2023

**Course Duration:**

4 Years

**Programme Director:**

Paul O'Donoghue SIAHIP

**Venue Options:**

Dublin Counselling & Therapy Centre,  
41 Upper Gardiner Street,  
Dublin D01 C788

OR

ORBA Health & Wellbeing  
9 Tormore Road, Arvalee,  
Omagh, Co. Tyrone BT79 ONF

**All applications to:**

The Administrator  
Dublin Counselling & Therapy Centre,  
41 Upper Gardiner Street,  
Dublin D01 C788

**Telephone: (01) 8788 236**

**Email: [info@dctc.ie](mailto:info@dctc.ie)**

## INTRODUCTION

The MSc Counselling & Psychotherapy programme offers a professional practice-based and fully recognised training for prospective new entrants to the counselling and psychotherapy professions.

DCTC has been offering entry-to-profession programmes in counselling and psychotherapy since 1990. In partnership with the University of Northampton, this postgraduate degree programme provides students with a blending and integration of experiential, academic and practice-based learning in preparation for the highest standards of professional practice.

Students may complete their training at one of two locations, Dublin or Omagh.

DCTC maintains extensive and up-to-date counselling & psychotherapy libraries for student use at each venue. Supplementary online library facilities are provided by the University of Northampton.

Students will have access to the 'Northampton Integrated Learning Environment' (NILE) which is a virtual learning environment offering a vast range of learning supports.



## Programme Overview and Requirements

- Training is completed over a minimum of 4 Years on a part-time basis.
- The programme is recognised for Professional Accreditation by IAHIP (Irish Association of Humanistic & Integrative Psychotherapy) which is the largest section of the Irish Council for Psychotherapy.
- Masters degree (MSc) award for students who complete 180 credits (Ireland Level 9 & UK Level 7).
- Postgraduate Diploma award for students who complete 120 credits (Ireland Level 9 & UK Level 7).
- There are eight course modules in total, two in each year of the programme.
- Professional Practice Placement in Years 3 & 4.
- Group supervision to support placement work in Year 3.
- External individual supervision in Year 4.
- Reciprocal Trainee Therapy (RTT) in Years 1 & 2. This is a 'preparation for practice' model for the early development of therapeutic skills and clinical experience.

- Attendance at individual personal psychotherapy for a minimum of 120 hours over the full duration of training (arrangements made by the student).
- Attendance at group psychotherapy during term time, in each of the four years of the programme for a minimum of 60 hours over the duration of training (arrangements made by DCTC).

## Our Training Ethos

DCTC bases all of its training work on the core principles of humanistic psychology. This ethos ensures that the programme seeks to respect and to emphasise the following:

- the potential for each person to grow and to change
- the complex and dynamic nature of human life
- the fundamental equality of all persons
- the uniqueness of each person's experience
- the responsibility of each person for themselves

At DCTC, the care and support offered to students reflects this ethos. The 'student voice' is valued and students are encouraged to evaluate their programme and feedback on their experiences.





## Aims of the Programme

- To provide education and training, to established professional standards, in the theory and practice of counselling and psychotherapy. The graduate will be a mature and competent psychotherapist who will have developed the capacity and confidence to be self-aware, reflective and autonomous in their practice.
- To promote the development in the student of in-depth self-awareness and personal integration through the engagement in intrapsychic, interpersonal and transpersonal exploration.
- To provide opportunities for the development of a relevant and broad-ranging body of theoretical knowledge and understanding from the field of human psychology.
- To provide an in-depth theoretical understanding of the processes and practices of counselling and psychotherapy and opportunities to develop critical understanding of the applications of theory to clinical practice.
- To promote the development of a comprehensive range of psychotherapeutic skills, including clinical assessment, relationship-building skills and a wide range of intervention skills.
- To provide a programme of study that enables students to develop an in-depth understanding of the range of mental health issues that commonly present in counselling and psychotherapy practice.
- To promote the development of a professional level of clinical competence through the arrangement of practice placements and the supervision of placement work.
- To provide theoretical and practical understanding of the skills relevant to conducting research in the field of counselling and psychotherapy.





