

Accredited Professional Courses



ICPS College

Web: www.icps.ie

Ireland Freephone: 1800 681 456

International Phone: +353 1 963 6141



The Institute for Counselling & Psychotherapy Studies
ICPS College Suite 11264
77 Sir John Rogerson's Quay Dublin 2 D02 Y7YS

EST. DUBLIN · IRELAND · PROSPECTUS 2026

Course Prospectus 2026 – 2030

*The full portfolio of accredited Professional Diplomas, Certificates
and Continuing Professional Development programmes*



DOCUMENT	Course Prospectus 2026
PROGRAMMES	33 Accredited Courses
CLUSTERS	Ten Thematic Pathways
DELIVERY	Live Online · Synchronous
PROVIDER NO.	PDCD1110 · CPD Standards Office

INSTITUTE FOR COUNSELLING & PSYCHOTHERAPY STUDIES

WELCOME

Welcome to ICPS College

Where academic depth meets the lived reality of clinical practice — preparing practitioners to serve at the very heart of Ireland's mental health landscape.

The Institute for Counselling & Psychotherapy Studies (ICPS College) occupies a distinctive position within Irish professional education. We sit at the deliberate intersection of three educational domains: an applied training institute preparing learners for clinical practice; a continuing professional development provider supporting established practitioners as they extend their scope; and an open-access adult learning environment welcoming healthcare professionals, allied helpers, social care workers and thoughtful members of the public who seek a structured engagement with the study of mind and meaning.

Operating from the heart of Dublin's Sir John Rogerson's Quay, the institute carries dual accreditation through The CPD Standards Office — formally recognised both as a CPD Provider and as a Provider of Training Excellence — and maintains professional alignment with the Irish Counselling and Psychotherapy Association. This architecture is unusually rich for an independent training provider and provides substantive external validation of our internal commitments to quality, integrity and ethical practice.

ICPS COLLEGE AT A GLANCE

33+

ACCREDITED PROGRAMMES

200

FOUNDATION CPD HOURS

10

THEMATIC PATHWAYS

**PDCD
1110**

CPD STANDARDS
PROVIDER NO.

Our Educational Philosophy

We believe competence is not the accumulation of theoretical knowledge but its lived integration with skill and reflective ethical awareness. Across every diploma, we pair rigorous theory with applied formulation, ethical reasoning under pressure, and the slow patient cultivation of therapeutic presence. Our live online synchronous delivery preserves the embodied core of counsellor education — peer discussion, role-play, group dynamics, real-time tutor presence — while removing the geographical barriers historically associated with specialist mental health training in Ireland.

STRATEGIC PILLARS

Institutional Goals

Five strategic pillars translated into everyday practice

I Advancing Practitioner Competence

Our portfolio of more than thirty Professional Diplomas spans foundational counselling skills through highly specialised topics such as Psychopharmacology, Applied Neuroscience, and Psychosomatic Health. The breadth gives practitioners the means to develop deep specialist competence in areas where need is high — trauma, addiction, bereavement — and where generic generalist training rarely provides sufficient depth.

II Accessibility & Inclusivity

There are no formal academic entry requirements for our CPD or Professional Diploma programmes; nurses, doctors, social care workers, allied health professionals and lay learners with a serious interest in mental health are welcomed alike. Live online delivery extends this inclusivity geographically across Ireland and internationally.

III Integration of Research, Theory & Skills

Each diploma integrates contemporary research, established theoretical models and skills-based training. We work in the scientist-practitioner tradition: practitioners must remain critical consumers of research evidence while developing their own reflective clinical judgement through case formulation, intervention planning and ethical decision-making.

IV Translational, Applied Education

We are not an academic theoretical school but a translational educational institute: the work of every classroom is to shape learning that survives contact with a real client in real distress. Our assessments — case studies, reflective journals, observed practice, portfolio development — operationalise this translational intent.

V Career-Long Professional Formation

We support practitioners across their entire developmental arc. Every diploma awards CPD points in line with hours studied, giving verifiable evidence of structured learning that can be presented to professional bodies. The 200-hour Certificate, 60-hour Professional Diplomas and 120-hour Advanced Diploma form a calibrated ladder of progression.

CURRICULUM ARCHITECTURE

Three Credential Tiers

A calibrated ladder of professional formation

The ICPS curriculum is structured as a deliberate progression of credentials, allowing learners to construct an individual developmental path rather than collect qualifications opportunistically. Three tiers of award form the spine of the offering.

FOUNDATIONAL · CERTIFICATE LEVEL

Certificates

The 200-hour **Certificate in Counselling & Psychotherapy** is our principal foundational credential, designed for those entering the field from a non-clinical background. Two shorter certificates — **Counselling Skills (30 hrs)** and **Working with LGBTQI+ Youths (60 hrs)** — serve as accessible entry points for focused study, alongside the focused **Safeguarding Certificate (30 hrs)** for practitioners working with vulnerable populations.

SPECIALIST · PROFESSIONAL DIPLOMA

Professional Diplomas

Our 60-hour Professional Diplomas form the broad middle of the curriculum: meaningful, focused units of specialist study achievable alongside professional or personal commitments. Each carries 60 formally accredited CPD points. The portfolio spans more than twenty-five specialist diplomas across the eight thematic clusters and the further specialism stream — from CBT and psychoanalysis through trauma, grief, abuse-survivor work, child and adolescent practice, applied neuroscience, eating disorders and crisis intervention.

ADVANCED · SUPERVISORY & LEADERSHIP TIER

Advanced Professional Diploma

The 120-hour **Advanced Professional Diploma in Coaching, Mentoring & Supervisory Management** represents the institute's highest tier — designed for practitioners moving into supervisory, mentoring and leadership roles within the helping professions. The expanded scope reflects the additional complexity of leadership formation.

CLUSTER I

Foundational Skills & Entry-Level Training

Where the practitioner journey begins

Every practitioner begins somewhere. These three programmes form the gateway into structured counselling and psychotherapy education at ICPS – from the foundational 200-hour Certificate that meets entry requirements for further professional training, through to focused short courses for those new to the field or for affirming practice with young people.

FOUNDATIONAL TIER

I Certificate in Counselling & Psychotherapy

Flagship 200-hour foundational programme

200
HOURS

200
CPD POINTS

Our flagship foundational programme and the principal foundational credential of the College. Delivered as a 9-week intensive (Saturdays, 9:30am - 5:30pm) with 72 hours of live online lecturer-led classes and 128 hours of structured self-directed learning, this Certificate moves systematically from microskill formation through structured sessions to integrative formulation. Students develop the core identity of the counselling practitioner: active listening, empathic attunement, the working alliance, ethical frameworks, and the major theoretical orientations. The 200-hour scope reflects its position as the recognised minimum entry-level qualification for those aspiring to BSc (Honours) Degree pathways in counselling and psychotherapy in Ireland.

