



A Profile of

Dr. Michael McArdle

DCPsych · D.Clin.Psych

*Counsellor · Psychotherapist
Psychoanalyst · Psychologist
Mindfulness & Compassion Teacher*



DOCUMENT	Founder & Academic Director Profile
SUBJECT	Dr. Michael McArdle
INSTITUTION	ICPS College
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FOREWORD

A Word from the Founder

A practitioner-educator's path is shaped not only by qualifications and credentials, but by the deeper formation that makes a person fit to sit with another in their most vulnerable moments — and equally, fit to teach the next generation of practitioners how to do the same.

Dr. Michael McArdle is the founder of ICPS College and serves as the institute's Academic Director and Head of Academic Standards & Accreditations. From these three intersecting roles, he has shaped the strategic direction, academic architecture, and professional ethics of one of Ireland's most distinctive independent training providers in counselling, psychotherapy, psychology and psychoanalysis.

His professional formation spans psychoanalytic studies, addiction studies, counselling and psychotherapy, general nursing, cognitive behavioural therapy, traumatology and the specialised study of domestic violence and sexual abuse. To this academic depth he adds membership and accreditation across more than a dozen professional bodies in Ireland, the United Kingdom and beyond — and the practical experience of a clinician who has worked, and continues to work, at the front line of mental health practice.

What follows is an institutional profile drawn from the public records of the Coach of Excellence accreditation register, the British Association for Counselling and Psychotherapy directory, the Irish Counselling and Psychotherapy Association, and the ICPS College team page. It is offered as a record of the academic credentials, professional registrations, therapeutic approach and personal philosophy that underpin Dr. McArdle's leadership of the College.

AT A GLANCE

14+

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LANGUAGES OF
PRACTICE

**CE
Expert**

COACH OF EXCELLENCE
HIGHEST TIER



BIOGRAPHICAL SUMMARY

Practitioner, Educator, Founder

A clinician-academic at the heart of Irish mental health education

Dr. Michael McArdle is a counsellor, psychotherapist, psychoanalyst and psychologist based in Ireland. He is the founder of ICPS College — the Institute for Counselling & Psychotherapy Studies — and serves as its Academic Director and Head of Academic Standards & Accreditations, with operational responsibility for the strategic, academic and accreditation functions of the College.

His clinical work spans individual adult psychotherapy, couple’s sessions, group work, addiction treatment, work in domestic violence contexts, and specialist psychological education. He is a Mindfulness & Compassion Teacher (IMC qualification) and a Compassionate Mindfulness Resilience (CMR) Teacher, delivering the eight-hour CMR programme over four weeks in conjunction with MindfulnessUK. He delivers therapy in English, French and Irish.

Dr. McArdle is recognised at the highest tier of the Coach of Excellence accreditation register as an *Accredited Coach of Excellence (Expert)*, awarded by The Professional Development Consortium. The recognition acknowledges expertise, integrity, and a commitment to supporting individuals and organisations in achieving their full potential, grounded in evidence-based practice, reflective learning and a deep understanding of human behaviour. In the published statement of his Coach of Excellence accreditation, his approach is described as combining academic insight with practical coaching strategies to deliver meaningful and measurable outcomes.

Roles at ICPS College

I

Founder

Established ICPS College as a dual-accredited training institute, shaping its strategic identity at the intersection of applied training, continuing professional development and open-access adult learning.

II

Academic Director

Holds operational responsibility for the academic programme, the eight thematic clusters and the calibrated ladder of certificates, professional diplomas and the Advanced Professional Diploma.

III

Head of Academic Standards & Accreditations

Oversees the College’s dual accreditation through The CPD Standards Office (Provider PDCD1110), its alignment with the Irish Counselling and Psychotherapy Association, and the broader network of professional bodies whose standards the institute upholds.



ACADEMIC QUALIFICATIONS

Formal Education

Postgraduate, undergraduate and professional credentials across psychoanalysis, addiction studies, counselling, psychotherapy, general nursing, CBT, traumatology and adult training

Dr. McArdle's academic qualifications span the breadth of the helping professions and the depth of psychoanalytic and addiction studies at postgraduate level, supplemented by the specialist diplomas and certificates that sustain contemporary clinical practice across trauma, abuse and domestic violence contexts.

M. PHIL Psychoanalytic Studies

Postgraduate research training in the psychoanalytic tradition — unconscious process, the structural model, transference, and the major schools of analytic thought.

MA Addiction Studies

Master's level engagement with the neurobiological, psychological, social and relational dimensions of substance use and behavioural addictions.

BSC (HONS) Counselling & Psychotherapy

Honours degree in counselling and psychotherapy, encompassing the major theoretical orientations, clinical skills, ethics and reflective practice.

BSC (HONS) General Nursing

Honours degree in general nursing, providing the medical, anatomical and clinical-care foundation that underpins integrated mental-health practice.

PROFESSIONAL DIPLOMA Counselling & Psychotherapy

Specialist professional diploma in counselling and psychotherapy theory and clinical practice.