## Course Structure Year-by-Year

### Year 1:

- 3 non-modular days (Induction and feedback days)
- Module PSYM201 - Human Development (7 contact days)
- Module PSYM202 - Developing the therapeutic Context & Process (7 contact days)
- Personal therapy and Group therapy attendances
- Reciprocal Trainee Therapy (RTT)

### Year 2:

- 3 non-modular days (Induction and feedback days)
- Module PSYM203 - Mental Health & Psychopathology (7 contact days)
- Module PSYM204 - Common Issues in Counselling & Psychotherapy (7 contact days)
- Personal therapy and group therapy attendances
- Reciprocal Trainee Therapy (RTT)





## Year 3:

- 3 non-modular days (Induction and feedback days)
- PSYM205P - Clinical Practice 1 (6 contact days)
- PSYM215 - Research Methods (4 contact days)
- Personal therapy and group therapy attendances
- Clinical placement practice
- Group supervision attendance

## Year 4:

- 3 non-modular days (Induction and feedback days)
- PSYM206P - Clinical Practice 2 (6 contact days)
- PSYM216 - Dissertation (1 contact day plus 6 hours supervision)
- Personal therapy and group therapy attendances
- Clinical placement practice
- External individual supervision attendance



Course timetables for 2023/2024 will be sent to applicants who are offered a place following selection interviews.



## **Introduction to the Modules**

### **PSYM201 Human Development (1st Year – 20 credits)**

Introducing students to theoretical models of human development across the life-span, from conception to old age. An integrative approach guides students in detailed and in-depth exploration of personal development and growth in all aspects – physical, psychological, emotional, cognitive, relational and social, sexual, and spiritual – and during each of the critical stages of the life-span. Theoretical study of the subject area is further advanced by structured experiential group work which facilitates a growing awareness of the student's own personal life history and developmental processes.

### **PSYM202 Developing the Therapeutic Context & Process (1st Year – 20 credits)**

This module examines humanistic and integrative approaches to counselling and psychotherapy practice, and explores principles from person-centered, psychodynamic and systemic perspectives. The module also enables the student to develop theoretical understanding and practical experience of the core assessment skills, relationship-building skills and therapeutic intervention skills necessary for effective clinical practice. Students are introduced to the experience of clinical interaction through a model of reciprocal practice with fellow-students.

### **PSYM203 Mental Health & Psychopathology (2nd Year – 20 credits)**

This module examines models of mental and emotional functioning and explores frameworks for understanding the development of mental health and wellbeing. Interruptions to healthy development are studied and a spectrum of mental ill-health is presented so as to enable students to develop their understanding of the complexities of the various patterns of psychopathology. A knowledge base in respect of the commonly described 'psychiatric syndromes' is developed to include understanding of their aetiology, range of symptoms, and treatment considerations relevant to counselling and psychotherapy practice.

### **PSYM204 Common Issues in Counselling & Psychotherapy (2nd Year – 20 credits)**

This module offers students an opportunity to explore some of the common presenting issues that clients bring to counsellors and psychotherapists. The module enables students to develop an understanding of how challenging life issues and events can disrupt normal functioning and lead to more enduring dysregulation and dysfunction. Students are also introduced to clinical applications in respect of these issues.





## **Introduction to the Modules**

### **PSYM205P Clinical Practice 1 (3rd Year – 20 credits)**

This module prepares and support students in the commencement stage of a clinical placement and in the early part of their clinical practice. The module focuses on developing competence and confidence in the initial phase of practice through the revision of core therapeutic skills, exploration of the complexities of clinical assessment and case management, understanding pertinent ethical and legal issues, psychopharmacology studies, and the process of practitioner self-care. Support for students will be provided through tutor-led seminars alongside regular clinical supervision.

### **PSYM215 Research Methods (3rd Year – 10 credits)**

This module offers students the opportunity to become familiar with the theoretical basis of research, and to explore and evaluate the various methodologies and approaches to research in the field of counselling and psychotherapy. The module will also encourage the development of critical thinking in relation to reading and conducting research. Students will learn about the process of formulating a research proposal, leading to the design of a project proposal which will then become the basis of a professional project in the final year of the programme.

### **PSYM206P Clinical Practice 2 (4th Year – 20 credits)**

This module supports students as they continue their client practice placement through the final year of their training. The focus of the module is on facilitating deeper reflection on the complexities of clinical work and creating opportunities for students to develop their awareness as practitioners and to discuss and evaluate their experience of client work. Interactive Clinical Seminars and reflexive assignments provide students with opportunities to develop themselves as professional practitioners. Students are further supported through engagement in external one-to-one supervision.