KEY TOPICS

Active Listening

Working Alliance

Ethical Frameworks

Integrative Formulation

Personal Development (34 hrs)

Theory, Skills & Integration (38 hrs)

WHO IT IS FOR

- ◆ Aspiring counsellors and psychotherapists working toward IACP-accredited training pathways
- ◆ Individuals curious about the principles and practice of counselling and psychotherapy
- ◆ Those seeking meaningful personal growth and self-development
- ◆ Professionals in related fields wishing to integrate counselling skills

WHAT YOU WILL LEARN

- ◆ Explore your inner world and reflect on how self-awareness shapes relationships
- ◆ Learn key theoretical foundations and influential figures in psychotherapy
- ◆ Develop core counselling skills essential to the therapeutic relationship
- ◆ Practice in a structured small-group environment with experienced lecturer feedback
- ◆ A recognised qualification meeting entry requirements for further professional training

Professional Certificate in Counselling Skills

A focused short course

30
HOURS

30
CPD POINTS

A concentrated introduction to the practical skills of the helping relationship: reflective listening, paraphrasing, summarising, the skilful use of silence, and basic ethical orientation. Suitable as an entry programme for those new to the field or as a structured refresher for practitioners returning to study after time away from formal training. The 30-hour scope makes this a meaningful first step into the wider portfolio.

KEY TOPICS

Reflective Listening

Paraphrasing & Summarising

Use of Silence

Microskills Practice

Foundational Ethics

The Helping Relationship

WHO IT IS FOR

- ◆ Those entirely new to counselling who want a structured first step
- ◆ Practitioners returning to the field after a break
- ◆ Adjacent professionals (HR, education, ministry, social care) wanting core skills

WHAT YOU WILL LEARN

- ◆ Demonstrate the foundational microskills of the helping relationship
- ◆ Hold a structured short conversation that maintains therapeutic boundaries
- ◆ Recognise the ethical frame within which counselling skills sit
- ◆ Decide with clarity whether deeper training is the right next step

AFFIRMING PRACTICE

Professional Certificate in Working with LGBTQI+ Youths

Identity, inclusion & safe spaces with young people

60
HOURS

60
CPD POINTS

A specialist certificate dedicated to safe, inclusive and unambiguously affirming practice with LGBTQI+ young people. Coverage spans identity development across the spectrum, the evidence base on minority stress, family responses, school and peer contexts, and the practitioner's responsibility to create the safe space that affirming work requires. The programme is professionally framed — engaging the legal and ethical context for working with minors in Ireland — and explicitly clinical: learners leave able to hold the work, not merely talk about it.

KEY TOPICS

Identity Development

Minority Stress Theory

Family Systems

School & Peer Context

Affirmative Practice

Ethics with Minors

WHO IT IS FOR

- ◆ Counsellors and psychotherapists adding LGBTQI+ youth competence to their practice
- ◆ School-based practitioners, youth workers and pastoral staff
- ◆ Healthcare professionals (GPs, nurses, paediatric practitioners)
- ◆ Those working in family support and community youth services

WHAT YOU WILL LEARN

- ◆ Articulate the contemporary evidence on identity development in young people
- ◆ Apply minority stress theory to clinical formulation
- ◆ Communicate respectfully and skilfully with families across a range of responses
- ◆ Hold ethical and legal awareness specific to working with LGBTQI+ minors



CLUSTER II

Theoretical Schools

CBT · Psychoanalysis · Psychodynamic

Three of the most enduring traditions in modern psychotherapy — offered as specialist diplomas that respect the depth of each school. Whether your practice is moving toward structured evidence-based work, depth-tradition psychoanalytic engagement, or insight-oriented relational practice, this cluster provides the dedicated 60-hour diploma that does the school justice.

SPECIALIST · EVIDENCE-BASED

Professional Diploma in Cognitive Behavioural Therapy (CBT)

Beck, Ellis & the modern CBT canon

60 HOURS	60 CPD POINTS
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A structured engagement with the cognitive-behavioural model from its origins in Beck's cognitive therapy and Ellis's rational-emotive work through to the contemporary CBT canon. Cognitive restructuring, behavioural experiments, exposure principles, behavioural activation and CBT-specific formulation are taught across anxiety, depression, panic, OCD, social anxiety and related presentations. The diploma maintains a strong emphasis on the working alliance within structured protocols and the translation of evidence-based techniques into responsive, individualised clinical practice.

KEY TOPICS

- Cognitive Restructuring
- Behavioural Experiments
- Behavioural Activation
- Exposure Principles
- CBT Case Formulation
- Anxiety & Depression Protocols

WHO IT IS FOR

- ◆ Counsellors and psychotherapists adding evidence-based structured therapy to their toolkit
- ◆ Mental healthcare workers in primary-care and IAPT-style services
- ◆ Coaches and helpers wanting structured intervention frameworks

WHAT YOU WILL LEARN

- ◆ Deliver a CBT-formulated intervention across common anxiety and mood presentations
- ◆ Use cognitive restructuring and behavioural experiments with clinical fluency
- ◆ Adapt evidence-based protocols for individual clients without losing fidelity
- ◆ Recognise the limits of the CBT model and refer onward where appropriate

Professional Diploma in Psychoanalysis

The unconscious, transference & the long view

60
HOURS

60
CPD POINTS

A reflective engagement with the psychoanalytic tradition: unconscious process, the structural model of mind, transference and counter-transference, the role of defence, and the therapeutic action of the long-form analytic relationship. The programme covers the major psychoanalytic schools — Freudian, object-relations, self-psychology and the relational turn — and grounds them in their continuing relevance to contemporary clinical work. ICPS holds psychoanalysis as one of its core specialism streams.

KEY TOPICS

Unconscious Process

The Structural Model

Transference & Counter-Transference

Defence Mechanisms

Object Relations

The Therapeutic Relationship as Vehicle

WHO IT IS FOR

- ◆ Practitioners drawn to depth and meaning-oriented therapeutic work
- ◆ Counsellors wishing to deepen the relational dimension of their practice
- ◆ Those exploring whether longer-form analytic training is their path

WHAT YOU WILL LEARN

- ◆ Track unconscious process within the clinical hour
- ◆ Recognise and work with transference and counter-transference enactments
- ◆ Formulate cases using a psychoanalytic lens
- ◆ Hold the long view that depth work requires

Professional Diploma in Psychodynamic Counselling & Insight-Oriented Therapy

Patterns, attachment & relational learning

60
HOURS

60
CPD POINTS

Development of insight-oriented practice for counsellors and psychotherapists working in shorter-term contexts where psychoanalytic depth remains valuable. Learners are taught to read patterns of relating, work with attachment history, recognise the past operating in the present, and use the therapeutic relationship itself as a vehicle for change. The diploma deliberately bridges the depth tradition and the practical demands of focused, time-limited work.

KEY TOPICS

Reading Relational Patterns

Attachment History

The Past in the Present

Insight & Interpretation

Brief Dynamic Frameworks

Relational Learning

WHO IT IS FOR

- ◆ Counsellors moving from supportive to insight-oriented work
- ◆ Practitioners in IAPT-style or EAP contexts wanting depth within limited sessions
- ◆ CBT-trained practitioners wishing to add a relational lens

WHAT YOU WILL LEARN

- ◆ Deliver insight-oriented work within shorter-term counselling structures
- ◆ Use the therapeutic relationship itself as a primary vehicle for change
- ◆ Formulate dynamically without retreating into jargon
- ◆ Pace interpretation against client readiness

CLUSTER III

Trauma Studies

Specialist preparation for trauma-informed practice

Trauma is rarely the only thing in the room — but the practitioner formed without trauma literacy will miss what is most often there. This cluster provides a calibrated progression from the foundational principles of trauma-informed practice through diagnostic depth in PTSD and complex PTSD to integrative trauma therapy and EMDR principles, with a focused compassion-based programme for trauma-foundation practitioners.