PROFESSIONAL CERTIFICATE & DIPLOMA Cognitive Behavioural Therapy (CBT)

Two-tier qualification in cognitive-behavioural theory, formulation and intervention across anxiety, mood and related presentations.

DIPLOMA Traumatology & PTSD

Specialist diploma engaging the full diagnostic and clinical territory of post-traumatic stress disorder, complex PTSD and dissociative presentations.

SPECIAL PURPOSE AWARD Training & Development

Formal qualification in adult education, training delivery and learner-development methodology — directly relevant to the role of academic director.

PROFESSIONAL CERTIFICATE Domestic Violence & Sexual Abuse

Specialist qualification in safe, ethical and confidential practice with people impacted by abusive experiences and coercive control.

Mindfulness teaching qualifications: IMC Qualification (Mindfulness & Compassion Teacher); CMR Teacher delivering the eight-hour CMR programme over four weeks in conjunction with MindfulnessUK.



PROFESSIONAL ACCREDITATIONS

Memberships & Registrations

A multi-jurisdictional architecture of professional accountability across Ireland, the United Kingdom and beyond

Dr. McArdle holds membership and accreditation across more than a dozen professional bodies in Ireland, the United Kingdom and internationally. This unusually wide architecture of professional accountability reflects both the scope of his clinical practice and his role as Head of Academic Standards & Accreditations at ICPS College.

MIACP	Member, Irish Association for Counselling & Psychotherapy Membership No.: 11632
MBACP	Member & Accredited, British Association for Counselling & Psychotherapy Membership No.: Accred 383681
MNAPCP	Member, National Association of Counsellors, Psychotherapists & Hypnotherapists Membership No.: 250608
PSI	Psychological Society of Ireland — registered membership Membership No.: 14965
MAPCP	Member, Association for Professional Counselling & Psychotherapy Membership No.: 11506
PNCPS	Practitioner, National Council of Psychotherapists Membership No.: 2031
MACC	Member, Association of Christian Counsellors Membership No.: A396
APAPM	Affiliated Practitioner, Allied Professions for Psychological Medicine Membership No.: 7339
CoE — Expert	Coach of Excellence — Expert tier; awarded by The Professional Development Consortium (highest accreditation level) Membership No.: CE33087
CPD / PTE	CPD Standards Office Provider Number — dual recognition as CPD Provider & Provider of Training Excellence (in respect of ICPS College) Membership No.: PDCD1110
MABCAP	Member, Association of Behavioural & Cognitive Approaches to Practice Membership No.: 19754
MICPA	Member, Irish Counselling & Psychotherapy Association Membership No.: 2363
CFACCPH	Chartered Fellow, Accredited Counsellors, Coaches, Psychotherapists & Hypnotherapists Membership No.: M3998
ACI	Pre-Accredited Member, Addiction Counsellors of Ireland Membership No.: 2025P16



THERAPEUTIC APPROACH

How I Work

A consultation-led, integrative practice grounded in safety, containment and the slow patient cultivation of meaning

Psychotherapy is about making meaning and gaining awareness of self in order to cope with all of life's stressors. It works with relationships and self, in order to feel more content and able to manage one's inner world.

The Starting Point: Consultation

The starting point of any therapeutic engagement is a consultation. This is an opportunity for therapist and client to meet and explore the client's expectations and understanding of therapy. During consultation, the client gains a sense of what it is like to work with Dr. McArdle — an experience of being valued, accepted and understood, and a chance to see how psychotherapy may be helpful.









The Therapeutic Relationship

Dr. McArdle endeavours to ensure that clients feel safe, contained and secure while engaged in psychotherapy. This is important: therapy can feel intense and challenging, it can be hard work, but it is a good investment in self-care. Work proceeds at the client's pace and with the topics they bring — held in a relationship that supports them in a non-judgemental and caring manner.

Integrative Practice

The therapeutic toolbox spans a deliberately wide range of modalities: behavioural, brief therapy, CBT, cognitive, cognitive-analytic therapy, EMDR, emotionally focused therapy, existential, family therapy, gestalt, humanistic, integrative, interpersonal, Jungian, narrative therapy, neuro-linguistic programming, person-centred, psychoanalytic, psychodynamic, relational, solution-focused brief therapy, systemic, transactional analysis and transpersonal approaches. The orientation is integrative throughout: each client's formulation determines the modalities drawn upon, rather than the practitioner imposing a single school upon the work.

Areas of Clinical Experience

-  Psychological Education — strategies and ways of managing
-  Individual adult psychotherapy
-  Couple's sessions
-  Domestic violence
-  Group sessions
-  Addiction treatment
-  ADHD
-  Mindfulness & Compassion teaching (IMC, CMR)



CLINICAL SPECIALISMS

What I Can Help With

An extensive range of presenting issues drawn from the published BACP and ICPS team-page records

Dr. McArdle's clinical work covers a wide range of presenting issues. Areas of stated specialism include the following, drawn directly from his published professional listings.