### **PSYM216 Dissertation (4th Year – 50 credits)**

The module provides an opportunity for the student to apply knowledge, concepts, and research methods to a question or problem relevant to the field of counselling and psychotherapy. The module enables students to develop expertise and understanding of the research process including research methodology and the skills to plan, conduct, analyse and write up their research. It will enable the student to work independently and apply the subject-specific research process.



## Becoming a Psychotherapist - 'The Inner Journey'

*"Your visions will become clear only when you  
can look into your own heart.*

*Who looks outside, dreams; who looks inside, awakes."*

**(Carl Gustav Jung)**

The understanding of 'self' and 'other' is at the heart of all counselling and psychotherapy practice. The learning process in becoming a practitioner includes both academic study and the development of practice skills, but most importantly, it involves a purposeful and experiential 'journey into self' which opens up the possibilities of new levels of self-awareness and personal growth.

It is an essential aspect of professional training that students explore and come to know their own 'inner' lives as deeply and intimately as possible, in preparation for the challenge of facilitating and supporting others to do likewise when the time comes to practice. In order to encourage this work and by way of creating appropriate space for it to be undertaken, this training programme includes a number of opportunities for students to engage in their own personal development.

Through purposeful engagement in one-to-one therapy and group therapy as well as a primarily experiential approach to all training sessions students will have opportunities to bring developing

levels of self-awareness to bear on their learning process. Becoming a counsellor or psychotherapist is crucially dependent on being open to a deepening experience of oneself, to the personal exploration and integration work that promote and support new levels of congruence and freedom. Attending to our own developmental history - working through the sources of our anxieties, our depressions, our innermost conflicts and relational challenges - opens the pathways to personal healing and growth. This is the 'inner journey' that is essential to the development of the practitioner and that is central to the training ethos at DCTC.

We recognise that this work can be difficult at times and that it will involve exploration on the frontiers of intrapsychic life, interpersonal life and the transpersonal realm. The team at DCTC brings significant experience in working at depth with students and a real commitment to supporting students as they journey through this process.





## Clinical Practice Placement (Years 3 & 4)

The programme has been developed to meet the requirements for entry to the professions of counselling and psychotherapy and is therefore aligned with the standards for Phase I training as set out by the Irish Association for Humanistic and Integrative Psychotherapy (IAHIP).

Years 1 and 2 of the programme constitute a pre-clinical training, the aim of which is to integrate theoretical learning, personal development and therapeutic skills development so as to prepare the student for further learning and development in a work-based environment. Years 3 and 4 constitute the clinical training which aims to support and progress students through work-based clinical experience (minimum 200 hours of one-to-one practice) to develop the competencies required for professional practice.

Clinical Placements are arranged prior to the beginning of Year 3 and form the core of the Clinical Practice modules in each of Years 3 & 4.

DCTC arranges suitable placements in consultation with each student during the summer months prior to the beginning of 3rd Year. While some students may have preferences in this regard, in relation to location or particular organisations they have a connection with, all placement arrangements will be approved by DCTC to ensure that the student's experience will be suitable to the requirements of the programme.

Group supervision is arranged by DCTC for the 3rd Year of the programme (included in course fees) and students will arrange external one-to-one supervision for their final year (not included in course fees).

Professional Indemnity Insurance is arranged by DCTC on behalf of all students (included in course fees)





## Assessment

Assessment is a continuous process throughout the programme. Each module will normally include two written assignments with the exception of the research modules (one assignment for each of these). Student self-evaluation is central to the assessment process and students will also be supported by receiving regular feedback from tutors and supervisors

## Award, Course Recognition & Professional Accreditation

Successful completion of the programme will lead to the University of Northampton award of MSc Counselling and Psychotherapy (180 credits) or an intermediate award of Postgraduate Diploma in Counselling and Psychotherapy (120 credits).

The programme is formally recognised by the Irish Association of Humanistic & Integrative Psychotherapy (IAHIP). Following completion of an appropriate post-training period of supervised practice in line with prevailing standards, graduates may apply for registered membership of the Irish Council for Psychotherapy (ICP) through IAHIP which is one of the constituent sections of ICP. They may also apply for accredited membership of the Irish Association for Counselling & Psychotherapy (IACP)





## Entry Requirements

Applicants are required to meet one of the following criteria:

- have a primary degree (in addition to this entry requirement candidates will also be expected to have an appropriate level of personal maturity and life experience).

or

- Mature Student Option - the programme is open to applicants who do not have a primary degree but whose life / work / training / personal development experiences are deemed relevant to counselling and psychotherapy training.