FOUNDATIONAL TRAUMA DIPLOMA

Professional Diploma in Trauma-Informed Counselling & Intervention

60 HOURS	60 CPD POINTS
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Principles, safety & the window of tolerance

A cornerstone programme establishing the core principles of trauma-informed practice — safety, choice, collaboration, trustworthiness, empowerment and cultural sensitivity — as they apply across every clinical setting, not only specialised trauma services. Learners gain practical skill in stabilisation and resourcing, the window of tolerance as an everyday clinical compass, polyvagal-informed observation of dysregulation, and the ethical pacing of any work that touches traumatic material. This is the diploma to take first if trauma is new specialist territory.

KEY TOPICS

- | | |
|--|----------------------------|
| Window of Tolerance | Stabilisation & Resourcing |
| Polyvagal Awareness | |
| Six Principles of Trauma-Informed Care | |
| Recognising Dysregulation | Cultural Sensitivity |

WHO IT IS FOR

- ◆ Counsellors and psychotherapists adding trauma literacy to general practice
- ◆ Healthcare workers, social care professionals and educators
- ◆ Those preparing to take more advanced trauma-specific diplomas

WHAT YOU WILL LEARN

- ◆ Recognise and respond to dysregulation in real time
- ◆ Use the window of tolerance as a working clinical concept
- ◆ Apply the six trauma-informed principles across any setting
- ◆ Hold the ethics of pacing in trauma work

Professional Diploma in Traumatology & Post-Traumatic Stress Disorder

60
HOURS60
CPD POINTS

The full clinical picture of PTSD & complex PTSD

A deeper diagnostic and clinical engagement with the trauma spectrum: acute stress responses, single-incident PTSD, complex PTSD, dissociative presentations and the contested terrain between them. The diploma covers the major evidence-based trauma interventions, the ethics of trauma-focused work, and case formulation across the spectrum — preparing practitioners to engage trauma seriously rather than referring it elsewhere.

KEY TOPICS

PTSD & Complex PTSD

Acute Stress Responses

Dissociation Spectrum

Evidence-Based Trauma Interventions

Ethics of Trauma Work

Trauma Case Formulation

WHO IT IS FOR

- ◆ Counsellors with established practice ready for diagnostic depth
- ◆ Mental healthcare workers managing trauma presentations
- ◆ Practitioners considering specialist trauma careers

WHAT YOU WILL LEARN

- ◆ Recognise PTSD, complex PTSD and dissociative presentations clinically
- ◆ Articulate the major evidence-based interventions and their indications
- ◆ Formulate trauma cases with diagnostic and developmental depth
- ◆ Hold the ethical demands of trauma-focused work

Professional Diploma in Integrative Trauma Therapy & EMDR Practice

60
HOURS60
CPD POINTS

EMDR principles & integrative practice

An integrative diploma drawing together the theoretical foundations of Eye Movement Desensitisation and Reprocessing (EMDR), somatic principles, the Adaptive Information Processing model and the careful sequencing of trauma work across phases. Strong emphasis is placed on practitioner pacing, dual attention, the ethics of trauma-focused intervention and the integration of EMDR principles into a wider clinical practice. The programme prepares learners to understand EMDR within an integrative trauma frame.

KEY TOPICS

EMDR Principles

Adaptive Information Processing

Dual Attention

Phase-Oriented Treatment

Somatic Awareness

Integrative Sequencing

WHO IT IS FOR

- ◆ Trauma-foundation practitioners adding EMDR-informed integrative skill
- ◆ Those preparing for full EMDR training pathways
- ◆ Counsellors integrating somatic and modality-based approaches

WHAT YOU WILL LEARN

- ◆ Articulate the AIP model and the theoretical foundation of EMDR
- ◆ Sequence trauma work across stabilisation, processing and integration
- ◆ Hold the ethics of dual attention and pacing
- ◆ Integrate EMDR principles into a wider clinical practice

Mindful, Resilience & Compassion Focused Trauma Programme (MRCFTP)

30
HOURS

30
CPD POINTS

A short, intensive, embodied programme

A focused 30-hour programme weaving mindfulness practice, resilience-building and compassion-focused interventions specifically into trauma work. Designed for practitioners who already hold a trauma foundation and want a compact, embodied approach they can integrate into their existing practice. The MRCFTP brings together evidence from contemplative traditions, Compassion Focused Therapy and contemporary trauma theory in a deliberately practical form.

KEY TOPICS

Mindfulness in Trauma Work

Resilience Frameworks

Compassion Focused Therapy

Embodied Practice

Self-Compassion

Therapist Self-Care

WHO IT IS FOR

- ◆ Practitioners with an existing trauma foundation
- ◆ Mindfulness teachers extending into clinical territory
- ◆ Those wanting a compact, integrable programme

WHAT YOU WILL LEARN

- ◆ Bring mindfulness practice into trauma-focused clinical work
- ◆ Apply Compassion Focused Therapy concepts with traumatised clients
- ◆ Build resilience-oriented frames into ongoing therapy
- ◆ Strengthen practitioner self-care in trauma practice

CLUSTER IV

Loss, Grief & the Hidden Self

Working with what was lost — and what was never spoken

Loss takes more shapes than the death of a person. This cluster engages the full territory of grief: bereavement in its modern theoretical understanding, the disenfranchised grief of living losses and ambiguous loss, the specific demands of expected and unexpected death contexts, and the deep work of shame and the hidden self that so often sits beneath the visible presenting issue.

FOUNDATIONAL GRIEF DIPLOMA

Professional Diploma in Bereavement, Loss & Grief

Models, mourning & the work of meaning-making

60
HOURS

60
CPD POINTS

A comprehensive programme grounded in the modern understanding of grief — not as a tidy sequence of stages but as the unique shape that loss takes in each life. The diploma covers the dual-process model, continuing bonds, meaning reconstruction, complicated grief, prolonged grief disorder, and the ethical care of the bereaved across cultural and spiritual contexts. Strong emphasis on the practitioner's own capacity to be present with loss without rushing to fix it.

KEY TOPICS

Dual-Process Model

Continuing Bonds

Meaning Reconstruction

Complicated & Prolonged Grief

Cultural & Spiritual Variation

Practitioner Presence

WHO IT IS FOR

- ◆ Counsellors regularly encountering bereaved clients
- ◆ Hospice, palliative care and pastoral practitioners
- ◆ Funeral directors and others in death-adjacent professions

WHAT YOU WILL LEARN

- ◆ Apply contemporary grief models in clinical formulation
- ◆ Recognise and respond to complicated and prolonged grief
- ◆ Hold space across cultural and spiritual variation in mourning
- ◆ Resist the cultural pressure to rush bereaved clients toward 'closure'

Professional Diploma in Grief Beyond Death: Non-Death Loss & Anticipatory Grief

60
HOURS60
CPD POINTS

The grief that often goes unseen

A specialist diploma engaging the grief of living losses: the loss of a relationship still present, the loss of health, the loss of identity, of a future imagined, of a parent who is alive but no longer themselves through dementia. Strong attention is paid to disenfranchised grief — the losses that go socially unrecognised — and to anticipatory grief, where the loss is felt before it has formally arrived.