TRAUMA, ABUSE & ADVERSITY

- ◆ Trauma & post-traumatic stress
- ◆ Abuse (physical, emotional, sexual)
- ◆ Domestic violence & coercive control
- ◆ Self-harm
- ◆ Bereavement & loss

MOOD, ANXIETY & COGNITION

- ◆ Anxiety
- ◆ Depression
- ◆ Mental health issues
- ◆ Stress
- ◆ Phobias & obsessions
- ◆ OCD

ADDICTION & COMPULSIVE PATTERNS

- ◆ Addiction(s) & substance dependency
- ◆ Anger management
- ◆ Eating disorders

IDENTITY, SEXUALITY & RELATIONSHIP

- ◆ Identity problems
- ◆ Sexual orientation & sexuality
- ◆ LGBTQ+ counselling
- ◆ Transgender & gender variance
- ◆ Relationships
- ◆ Sex-related issues
- ◆ Men's issues & women's issues

HEALTH, DISABILITY & LIFESPAN

- ◆ AIDS / HIV
- ◆ Cancer
- ◆ Chronic fatigue syndrome / ME
- ◆ Disability & sensory impairment
- ◆ Dementia
- ◆ Neurodiversity, ADD/ADHD & autism spectrum
- ◆ Infertility & pregnancy-related issues

PERSONALITY, SELF & MEANING

- ◆ BPD (Borderline Personality Disorder)
- ◆ Narcissism
- ◆ Self-esteem & confidence
- ◆ Personal development
- ◆ Spirituality

LIFE-STAGE & VOCATIONAL

- ◆ Cultural issues
- ◆ Life coaching, career & business coaching
- ◆ Redundancy & work-related issues

COACH OF EXCELLENCE

Accredited at Expert Tier

The highest standard of professional coaching excellence, awarded by The Professional Development Consortium

EXPERT TIER

“ This recognition represents the highest standard of professional coaching excellence, acknowledging his expertise, integrity, and commitment to supporting individuals and organisations in achieving their full potential. ”

COACH OF EXCELLENCE MEMBER CITATION, AUGUST 2025

Dr. McArdle holds the title of *Accredited Coach of Excellence (Expert)*, awarded by The Professional Development Consortium — the same body whose CPD Standards Office accredits ICPS College itself under Provider Number PDCD1110. The recognition affirms a position of leadership within the coaching profession.

What the Citation Records

The published Coach of Excellence citation records that Dr. McArdle *combines academic insight with practical coaching strategies to deliver meaningful and measurable outcomes*. His approach is described as *grounded in evidence-based practice, reflective learning, and a deep understanding of human behaviour, enabling clients to unlock growth, overcome challenges, and build sustainable success*.

The Expert tier within the Coach of Excellence framework reflects both the depth of practice and a sustained commitment to continuous professional improvement — the same posture of career-long professional formation that underpins the educational philosophy of ICPS College.

AREAS OF COACHING PRACTICE

1:1

ONE-TO-ONE
COACHING



PERSONAL &
LIFE COACHING



CAREER, PERFORMANCE
& GROUP COACHING



RELATIONSHIP
COACHING



PERSONAL REFLECTION

Why I Work in This Field

A personal statement, in the founder's own voice, as published on the ICPS College team page

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My work as a psychotherapist is not just a profession — it's personal. It's grounded in extensive lived life experience.

I come to this field not only with training and qualifications, but with the deep understanding that comes from surviving a life shaped by trauma. I have lived through childhood neglect, emotional and physical abuse, poverty, and the kind of trauma that leaves lasting imprints on both body and mind. In my adult life, I faced addiction, domestic violence, coercive control, and the silent struggles that so often accompany them.

These are not just words to me — they are chapters of my own story. And it is this lived life experience that has become the driving force behind the work I do today.

I know what it feels like to be unheard, misunderstood, and judged. I also know what it takes to rebuild, to heal, and to find meaning on the other side of pain. My therapeutic approach is rooted in empathy, authenticity, and connection. I don't just work from textbooks — I work from the heart, and from having walked the road myself.

Lived life experience is not something that can be taught. It shapes how I listen, how I understand, and how I support those who sit across from me. It allows me to meet people exactly where they are — with no judgement, only respect for their courage.

I work in this field because I know change is possible. I've lived it. And I am deeply committed to helping others find hope, healing, and a renewed sense of self — just as I did.

— Dr. Michael McArdle

As published on the ICPS College team page



LANGUAGES & PRACTICE

Languages of Practice

Therapy is delivered in three languages, reflecting both the international scope of the College and the realities of contemporary multilingual clinical practice in Ireland.

English

Primary language of clinical practice and academic instruction

French

Available for clinical work with francophone clients

Irish

Available as Gaeilge for clients who prefer therapy in the native tongue

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— Dr. Michael McArdle

The Founder’s Wider Recognition



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