

How to Apply

Applicants must be over 21 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.
Please apply via www.fetchcourses.ie Foundation Course in Counselling Code 360640 or [click here](#)

When will it be held?

The course will run on a Friday and Saturday from 9.30 to 4.30 on Oct 13th and 14th, Nov 10th and 11th, Dec 8th and 9th 2023 & Jan 12th and 13th & 26th and 27th, Feb 23rd and 24th 2024.

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
Web site: www.antochar.ie

Foundation Course in Counselling 2023



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KERRY EDUCATION
AND TRAINING BOARD

*Brought to you by
An Tóchar Further Education & Training Centre,
Causeway
Part of Kerry Education and Training Board*



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 is coordinated by Nora Knapp and delivered by experienced therapists. The team have several years of experience facilitating these courses.