KEY TOPICS

Disenfranchised Grief

Anticipatory Grief

Ambiguous Loss

Loss of Health & Identity

Relational Living Losses

Validation & Witness

WHO IT IS FOR

- ◆ Counsellors working with chronic illness, dementia and caregiving contexts
- ◆ Practitioners in fertility, miscarriage and reproductive grief work
- ◆ Those working with relational and identity-based losses

WHAT YOU WILL LEARN

- ◆ Recognise and name the unrecognised losses clients carry
- ◆ Work skilfully with anticipatory and ambiguous loss
- ◆ Validate experiences that have been socially disenfranchised
- ◆ Hold the long, slow nature of living-loss grief

Professional Diploma in Working with Expected & Unexpected Death

60
HOURS60
CPD POINTS

Palliative, sudden & traumatic loss contexts

Specific preparation for working with practitioners and families across the spectrum of dying — from long-anticipated death following terminal illness through to sudden, traumatic, accidental and violent death. The diploma covers palliative care contexts, the family system around the dying person, the very different shape of bereavement after sudden or traumatic death, and the deep cultural and ritual variation in how death is received. Sensitivity, ethical care and clinical wisdom are taught as inseparable.

KEY TOPICS

Palliative & End-of-Life Contexts

Sudden & Traumatic Death

Family System Around Dying

Ritual & Cultural Variation

Death-Adjacent Trauma

Practitioner Boundaries

WHO IT IS FOR

- ◆ Hospice, palliative-care and oncology-adjacent practitioners
- ◆ Counsellors working with families after sudden bereavement
- ◆ Emergency-services-adjacent and post-incident practitioners

WHAT YOU WILL LEARN

- ◆ Hold the difference between expected and traumatic-sudden bereavement
- ◆ Work clinically within palliative and end-of-life contexts
- ◆ Respect ritual and cultural variation in mourning
- ◆ Manage practitioner exposure to death-saturated work

Professional Diploma in Working with Shame & the Hidden Shadow Self

60
HOURS60
CPD POINTS

The grief beneath the visible presenting issue

A specialist programme on the experience of shame — distinguished carefully from guilt — covering its developmental origins, its somatic markers in the consulting room, its capacity to organise an entire identity around concealment, and the careful relational conditions under which it can be metabolised within the therapeutic relationship. Coverage of internal-family-systems-informed shadow work, the body's signalling of shame, and the ethics of inviting hidden material into the therapeutic conversation.

KEY TOPICS

Shame vs Guilt

Developmental Shame

Somatic Markers

Identity Organised Around Concealment

Shadow Work

Self-Compassion as Antidote

WHO IT IS FOR

- ◆ Practitioners noticing shame as the silent floor beneath presenting issues
- ◆ Trauma-informed therapists deepening relational work
- ◆ Those drawn to depth, identity and meaning-oriented practice

WHAT YOU WILL LEARN

- ◆ Distinguish shame from guilt clinically and use the difference
- ◆ Recognise somatic and relational markers of shame in session
- ◆ Hold the relational conditions that allow shame to be spoken
- ◆ Work with the shadow without exposing the client beyond their readiness



CLUSTER V

Interpersonal Harm & Recovery

Working safely, ethically & confidentially with those harmed by others

Where the wound was caused in relationship, the healing too will be shaped in relationship — held by a practitioner who never wavers on the principle that responsibility for abuse lies always with the one who caused it. This cluster covers domestic violence and coercive control, long-term work with survivors of abuse, and the often-misunderstood emotion of anger as it appears in the aftermath of harm.

SPECIALIST · COERCIVE CONTROL

Professional Diploma in Domestic Violence & Sexual Abuse

An ethically grounded specialism

60
HOURS

60
CPD POINTS

A professionally and ethically grounded programme equipping learners to work safely, ethically and confidentially with people impacted by domestic abuse, coercive control and sexual violence. Coverage includes risk assessment, the cycle of abuse, the structural dynamics of coercive control, safeguarding obligations under Irish law, and throughout, the unwavering professional principle that responsibility for abuse never lies with the affected individual. This is one of ICPS's featured specialism streams.

KEY TOPICS

Coercive Control

Cycle of Abuse

Risk Assessment

Safeguarding under Irish Law

Trauma Bonding

Practitioner Ethics & Limits

WHO IT IS FOR

- ◆ Counsellors working in DV-adjacent settings
- ◆ Refuge, support service and Garda-liaison workers
- ◆ Healthcare professionals encountering abuse presentations
- ◆ Family-law-adjacent practitioners

WHAT YOU WILL LEARN

- ◆ Recognise patterns of coercive control beyond visible incidents
- ◆ Conduct safe and proportionate risk assessment
- ◆ Apply Irish safeguarding obligations skilfully
- ◆ Hold the ethical principle that responsibility lies with the perpetrator

Professional Diploma in Psychotherapy for Survivors of Physical, Emotional & Sexual Abuse

60
HOURS60
CPD POINTS

Pacing, dissociation & the long arc of recovery

A specialist diploma focused on the long-term psychotherapeutic work of recovery from abuse. Emphasis on phase-oriented treatment (stabilisation before processing), close attention to dissociation, the ethical management of disclosure, and the central importance of therapist self-awareness, supervision and self-care in this demanding work. Survivor-centred throughout: pacing, choice and the survivor's own meaning-making are held as primary.

KEY TOPICS

Phase-Oriented Treatment

Stabilisation Before Processing

Dissociation

Disclosure Ethics

Therapist Self-Care

Survivor-Centred Pacing

WHO IT IS FOR

- ◆ Trauma-foundation practitioners moving into specialist abuse-survivor work
- ◆ Those working in long-term recovery contexts
- ◆ Practitioners committed to the long arc of survivor work

WHAT YOU WILL LEARN

- ◆ Apply phase-oriented treatment in long-term survivor work
- ◆ Recognise and work safely with dissociative presentations
- ◆ Manage disclosure ethically without rushing the survivor
- ◆ Sustain the practitioner self-care this work demands

Professional Diploma in Working with Anger, Rage & Emotional Regulation

60
HOURS60
CPD POINTS

From dysregulation to insight

A specialist programme on the often misunderstood emotion of anger: its evolutionary function, its role as messenger about boundary and injustice, its dysregulated forms, and the therapeutic conditions under which it can be understood, expressed and integrated rather than enacted. Coverage of co-occurring trauma and developmental contributions to anger dysregulation, and the ethics of working with rage in the consulting room without colluding with violence.

