



Foundation Course
in Counselling and
Psychotherapy

Turning Point™ Institute (TPI) offers a Foundation Course in Counselling and Psychotherapy which strikes the perfect balance between academic learning, skills practice and personal development.

An invitation to explore, learn, and *grow*.

A Solid Foundation in Theory

During the course, you will gain an understanding of the core theories of psychotherapy, from the insights of psychoanalysis to the growth-orientated approach of psychosynthesis. You will explore the modalities of person-centred psychotherapy, the experiential techniques of Gestalt therapy, as well as, other transformative therapeutic approaches. Each modality brings a unique lens to understanding human behaviour, emotions, and relationships.

Guided Skills Development

Emotional intelligence is important for our personal and professional lives. During this course you will be guided through thoughtful engagement, self-exploration, and real-time applications of how to improve your interpersonal and communication skills. You will learn how to develop trust within relationships and to be present as a more empathic, open-hearted listener.

An Opportunity for Self-Reflection

Self-reflection is a core component of psychotherapy training. This course creates a space where you can reflect on your own life, gain an insight into how you interact with others and a better understanding of how you deal with life's challenges.

This course could be for you, if you are:

- Interested in a journey of self-reflection and personal growth.
- Working in people-focused roles within health, education, social care, management, etc.
- Considering a career change and interested in finding out more as about psychotherapy and counselling.
- Thinking about applying for the MSc in Counselling and Psychotherapy offered through Turning Point™ Institute.

Course Features

- Benefits for professional and personal lives.
- Perfect balance of theory, skills and personal development.
- Excellent introductory course for those considering a career in counselling and psychotherapy.
- Online training course offering excellent value for money.
- Certificate from Turning Point™ Institute, the leading training institute for counsellors and psychotherapists in Ireland.

Course Details

Week 1	Introduction, Course Overview, Historical Background to Counselling and Psychotherapy
Week 2	Psychoanalysis (Sigmund Freud) Skills Teaching and Practice
Week 3	Skills Teaching and Practice
Week 4	Person-Centred Psychotherapy (Carl Rogers) Skills Teaching and Practice
Week 5	Adlerian Therapy (Alfred Adler) Skills Teaching and Practice
Break week	
Week 6	Psychoanalysis (Carl Jung) Skills Teaching and Practice
Week 7	Gestalt Therapy (Fritz Perls) Skills Teaching and Practice
Week 8	Psychosynthesis (Roberto Assagioli) Skills Teaching and Practice
Week 9	Integrative Perspective Skills Teaching and Practice
Week 10	Therapeutic Endings, Closure Skills Teaching and Practice

This online course is delivered on nominated days, 6.30 – 9.30 pm.

Student Testimonials

"A massive thank you to the course co-ordinators for the wonderful way that they taught the course, creating a safe and honest space for everyone. It really was a special ten weeks and I am grateful that I got the opportunity to participate in it."

"I liked the fact that each session had a split between theory, discussion, and practice. I think that the different portions made it easier to stay engaged throughout."

"I liked the variety of topics week to week. I feel like it was a great intro to psychotherapy and different theories and techniques."

"I cannot thank you both enough for such a wonderful course; it has been a tremendous gift to me, and to all of us, on so many levels."

"My goal in completing this course was to see if I was really, truly, interested in doing the MSc and I achieved just that without spending an absolute fortune. I really feel that I got excellent value for money whilst broadening my understanding of psychotherapy. I also continued to develop on a personal level via the triads and the questions/theories that came up in the presentation of the different modalities."

Course Facilitator

Diane McDonald (MSc. Psychotherapy, Grad Dip, Dip. Marriage & Relationship Counselling Tutor, MIAHIP) is a qualified counsellor and psychotherapist having previously worked in the arts for many years. Diane is also a member of the TPI Faculty.

Fees

The fee for this course is €695.

A non-refundable deposit of €200 is required to secure your place. Payment in full required before the course commences. Deposit payment can be made online at turningpoint.ie

Apply

Contact us today to learn more about how this unique course can support your personal and professional growth.

Contact

admin@turningpoint.ie

01 280 1603



Application form available at turningpoint.ie



All information is correct at time of going to press. All courses at TPI are subject to a minimum number of participants. TPI reserves the right to make changes to dates and times, course content and will make every effort to advise participants of any such changes in good time.

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