

## How to Apply

Applicants must be over 23 years of age.  
You are required to fill out an application form and return it to An Tóchar Adult Education Centre, you will then be called for an interview to determine your suitability for the course.

The course fee is €650.00.  
When you are offered a place, a deposit of €100.00 is required and the balance is due before the start date.

## When will it be held?

The course will run on the following Friday's and Saturday's from 9.30 to 4.30pm: 11<sup>th</sup> & 12<sup>th</sup> October, 8<sup>th</sup>, 9<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> November & 10<sup>th</sup> & 11<sup>th</sup> January 2020, 7<sup>th</sup> & 8<sup>th</sup> February, 6<sup>th</sup>, 7<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup> March.

## Further Information

For further information please contact:  
Nora Knapp, Centre Manager,  
An Tóchar Adult Education Centre, Causeway, Co Kerry

Tel: 066-7131977  
Email: [manager@antochar.ie](mailto:manager@antochar.ie)  
Web site: [www.antochar.ie](http://www.antochar.ie)

# Foundation Course in Counselling 2019



BORD OIDEACHAIS  
AGUS OILIÚNA CHIARRÁÍ

KERRY EDUCATION  
AND TRAINING BOARD

*Brought to you by*

*An Tóchar Adult Education Centre, Causeway  
Part of Kerry Education and Training Board*



EUROPEAN UNION  
Investing in your future  
European Social Fund



SOLAS  
An tAidís Oideachais Léamh-áras Scileanna  
Further Education and Training Authority

## Overview of Course

- Personal Development.
- An examination of theoretical frameworks including Gestalt, Rogerian, CBT, Psychodynamic and Existentialism.
- The application of theories to counselling practice.
- Experiential counselling skills and practice.

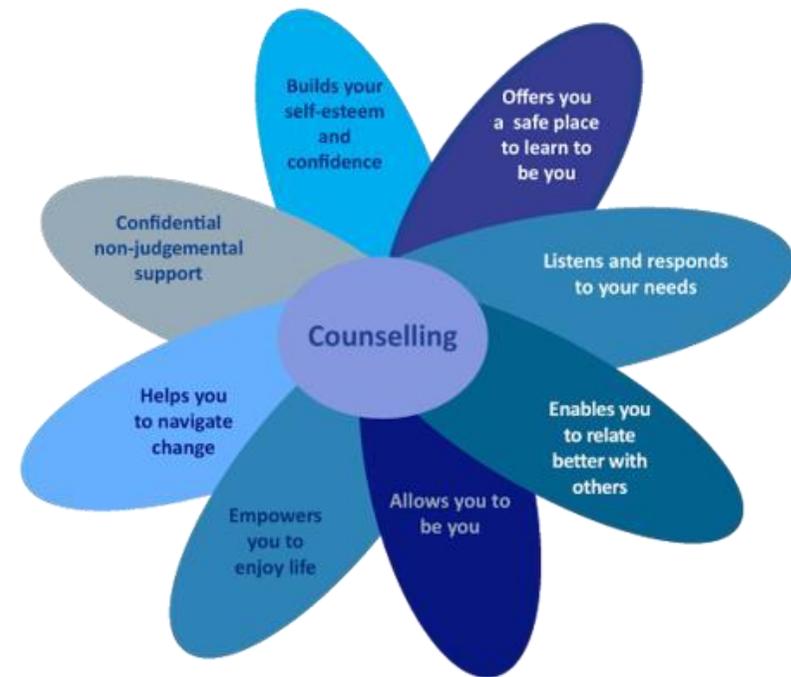
## Learning Outcomes

1. Develop an understanding of the counselling profession and the role a counsellor plays in mental health provision.
2. Gain knowledge of selected approaches and theories in the field of counselling and their application in practice.
3. Develop a level of self - awareness that will allow personal growth and development to take place in a safe environment.
4. Learn core skills in the practice of counselling.
5. Identify and understand specific issues that may present in counselling.
6. Become aware of the code of ethics and practice for counsellors and psychotherapists.

## Who is this course for?

This course is suitable for you if you are interested in personal development, pursuing a career in counselling, an educator or if you simply wish to improve your interpersonal communication skills.

The course will introduce you to a basic knowledge of counselling, its key skills and selected theoretical approaches.



## Where will it be held?

The course will be run at An Tóchar Adult Education Centre in Causeway village in North Kerry. An Tóchar is a little oasis of adult learning in the idyllic rural setting of Causeway village, situated twelve miles from both Tralee or Listowel.

## Course Facilitators

The course will be facilitated by Nora Knapp, Mary Mc Carthy and Natalie Satkauskas. The team have several years of experience facilitating these courses.