KEY TOPICS

Anger as Boundary Signal

Trauma-Linked Anger

Affect Regulation

Containment Without Suppression

Developmental Origins

Working with Rage Safely

WHO IT IS FOR

- ◆ Counsellors working with anger-management referrals
- ◆ Practitioners in forensic-adjacent or court-mandated contexts
- ◆ Couple, family and relationship therapists

WHAT YOU WILL LEARN

- ◆ Treat anger as information rather than only behaviour to manage
- ◆ Distinguish trauma-linked from characterological anger
- ◆ Hold rage in session without escalation or collusion
- ◆ Build affect-regulation skills that survive outside the therapy room

CLUSTER VI

Lifespan & Developmental Work

Children, adolescents & the inner child of the adult

Practice with minors carries distinct ethical, legal and developmental responsibilities. ICPS programmes in this cluster are framed explicitly within Irish safeguarding norms and the wider professional ethics articulated by the Irish Counselling and Psychotherapy Association. The cluster also engages the inner-child work that allows developmental wounds in adult clients to be named, revisited and gently repaired.

SPECIALIST · DEVELOPMENTALLY ATTUNED

Professional Diploma in Child & Adolescent Mental Health

From infancy through emerging adulthood

60
HOURS

60
CPD POINTS

A comprehensive programme on the mental health of children and adolescents: developmental milestones, common presentations (anxiety, depression, neurodivergence, behavioural difficulties, school-refusal, self-harm), the role of family and school systems, communication that meets the young person at their developmental stage, and the distinct ethical considerations of working with minors in Irish professional context.

KEY TOPICS

Developmental Stages	Common CYP Presentations
Family & School Systems	Communication by Stage
Neurodivergence	Ethics with Minors

WHO IT IS FOR

- ◆ Counsellors moving into child & adolescent work
- ◆ Educational and pastoral practitioners
- ◆ Healthcare and CAMHS-adjacent professionals
- ◆ Family support and youth work professionals

WHAT YOU WILL LEARN

- ◆ Recognise the major mental-health presentations across CYP age bands
- ◆ Communicate with young people at their developmental stage
- ◆ Work systemically with family and school as the relevant unit
- ◆ Hold the ethical and legal frame for work with minors

Professional Diploma in Working with the Inner Child, Id, Ego & Superego & Child Development

60
HOURS60
CPD POINTS

Developmental psychology meets inner child work

A reflective, depth-oriented diploma weaving together developmental psychology, the structural psychoanalytic model and inner-child therapeutic methods. Learners explore how early experience organises the adult psyche, how Freud's id-ego-superego model remains a useful working framework, and the techniques by which earlier developmental wounds can be revisited and gently repaired within the therapeutic relationship.

KEY TOPICS

The Structural Model

Inner Child Methods

Developmental Wounds

Reparative Relational Work

Internal Family Systems

Adult Echoes of Childhood

WHO IT IS FOR

- ◆ Practitioners drawn to developmental and depth-oriented work
- ◆ Trauma practitioners deepening into early-experience work
- ◆ Those wanting to integrate IFS-style inner-parts methods

WHAT YOU WILL LEARN

- ◆ Use the structural model as a working clinical framework
- ◆ Conduct inner-child work with appropriate pacing and safety
- ◆ Recognise developmental wounds operating in adult presentations
- ◆ Hold reparative relational work over the long term

CROSS-LISTED PROGRAMME

Professional Certificate in Working with LGBTQI+ Youths

Listed in full under Cluster I — Foundational Skills. The 60-hour Affirming Practice programme is included in this cluster because of its developmental focus on work with young people.

CLUSTER VII

Biological & Applied Foundations

The body, the brain & the medication landscape

The mind that ICPS prepares its practitioners to work with is always a mind embodied, neurologically grounded, and frequently entangled with the contemporary medication landscape. This cluster equips practitioners with applied neuroscience, psychopharmacology literacy for non-prescribers, mind-body and psychosomatic approaches, and a working clinical-psychology framework.

SPECIALIST · PRACTITIONER-FOCUSED

Professional Diploma in Applied Neuroscience for Counselling & Psychotherapy

60
HOURS

60
CPD POINTS

Translating neuroscience into the therapy room

A practitioner-focused engagement with contemporary affective, developmental and interpersonal neuroscience. Coverage includes the autonomic nervous system, polyvagal theory, neuroplasticity, memory reconsolidation, attachment neurobiology and the default mode network — translated throughout into clinically useful concepts rather than academic abstractions. The diploma equips learners to bring contemporary brain science into the therapy room without leaving the therapeutic relationship behind.

KEY TOPICS

Autonomic Nervous System	Polyvagal Theory
Neuroplasticity	Memory Reconsolidation
Attachment Neurobiology	Clinical Translation

WHO IT IS FOR

- ◆ Counsellors and psychotherapists wanting practitioner-grade neuroscience
- ◆ Trauma practitioners working with autonomic dysregulation
- ◆ Those teaching or supervising who need translatable frameworks

WHAT YOU WILL LEARN

- ◆ Translate contemporary neuroscience into client-accessible concepts
- ◆ Apply polyvagal theory in real-time clinical observation
- ◆ Use the language of neuroplasticity to support therapeutic change
- ◆ Avoid the trap of neuro-jargon without clinical content

Professional Diploma in Psychopharmacology for Mental Healthcare Workers

60
HOURS60
CPD POINTS

Working alongside prescribed treatment

A specialist programme equipping non-prescribing practitioners with the medication literacy that contemporary clinical practice requires. Coverage of major drug classes (SSRIs, SNRIs, mood stabilisers, antipsychotics, anxiolytics, ADHD medications), their indications and side-effect profiles, the impact of medication on the therapeutic relationship, communication with prescribing clinicians, and the careful ethical limits of the non-prescriber's role.

KEY TOPICS

Major Drug Classes

Indications & Side-Effects

Medication & the Alliance

Inter-Professional Communication

Adherence & Withdrawal

Ethical Limits

WHO IT IS FOR

- ◆ Counsellors working with medicated clients (i.e. most contemporary practice)
- ◆ Mental healthcare workers in primary-care and community settings
- ◆ Practitioners seeking informed conversation with prescribing colleagues

WHAT YOU WILL LEARN

- ◆ Recognise the major psychotropic drug classes and common side-effect patterns
- ◆ Hold informed and respectful conversations about medication with clients
- ◆ Communicate clearly with prescribing colleagues
- ◆ Understand the firm ethical limits of the non-prescriber's role

Professional Diploma in Psychosomatic Health & Mind-Body Approaches

60
HOURS60
CPD POINTS

Where psychological distress lives in the body

A diploma engaging the embodied dimension of psychological distress: chronic pain, functional somatic presentations, the psychoneuroimmunology of chronic stress, and integrative mind-body interventions including breathwork, somatic awareness and body-based reflective practice. The programme is grounded in contemporary research on the body-mind interface and remains thoroughly clinical throughout.

