UCD School of Medicine and Medical Science
www.ucd.ie/medicine

GRADUATE COURSES
PROSPECTUS 2013/2014

PSYCHOTHERAPY
Insight.
Understanding.
Clinical Excellence.

The UCD School of Medicine & Medical Science offers an extensive portfolio of graduate opportunities at diploma, masters and doctoral level in each of the main recognised branches of psychotherapy.

UCD has an international reputation as a centre of excellence in the domain of psychotherapy. All lecturers on the course are clinicians with considerable academic expertise in their own modality of psychotherapy.

Our extensive clinical faculty is based at Mater Misericordiae University Hospital, St Vincent’s University Hospital and at the Lucena Clinic (Hospital Order of St John of God).

Doctoral studies opportunities also exist in all key psychotherapy modalities and our experienced teaching faculty includes many research-active clinicians and clinical scientists.
SECTION 2: PSYCHOTHERAPY

Master of Science
- Psychoanalytic Psychotherapy
- Group Analytic Psychotherapy
- Systemic Psychotherapy
- Child Art Psychotherapy
- Cognitive Behavioural Therapy

Graduate Diploma/Certificate
- Child Mental Health

Higher Diploma
- Psychotherapy Studies
MSc Psychoanalytic Psychotherapy

COURSE FEATURES

Provides a critical and theoretical understanding of the principles underlying psychoanalytic psychotherapy.

Contributes to the professional formation necessary to undertake this therapeutic method with adults.

Explores the link between clinical relevance and contemporary cultural concerns.

WHO SHOULD TAKE THIS COURSE?

The course caters largely for mental health professionals, including doctors, psychiatrists, psychologists, social workers, therapists, counsellors and nurses. In recent years its remit has broadened to accommodate a range of individuals from other professional backgrounds, including the arts, academia, business and law.

The course has produced over 200 graduates, the majority of whom continue to work in their primary professions using psychoanalytic principles to inform that work. Many set up their own private practice, while remaining in personal therapy and supervision. Some become psychoanalysts who remain in personal analysis and additionally make a scholarly contribution to teaching, training and research.

COURSE DETAILS

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“This course doesn’t simply open one’s mind to unimagined concepts and new ideas, it is a life-changing experience of the most fundamental kind.”

- Mary O’Connor, Class of 2010-2012
**COURSE DESCRIPTION**

Psychoanalysis is a specialised field of study informed by a therapeutic method which privileges the unconscious processes of the mind.

Coupled with engaging in one’s own personal analysis and continuous specialised supervision of clinical practice, this course provides a rigorous theoretical grounding in the principles of a unique therapeutic practice and domain of thought.

**FLEXIBILITY**

The programme provides a two-year period of study and training in psychoanalytic psychotherapy. This two-year block can stand alone or it can form part of a continuous four-year Specific Modality Training (SMT) in becoming a psychoanalytic psychotherapist, provided by the School of Psychotherapy at St Vincent’s University Hospital and for which formal recognition is being sought with The Irish Council for Psychotherapy (ICP).

**ENTRY REQUIREMENTS**

Candidates must have some prior knowledge of psychoanalytic principles.

Generally, this is acquired academically or through one’s own personal analysis, professional clinical experience and/or other learning.

Specifically, to be accepted onto the course, candidates must ordinarily have:

(a) a good honours degree in a discipline related to psychotherapy, psychoanalysis or the health sciences. Candidates who have achieved excellence in other academic, vocational or professional domains are also considered.

(b) Candidates must also become engaged in their own personal analysis

(c) Candidates must be in a position to work therapeutically with at least one patient. This work is closely supervised individually and at group level by separate supervisors. Both (b) and (c) are core requirements and must be maintained for the duration of the course.

The Course Director can advise on any aspect of the course at tsop@ucd.ie.

**FEES 2013/2014**

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**ABOUT UCD PSYCHOTHERAPY**

UCD is an internationally renowned centre of excellence in the domain of Psychotherapy. The School offers an extensive portfolio of courses at diploma, masters and doctoral level in each of the main branches of psychotherapy.
MSc in Magnetic Resonance Imaging (MRI)

Course Details

Major code  X168
Duration     2 Years
Schedule     Part-Time
Next intake  September 2013

Course Features

The only course of its kind in Ireland.

The MSc serves as the academic component of the final or qualifying level of a three-tier clinical training in the theory and practice of group analytic psychotherapy.

It contributes to a rigorous and comprehensive professional formation in the practice of group analysis in conjunction with the Irish Institute of Group Analysis (IIGA).