## Programme Costs

Annual Course Fee: €5,800 (this fee remains the same for each year of the course).

The annual course fee includes university registration, tuition costs, group supervision and practice insurance costs. Costs for personal therapy, group therapy and external one-to-one supervision are additional.

## Application and Selection Process

Application forms are available to download from our website: [www.dctc.ie](http://www.dctc.ie)

### Application Fee: €150

Return completed Application Form, including references and application fee, to:

The Administrator,  
Dublin Counselling & Therapy Centre,  
41 Upper Gardiner Street,  
Dublin D01 C788

Closing date for applications:  
30th April 2023

- Eligible applicants will be invited to a personal interview. Places are offered following interviews.
- Maximum number of places: 18 per venue.
- Late applications will be accepted after initial interviewing if any places remain unfilled.







## Programme Team



### **PAUL O'DONOGHUE - PROGRAMME DIRECTOR**

Paul is a psychologist and psychotherapist. He has an academic background in psychology and philosophy and has trained in humanistic and integrative psychotherapy. He has been involved in the training of counsellors and psychotherapists since 1990 while continuing his practice as a psychotherapist and clinical supervisor.



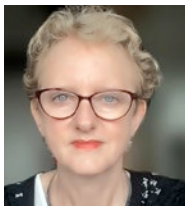
### **BRONAGH STARRS - DIRECTOR, OMAGH CAMPUS**

Bronagh maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer and trainer. She has extensive experience teaching and presenting to both national and international audiences. Her recent publication Adolescent Psychotherapy - A Radical Relational Approach has received international acclaim.



### **JUDITH KING**

Judith's background is in education, community development and organisational development. She has a particular interest in the systemic perspective on personal and group life and in relation to bodywork. As well as group facilitation and organisational consultancy, Judith maintains a private practice as a psychotherapist in Bray, Co. Wicklow. She has been awarded her Ph.D from the University of Limerick.



### **MARY PEYTON**

Mary works as an Integrative and Humanistic psychotherapist in private practice and is an accredited Supervisor with IAHIP. She studied Medicine in UCD and has a Fellowship in Anaesthesia from the Faculty of Anaesthesia, Royal College of Surgeons in Ireland prior to her training in psychotherapy. She has been involved with training of students and professionals since 2003.



### **LAURENCE HEGAN**

Laurence is an integrative psychotherapist who works from a humanistic perspective and drawing mostly from his roots in Gestalt practice. As well as a background of 30 years working in the NHS he has extensive experience of teaching counselling and psychotherapy in a number of institutes in the UK and abroad. Laurence currently maintains a private practice including supervision and group facilitation.



### **JENNIFER FORAN**

Jennifer is Co-Director of LAPPC and has extensive experience as a psychotherapist. In her private practice she works with adults, adolescents, and their parents, specialising in eating disorders, anxiety and developmental trauma. Jennifer also provides supervision and consultation services to individuals, groups and organisations working in clinical and educational settings to understand and positively influence adolescent mental health.



### **GERRY O'FARRELL**

Gerry is an integrative and humanistic psychotherapist and supervisor with experience of working in the public sector and private practice. He has particular experience of working with trauma and post-traumatic stress disorder.



### **PATRICIA ALLEN-GARRETT**

Patricia works as a humanistic and integrative psychotherapist in private practice and is also engaged in group work with people who have attempted suicide. She works extensively in trauma using a somatic focus as well as lecturing in and providing training for mental health professionals in trauma and trauma-informed care. She has been involved in the training of counsellors since 2008.



### **ANNE MORAN**

Anne maintains a private practice in Dunboyne, Co. Meath where she works with both adults and adolescents. She is also a clinical supervisor and an experienced group facilitator. She has a background in education, having spent eighteen years as a teacher working with children and adolescents with intellectual difficulties.



### **MICHAEL MCGIBBON**

Michael is Clinical Co-ordinator of Counselling & Psychotherapy services for the Health Service Executive in Donegal and formerly a Course Director MSc Counselling programme in the University of Ulster. He has completed his doctoral studies at Metanoia Institute, London. Michael works from a humanistic and integrative perspective, drawing also from experiential and psychodynamic modalities.



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