KEY TOPICS

Chronic Pain & Stress Physiology

Functional Somatic Presentations

Psychoneuroimmunology

Somatic Awareness

Breathwork

Body-Based Reflection

WHO IT IS FOR

- ◆ Counsellors encountering somatic and chronic-pain presentations
- ◆ Trauma-informed practitioners deepening into the body
- ◆ Healthcare-adjacent professionals working at the body-mind interface

WHAT YOU WILL LEARN

- ◆ Recognise functional somatic presentations and their clinical territory
- ◆ Use somatic awareness as a clinical observation tool
- ◆ Apply breathwork and body-based methods within ethical scope
- ◆ Engage chronic pain and PNI literature without overreach

Professional Diploma in Clinical Psychology & Mental Health Practice

60
HOURS60
CPD POINTS

The clinical-psychology lens

A diploma giving practitioners a working clinical-psychology framework: assessment principles, the major diagnostic categories and their limits, evidence-informed intervention across presentations, formulation as the practitioner's central skill, and the contemporary debates around diagnostic versus formulation-led practice. The programme draws on critical clinical-psychology perspectives while equipping learners to communicate fluently with mental-health systems.

KEY TOPICS

Assessment Principles

Diagnostic Categories & Their Limits

Case Formulation

Evidence-Informed Intervention

Diagnosis vs Formulation Debate

Communication with Mental-Health Systems

WHO IT IS FOR

- ◆ Counsellors working alongside clinical psychology services
- ◆ Mental healthcare workers wanting formulation skill
- ◆ Those bridging counselling and clinical-psychology frames

WHAT YOU WILL LEARN

- ◆ Construct case formulations that integrate multiple clinical lenses
- ◆ Use diagnostic categories with awareness of their limits
- ◆ Communicate fluently with mental-health systems and prescribers
- ◆ Hold the contemporary debate about diagnosis with clinical maturity

CLUSTER VIII

Systemic, Group & Supervisory Practice

Working beyond the dyad – into systems & leadership

Counselling is sometimes the work of one practitioner with one client; often it is more than that. This cluster prepares practitioners to work systemically with couples and families, to lead and facilitate therapeutic groups, and – at the College's highest credential tier – to step into supervisory, mentoring and leadership roles within the helping professions.

SPECIALIST · SYSTEMIC PRACTICE

Professional Diploma in Relationship, Couples & Family Therapy

60	60
HOURS	CPD POINTS

The dyad & the family system

A systemic diploma preparing practitioners to work with couples and families: communication patterns, conflict cycles, attachment in adult relationships, infidelity and betrayal, the demanding work of repair, the challenges of parenting and step-family systems, and the structural dynamics of the family. Strong attention is paid throughout to the practitioner's stance of multi-partial neutrality — being for everyone in the room without abandoning anyone.

KEY TOPICS

- Couple Communication & Conflict
- Adult Attachment Infidelity & Repair
- Family Systems Multi-Partial Neutrality
- Parenting & Step-Family Work

WHO IT IS FOR

- ◆ Counsellors moving into couples or family work
- ◆ Mediators and family-law-adjacent practitioners
- ◆ Faith-based and pastoral relationship counsellors

WHAT YOU WILL LEARN

- ◆ Hold a couple session with multi-partial neutrality
- ◆ Recognise and work with attachment patterns in adult relationships
- ◆ Conduct repair work after infidelity or major breach
- ◆ Map and intervene in family system dynamics

Professional Diploma in Group Therapy Processes & Facilitation**60**
HOURS**60**
CPD POINTS*Yalom's therapeutic factors & group leadership*

A practical diploma in the leadership and facilitation of therapeutic groups. Coverage of Yalom's eleven therapeutic factors, group development stages, the management of difficult dynamics, scapegoating and conflict in groups, and the leader's use of self as the central instrument of group work. Practitioners leave able to design, hold and bring to a close therapeutic groups across a range of settings.

KEY TOPICS

Yalom's Therapeutic Factors

Group Development Stages

Scapegoating & Conflict

Use of Self as Leader

Group Design & Boundaries

Bringing Groups to Close

WHO IT IS FOR

- ◆ Counsellors moving from individual to group work
- ◆ Educators, trainers and community workers running groups
- ◆ Healthcare and pastoral group facilitators

WHAT YOU WILL LEARN

- ◆ Design a therapeutic group with clear boundaries and purpose
- ◆ Recognise and work with the therapeutic factors as they emerge
- ◆ Manage scapegoating, conflict and rupture as group leadership
- ◆ Use the self as the primary instrument of facilitation

ADVANCED TIER**Advanced Professional Diploma in Coaching, Mentoring & Supervisory Management****120**
HOURS**120**
CPD POINTS*For practitioners moving into supervisory & leadership roles*

Our highest tier of credential, designed for established practitioners moving into supervisory, mentoring, coaching and management roles within the helping professions. Coverage of the seven-eyed supervision model, contemporary coaching frameworks, mentoring relationships, leadership in helping-profession contexts, and the ethical management of power within supervisory work. The 120-hour scope reflects the additional complexity of leadership formation.

KEY TOPICS

Seven-Eyed Supervision

Coaching Frameworks

Mentoring Relationships

Helping-Profession Leadership

Power & Ethics in Supervision

Group & Team Supervision

WHO IT IS FOR

- ◆ Established practitioners moving into supervisory roles
- ◆ Managers and leaders within helping-profession organisations
- ◆ Coaches and mentors seeking advanced credential
- ◆ Those preparing for organisational leadership in mental-health services

WHAT YOU WILL LEARN

- ◆ Conduct supervision using the seven-eyed model
- ◆ Hold the distinct identities of coaching, mentoring and supervision
- ◆ Lead within a helping-profession organisation with ethical clarity
- ◆ Manage the power inherent in supervisory work

CLUSTER IX

Advanced Specialisms

Addiction, eating disorders, crisis & complex presentations

Beyond the eight thematic clusters, ICPS offers a further set of specialist diplomas engaging clinical territories that contemporary practice repeatedly demands: addiction across substance and behavioural forms, the full spectrum of eating disorders, crisis intervention and suicide prevention, and the integrative work required for complex co-occurring presentations.

FEATURED SPECIALISM

Professional Diploma in Addiction Studies

Substance & behavioural addictions

60 HOURS	60 CPD POINTS
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An evidence-based programme drawing on neurobiological, psychological, social and relational understandings of addiction, with a strong psychoanalytic-psychotherapeutic emphasis on the meaning of addictive behaviour within the person's wider life story. Coverage spans substance use across major drug categories, behavioural addictions (gambling, sex, screens), motivational interviewing principles, harm-reduction models, the complexity of co-occurring trauma and the long arc of recovery. One of ICPS's featured specialism streams.

KEY TOPICS

Substance Use	Behavioural Addictions
Motivational Interviewing	Harm Reduction
Co-Occurring Trauma	The Long Arc of Recovery

WHO IT IS FOR

- ◆ Counsellors entering addiction-specialist practice
- ◆ Mental-healthcare workers in dual-diagnosis settings
- ◆ Family-support practitioners working with addiction-impacted families

WHAT YOU WILL LEARN

- ◆ Hold addiction as both behaviour and meaning
- ◆ Apply motivational interviewing principles fluently
- ◆ Work with harm reduction as an ethical clinical stance
- ◆ Recognise and respond to co-occurring trauma

Professional Diploma in Eating Disorders, Body Image & Emotional Health

60
HOURS60
CPD POINTS

Anorexia, bulimia, binge eating & related presentations

A specialist diploma engaging the full spectrum of eating disorders and body-image difficulties: anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID and the contested terrain around orthorexia. The programme attends to the complex interplay of trauma, family dynamics, sociocultural pressure and embodied self-experience, and is unambiguous about the importance of medical co-management for safe practice with at-risk presentations.