It forms an integral step toward achieving a recognised psychotherapy qualification and professional registration with the Irish Council for Psychotherapy (ICP).

Who Should Take This Course?

This course attracts students nationwide from diverse academic and professional backgrounds and leads to a recognised psychotherapy qualification and professional registration with the Irish Council for Psychotherapy (ICP).

The MSc course is integrated into the final or qualifying level of the group analytic training, leading to an academic award. In addition, graduates gain a professional qualification administered by the accrediting body, the Irish Institute of Group Analysis (IIGA).

“This Course has given me a new energy in work – around managing situations, supervising staff and understanding dynamics around the work. On a personal note it has been beneficial for me and my family relationships.

- Geraldine Prunty,
Principal Social Worker

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Principal Social Worker
COURSE DESCRIPTION

BUILD EXPERTISE
This course provides a comprehensive understanding of group functioning and dynamics, enabling graduates to conduct groups in a variety of settings and with different populations. Graduates also acquire a very good understanding of team and organisational behaviour.

TEACHING AND LEARNING
Designed as a ‘block’ training course, it is delivered over nine weekends per year at the School of Psychotherapy, St. Vincent’s University Hospital. Each block begins at 9.00 am on Friday morning and finishes at 2.30 pm on Sunday afternoon, delivering 20 course contact hours on average per weekend. Attendance is for eighteen block weekends over four semesters. The three-day weekend is divided between clinical supervision, formal teaching and participation in large and small experiential groups. Group supervision is provided by a designated supervisor.

CLINICAL FOCUS
The MSc has a strong experiential and clinical focus with support provided through small group experience and supervision for the development of self-awareness, critical reflection and integration of personal growth and skills training. Coursework includes assessing client suitability, the setting up and maintaining of an adult psychotherapy group, researching and completing all written assignments, including project and fieldwork.

Since the first graduation in 2009, eleven students have graduated, and most are actively working with groups, mainly in the HSE. Group Analytic training takes, on average, six years to complete, progressing through three distinct tiers or levels, Introductory (1 year), Advanced (2 year) and Qualifying levels (3 years).

ENTRY REQUIREMENTS
Candidates must have satisfactorily completed the Introductory and advanced levels and Year 1 of the qualifying level of the clinical training in group analytic psychotherapy in the School of Psychotherapy at St Vincent’s University Hospital.

Application for the introductory level of the Group Analysis training is made directly to the School of Psychotherapy at St Vincent’s University Hospital.

Candidates are required to hold a primary degree or equivalent in the health sciences or education or a professional qualification in a relevant field involving significant work experience and responsibilities.

An interview will be required.

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ABOUT UCD PSYCHOTHERAPY
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CONTACT
Ms. Maria Fay
Course Administrator
E: tsop@ucd.ie
T: 353 1 2214 929

More information on this course:
www.ucd.ie/medicine

Apply for this course:
www.ucd.ie/apply
MSc Systemic Psychotherapy

**COURSE FEATURES**

Enables clinicians to practice as family therapists in Ireland and abroad.

Covers theory of systemic psychotherapy, clinical practice, personal professional development and research.

Live Supervision of clinical practice is a central and unique feature of this course.

Graduates are registered with the Family Therapy Association of Ireland and the Irish Council of Psychotherapy.

**COURSE DETAILS**

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**WHO SHOULD TAKE THIS COURSE?**

This course is for graduates of the human sciences or equivalent, who wish to develop their theoretical and clinical skills and qualify as systemic psychotherapists.

The course will appeal to: psychiatrists, psychologists, social workers and nurses whose task in mental health requires specialist training in couple and family therapy; child care professionals; addiction counsellors who wish to extend their therapeutic repertoire to include family and couple therapy skills.

“I cannot recommend this course highly enough. The faculty are extremely skilled and supportive. If you want a professional, enriching and rewarding therapeutic training, firmly rooted in theory and practice with inevitable personal development, this is the course for you!”

Student feedback 2012/2013
**COURSE DESCRIPTION**

Students on the programme will develop an understanding of systemic theory and methodology and its application in clinical practice.

Students will practice their clinical skills in live supervision sessions and will have opportunities to develop their ability to reflect on personal and professional connections in the therapeutic context.

Through the completion of a Dissertation, students will develop skills in Research methodology and practice.

The M.Sc. in Systemic Psychotherapy aims to progress students along a path leading towards responsible creative therapeutic practices as independent practitioners in both Health/Social Care and Private Practice settings.

Through a mixture of skill development, theoretical education and enhanced capacity for self reflection, the course facilitates the growth and development of students as practitioners concerned with an extensive array of clinical presentations.