KEY TOPICS

Anorexia, Bulimia & Binge Eating

ARFID & Orthorexia

Trauma in Eating Disorders

Family Dynamics

Body Image

Multi-Disciplinary Medical Care

WHO IT IS FOR

- ◆ Counsellors entering specialist eating-disorder practice
- ◆ Mental-healthcare workers in primary care and community settings
- ◆ Practitioners working with adolescents and young adults

WHAT YOU WILL LEARN

- ◆ Recognise the spectrum of eating disorders and related presentations
- ◆ Engage trauma, family and sociocultural dimensions in formulation
- ◆ Hold the firm ethical line on medical co-management
- ◆ Work with body image without colluding with cultural ideals

Professional Diploma in Crisis Intervention & Suicide Prevention

60
HOURS60
CPD POINTS

Risk, safety planning & high-acuity practice

A specialist diploma preparing practitioners for crisis work and suicide prevention. Coverage of risk assessment principles, contemporary safety-planning approaches (Stanley-Brown and beyond), the appropriate involvement of supports and services, post-crisis recovery, and the practitioner's own care after exposure to high-acuity situations. Suicide is engaged with the seriousness, ethical care and respect the topic demands — and means restriction conversations are framed within professional ethics throughout.

KEY TOPICS

Risk Assessment

Safety Planning

High-Acuity Decision-Making

Service & Support Involvement

Post-Crisis Recovery

Practitioner Self-Care

WHO IT IS FOR

- ◆ Counsellors regularly encountering risk presentations
- ◆ Mental-healthcare workers in primary care and emergency-adjacent contexts
- ◆ Practitioners working in high-prevalence-risk populations
- ◆ Those wanting structured crisis-intervention skill

WHAT YOU WILL LEARN

- ◆ Conduct proportionate, structured risk assessment
- ◆ Develop collaborative safety plans with clients in crisis
- ◆ Make defensible decisions about service involvement
- ◆ Sustain practitioner capacity after exposure to crisis work

Professional Diploma in Advanced Therapeutic Skills for Complex Clients

60
HOURS60
CPD POINTS

Where the presentation does not fit a single category

For experienced practitioners working with the kind of complex presentations rarely captured by a single diagnostic frame: co-occurring trauma and addiction, personality structure difficulties, chronic relational distress, and the specific therapeutic-relationship challenges those presentations bring. Strong emphasis is placed on integrative formulation across modalities, the ethics of working at the edge of one's competence, and the central importance of supervision.

KEY TOPICS

Co-Occurring Conditions

Personality Structure

Chronic Relational Distress

Therapeutic-Relationship Ruptures

Integrative Formulation

Supervision as Survival

WHO IT IS FOR

- ◆ Established practitioners with several years of clinical work
- ◆ Those wanting structured engagement with complex co-occurring presentations
- ◆ Practitioners moving toward private specialist practice

WHAT YOU WILL LEARN

- ◆ Construct integrative formulations across diagnostic frames
- ◆ Recognise and work with personality-structure difficulties
- ◆ Manage rupture in the therapeutic relationship as clinical material
- ◆ Hold complexity without retreating into either over-simplification or paralysis



CLUSTER X

Further Specialisms & Safeguarding

Existential, moral & safeguarding-focused programmes

A final cluster covering further specialist diplomas at the philosophical and moral edge of clinical practice — existentialism and phenomenology, the moral psyche of guilt and regret — alongside the dedicated safeguarding certificate that supports practitioners across the entire ICPS portfolio in discharging their duties to the vulnerable populations they serve.

SPECIALIST · MORAL PSYCHOLOGY

Professional Diploma in Guilt, Regret & the Moral Psyche

60
HOURS

60
CPD POINTS

The conscience, harm done & the work of repair

A specialist diploma engaging the territory of guilt and regret as distinct psychological experiences with their own developmental, relational and moral dimensions. Coverage includes the difference between guilt and shame, healthy versus pathological guilt, the experience of regret and missed lives, the moral psyche and conscience, and the therapeutic work of repair where harm has been caused. The programme is unflinching about the moral seriousness of these experiences while remaining clinically grounded.

KEY TOPICS

Guilt vs Shame

Healthy vs Pathological Guilt

Regret & the Unlived Life

Moral Psyche & Conscience

Repair Where Harm Has Been Caused

Forgiveness & Its Limits

WHO IT IS FOR

- ◆ Counsellors working with moral injury presentations
- ◆ Practitioners in pastoral, faith and chaplaincy contexts
- ◆ Those engaging existential and meaning-oriented work

WHAT YOU WILL LEARN

- ◆ Distinguish guilt clinically from shame and from regret
- ◆ Work with moral injury as a recognised clinical territory
- ◆ Hold the tension between accountability and self-compassion
- ◆ Engage repair work where genuine harm has been caused

Professional Diploma in Existentialism & Phenomenology*Meaning, freedom, finitude & the lived encounter***60**
HOURS**60**
CPD POINTS

A specialist diploma engaging the existential and phenomenological traditions as they bear on contemporary therapeutic practice. Coverage of the four existential givens (death, freedom, isolation, meaninglessness), the phenomenological method, the work of Yalom, May, van Deurzen and the contemporary existential-humanistic tradition, and the application of these frameworks across loss-of-meaning, transition and life-stage presentations. Philosophy is held throughout as a clinical resource, not a substitute for clinical work.

KEY TOPICS

The Four Existential Givens

Phenomenological Method

Yalom, May & van Deurzen

Loss of Meaning

Life-Stage Transitions

Philosophy as Clinical Resource

WHO IT IS FOR

- ◆ Counsellors drawn to meaning-oriented and philosophical practice
- ◆ Practitioners working with mid-life and existential presentations
- ◆ Those in pastoral, chaplaincy and end-of-life work

WHAT YOU WILL LEARN

- ◆ Apply existential frames to clinical work without philosophical retreat
- ◆ Use phenomenological listening as a therapeutic stance
- ◆ Engage the four givens as everyday clinical territory
- ◆ Recognise loss-of-meaning as a distinct clinical presentation

PROFESSIONAL SAFEGUARDING**Certificate in Safeguarding Children, Older People & Vulnerable Adults***Statutory duty, ethical practice & safe systems***30**
HOURS**30**
CPD POINTS

A focused certificate covering the statutory and ethical duties of safeguarding across vulnerable populations: children, older people and adults at risk. Coverage of the Irish safeguarding framework, recognition of abuse and neglect indicators, mandatory-reporting obligations under Children First, the proportionate response to concerns, and the practitioner's own role within multi-agency safeguarding systems. The certificate is designed for any practitioner whose work brings them into contact with vulnerable people.