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**ENTRY REQUIREMENTS**

Three years graduate level training in the human sciences (medicine, psychology, social work, sociology, education, etc.) or equivalent.

Applicants must have relevant experience of working with people as part of a responsible and caring role.

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**COURSE ELEMENTS**

As part of this course, students will undertake a combination of elements that includes:

- Theory & methodology
- Clinical practice
- Personal psychotherapy exercises
- Research design & methodology

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**CONTACT**

Ms. Ciara Reddy  
Course Administrator  
E: creddy@mater.ie  
T: + 353 1 803 2349

More information on this course:  
www.ucd.ie/medicine

Apply for this course:  
www.ucd.ie/apply
COURSE FEATURES
Provides students with an excellent grounding in the area of child mental health.

Developed for professionals who wish to specialise in using images in a psychotherapeutic context.

Delivered at Mater Misericordiae University Hospital Child and Adolescent Mental Health Service.

WHO SHOULD TAKE THIS COURSE?
Psychiatrists, psychologists, social workers, psychotherapists, counsellors, nurses, teachers, and child care workers are among those who find the course useful.

Clinicians and educationalists use this newly acquired skill within their professional practice. Other graduates are offered sessions within clinical and educational settings and there are limited career opportunities within private practice. Past graduates have found work in voluntary and statutory organisations and also within the private sector.

COURSE DETAILS
Major code X348
Duration 24 months
Schedule Part-Time
Next intake September 2013

“As a Psychotherapist working with children and adolescents, using primarily traditional “talking” therapy, prior to completing the MSc Child Art Psychotherapy I have found that this specific method has transformed and enhanced my practice.”

- Aisling Kenny, Programme Graduate
COURSE DESCRIPTION

DESIGNED FOR PROFESSIONALS
This course is designed for professionals who wish to specialise in using visual images in a psychotherapeutic context to understand the inner world of the child.

BUILDS EXPERTISE
It provides an understanding of the theory and clinical practice of child art psychotherapy within the framework of child and adolescent mental health.

TEACHING AND LEARNING
The course is delivered through an integrated system which includes academic teaching, clinical practice, individual supervision, and independent study.

The course also requires that students engage in personal and group psychotherapy.

COURSE MODULES
As part of this course, students will undertake a combination of modules that includes:

- Theory & practice of child art psychotherapy
- Training, supervision & experiential group work
- Development of theory of pictorial thinking
- Clinical placement
- Child & adult mental health
- Dissertation

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ENTRY REQUIREMENTS
Third level degree or equivalent

Experience of working with children and adolescents within mental health or educational settings is an advantage

Applicants are short-listed on the basis of previous professional experience and the short-listed candidates are interviewed to assess their suitability

Successful applicants will be required to consent to Garda clearance

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CONTACT
Ms. Maureen McCormack
Course Administrator
E: Maureen.mccormack@ucd.ie
T: + 353 1 803 4793

More information on this course: www.ucd.ie/medicine
Apply for this course: www.ucd.ie/apply
MSc in Magnetic Resonance Imaging (MRI)

Aaron Purcell, Student 2011/12

“I have thoroughly enjoyed and benefitted personally and professionally from my year on the programme. Delivered in an enthusiastic and interactive way, the course has informed me on theoretical components of youth mental health and has equipped me to apply this knowledge in the practical setting of my work place.”

- Aaron Purcell, Student 2011/12

Graduate Diploma Child Mental Health

COURSE FEATURES

Provides a comprehensive review of aspects of mental health and mental ill health, and gives information on promotion, detection and primary care intervention, for children and families with mental health difficulties.

Aims to provide individuals working with children with the specialised knowledge and skills to enable them to contribute to the mental health care of young people.

Includes focus on formal mental health disorders such as ADHD, eating disorders, mood disorders and pervasive developmental disorders.

WHO SHOULD TAKE THIS COURSE?

The course is designed for professionals in areas such as education, social welfare, primary care, pediatric settings, voluntary services and specialised mental health services. The course will strengthen and develop students’ knowledge in their area of practice in child mental health.

It aims to complement their skills in caring for young people, to increase knowledge of how mental illness affects children and families and to strengthen and develop knowledge and skills in child mental health. Emphasis will be placed on how this knowledge can be practically applied in the student’s own workplace.

COURSE DETAILS

Major code: X422
Duration: 12 months
Schedule: Part-Time
Next intake: September 2013
COURSE DESCRIPTION

COURSE AIMS
The aim of this program is to strengthen and develop knowledge and skills in Child Mental Health. Emphasis will be placed on how this knowledge can be practically applied in the student’s own workplace.

This diploma course aims to provide individuals working with children with the specialized knowledge and skills to enable them to contribute to the mental health care of young people. The Graduate Diploma in Child Mental Health will also cover the more formal mental health disorders such as ADHD, eating disorders, mood disorders and pervasive developmental disorders.

COURSE STRUCTURE
The course is delivered over one academic year, in six taught modules and one research module, all of which are core requirements for the award of graduate diploma. The programme is delivered in the format of weekly lectures and seminars. Teaching will typically take place at UCD, Belfield, Dublin 4. Teaching is delivered on Wednesday afternoons/evenings from 13.00 – 21.00 over one academic year.

COURSE MODULES
As part of this course, students will undertake a combination of modules that includes:

- Developmental psychology
- Assessment of children & families
- Common child mental health problems
- Treatment of child psychiatric disorders
- Promoting positive child mental health
- Introduction to communication & counselling skills

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ENTRY REQUIREMENTS
Applicants are expected to hold a primary undergraduate degree.

Experience working with children and adolescents is desirable and will be considered in the shortlisting process.

Those without formal qualifications will need to demonstrate relevant experience and ability to study at a postgraduate level.

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CONTACT
Course Administrator  
E: dcmh@ucd.ie  
T: + 353 1 221 4929

More information on this course: 
www.ucd.ie/medicine

Apply for this course: 
www.ucd.ie/apply
Higher Diploma Psychotherapy Studies

COURSE FEATURES

Offers an introduction to the psychotherapies and prepares students for further specialist training.

Provides an academic foundation in the theoretical and clinical literature in the field.

Taught by experienced practitioners.

Tailored not only to trainees or practitioners in disciplines within the mental health arena but also to applicants from non-cognate areas who may be considering embarking on a clinical training in psychotherapy.

WHO SHOULD TAKE THIS COURSE?

Academic qualification at postgraduate level is becoming an integral part of a professional career path in psychotherapy.

Graduates of the higher diploma are well placed on completion to make an informed decision on the modality of psychotherapy in which to train. As part of continuing training in a specialised strand, graduates are eligible to apply for one of a suite of MSc programmes, each of which has its own separate entry requirements.

COURSE DETAILS

Major code  X166
Duration     12 months
Schedule     Part-Time
Next intake  September 2013

“This HDip provided me with the insight, confidence and support I needed to make the right decision regarding my future career. I’m so glad I took the time to do it before making any of those important decisions.”

- Frances Tighe, Class of 2011/12
COURSE DESCRIPTION

BUILDING EXPERTISE
This one year course offers a route to clinical training in the domain of psychotherapy through the provision of an academic foundation in the theoretical and clinical literature in the field.

COURSE CONTENT
Graduates will achieve an understanding of the complex theories, concepts and research possibilities that underlie the main modalities of psychotherapy. These include the transference-based therapies - of which psychoanalytic psychotherapy is the exemplar, the cognitive therapies, the integrative therapies and family and group therapies.

Other psychotherapies introduced include visual art psychotherapy, drama therapy, constructivist psychotherapy, brief therapies, motivational interviewing, jungian and adlerian psychology.

TEACHING AND LEARNING
All teaching takes place at St Vincent’s University Hospital on a Tuesday afternoon/evening and is delivered in six modules, one of which is a 6,000 mini-dissertation.

COURSE MODULES
As part of this course, students will undertake a combination of modules that includes:
Theoretical overview of psychotherapies
Psychotherapies I & II
Therapeutic relationship in psychotherapy
Research & clinical applications seminar
Dissertation

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ENTRY REQUIREMENTS
Open to trainees or practitioners in disciplines within the mental health field such as psychiatry, general practice, nursing, psychology, social work and childcare work and to applicants with other diverse backgrounds.

Admission ordinarily requires a previous undergraduate degree.

Relevant professional qualifications and/or relevant professional experience are welcome but are not prerequisites.

Applicants will be expected to show evidence of a commitment to, and serious interest in, the study of psychotherapy.

Applicants for the programme will be interviewed.

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CONTACT
Ms. Maria Fay
Course Administrator
E: tsop@ucd.ie
T: + 353 1 2214929

More information on this course:
www.ucd.ie/medicine

Apply for this course:
www.ucd.ie/apply
Disclaimer
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The information provided in this booklet, including information pertaining to fees, is correct at the time of going to press but degree programmes and associated conditions are subject to ongoing development and the university reserves the right to make changes at any time, before or after a student’s admission.