KEY TOPICS

Children First

Recognising Abuse & Neglect

Mandatory Reporting

Multi-Agency Working

Older-Person Safeguarding

Vulnerable-Adult Frameworks

WHO IT IS FOR

- ◆ All ICPS students whose practice involves vulnerable populations
- ◆ Healthcare, education and pastoral practitioners
- ◆ Community, youth and social-care workers
- ◆ Those returning to practice after a break

WHAT YOU WILL LEARN

- ◆ Recognise the indicators of abuse and neglect across populations
- ◆ Apply the Children First and adult-safeguarding frameworks correctly
- ◆ Discharge mandatory-reporting obligations proportionately
- ◆ Work effectively within multi-agency safeguarding systems



THE STUDENT EXPERIENCE

How You Will Study with Us

Live online · Synchronous · Professionally framed



Live Online Delivery

All ICPS programmes are delivered via live synchronous online classes — never asynchronous self-paced. This deliberate choice preserves what is essential to counsellor formation: real-time peer discussion, role-play, group dynamics and direct tutor presence in the moment of learning.



Multi-Modal Assessment

Competence is demonstrated across knowledge, skill and reflection. Assessment may include written assignments, case studies, oral presentations, examinations, reflective journals, portfolio development and observed practice sessions — calibrated to the aims of each programme.



Reflective Practice

Reflection is integrated into formal evaluation — not treated as an optional add-on. Reflective journals and structured self-reflection activities ask learners to examine their assumptions, counter-transference, cultural lenses and ethical reasoning across each clinical encounter.



Professional Framing

Students undertaking Professional Diplomas acknowledge that they will be expected to conduct themselves at a standard consistent with professional practice in mental health and wellbeing — not as an external requirement but as developmental preparation for professional life.

ENROLMENT & GOVERNANCE

Joining ICPS College

Open access · Discretionary admission · Transparent terms

Enrolment Pathway

Prospective learners may enrol through the online Course Enrolment page on www.icps.ie, by Free-Phone on 1800 681 456, by international phone on +353 1 963 6141, by email to education@icps.ie, or by WhatsApp messaging. Office hours are 9am to 5pm Monday to Friday, with out-of-hours support available via support@icps.ie.

There are no formal academic entry requirements for our CPD or Professional Diploma programmes; however, the College retains absolute discretion to accept or reject applications under clause 2.2 of the Terms and Conditions, providing an informal selectivity behind the formal openness.

IMPORTANT – FEES & NON-REFUNDABILITY (CLAUSES 4.4 – 4.8)

All deposits, part-payments and course fees are strictly non-refundable under any circumstances, to the maximum extent permitted by Irish law. This applies to change of mind, non-attendance, personal or work circumstances, financial difficulty, suspension or expulsion, and dissatisfaction with content or delivery. Mandatory statutory rights under Irish consumer protection law are preserved under clause 4.8.

Prospective students are strongly encouraged to ask questions, seek clarification and thoroughly review all course information before enrolling.

Student Conduct & Professionalism

Section 5 of the Terms and Conditions articulates conduct expectations consistent with professional ethics in mental health. Students are expected to demonstrate professional behaviour, ethical integrity, respect and courtesy, unconditional positive regard, empathy, non-judgemental and non-discriminatory attitudes, appropriate emotional self-management, confidentiality, and adherence to professional boundaries. These are not external rules but the dispositions that will define professional life beyond graduation.

Fitness to Practice

Under clauses 7.4–7.5, certificates are issued only to students who have met all academic requirements, fulfilled attendance obligations and settled all financial obligations. The College reserves the right to withhold certification where there are concerns about a student's fitness to practice, professional conduct or suitability for work in the mental health field, regardless of academic performance — a significant safeguard for the public interest and a hallmark of serious professional training.

PROGRAMME INDEX

Complete Programme Index

All accredited programmes by hours, CPD points and cluster

PROGRAMME	HOURS	CPD	CLUSTER
Certificate in Counselling & Psychotherapy	200	200	I
Professional Certificate in Counselling Skills	30	30	I
Professional Certificate in Working with LGBTQI+ Youths	60	60	I
Professional Diploma in Cognitive Behavioural Therapy (CBT)	60	60	II
Professional Diploma in Psychoanalysis	60	60	II
Professional Diploma in Psychodynamic Counselling & Insight-Oriented Therapy	60	60	II
Professional Diploma in Trauma-Informed Counselling & Intervention	60	60	III
Professional Diploma in Traumatology & Post-Traumatic Stress Disorder	60	60	III
Professional Diploma in Integrative Trauma Therapy & EMDR Practice	60	60	III
Mindful, Resilience & Compassion Focused Trauma Programme (MRCFTP)	30	30	III
Professional Diploma in Bereavement, Loss & Grief	60	60	IV
Professional Diploma in Grief Beyond Death: Non-Death Loss & Anticipatory Grief	60	60	IV
Professional Diploma in Working with Expected & Unexpected Death	60	60	IV
Professional Diploma in Working with Shame & the Hidden Shadow Self	60	60	IV
Professional Diploma in Domestic Violence & Sexual Abuse	60	60	V
Professional Diploma in Psychotherapy for Survivors of Physical, Emotional & Sexual Abuse	60	60	V
Professional Diploma in Working with Anger, Rage & Emotional Regulation	60	60	V
Professional Diploma in Child & Adolescent Mental Health	60	60	VI
Professional Diploma in Working with the Inner Child, Id, Ego & Superego & Child Development	60	60	VI
Professional Diploma in Applied Neuroscience for Counselling & Psychotherapy	60	60	VII
Professional Diploma in Psychopharmacology for Mental Healthcare Workers	60	60	VII
Professional Diploma in Psychosomatic Health & Mind-Body Approaches	60	60	VII
Professional Diploma in Clinical Psychology & Mental Health Practice	60	60	VII
Professional Diploma in Relationship, Couples & Family Therapy	60	60	VIII
Professional Diploma in Group Therapy Processes & Facilitation	60	60	VIII
Advanced Professional Diploma in Coaching, Mentoring & Supervisory Management	120	120	VIII
Professional Diploma in Addiction Studies	60	60	IX
Professional Diploma in Eating Disorders, Body Image & Emotional Health	60	60	IX
Professional Diploma in Crisis Intervention & Suicide Prevention	60	60	IX
Professional Diploma in Advanced Therapeutic Skills for Complex Clients	60	60	IX
Professional Diploma in Guilt, Regret & the Moral Psyche	60	60	X
Professional Diploma in Existentialism & Phenomenology	60	60	X
Certificate in Safeguarding Children, Older People & Vulnerable Adults	30	30	X



BEGIN YOUR JOURNEY

Contact & Accreditation

“ Counselling and psychotherapy practitioners are entrusted with the most intimate, vulnerable and crisis-laden material their clients can offer. The integrity of that trust depends on the integrity of the practitioner formation process — and that is the work of ICPS College. ”

BY TELEPHONE

Freephone (Ireland)

1800 681 456

International

+353 1 963 6141

ONLINE

www.icps.ie

education@icps.ie

support@icps.ie

9am — 5pm · Mon-Fri

ADDRESS

The Institute for Counselling & Psychotherapy Studies

ICPS College, Suite 11264

77 Sir John Rogerson’s Quay

Dublin 2, D02 Y7Y5, Ireland

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