

# **PSYCHOLOGY, COUNSELLING & PSYCHOTHERAPY**

## **Sector Background**

### **Psychology**

Psychology is the scientific study of people, the mind and behaviour. A Psychologist examines the various aspects of human experience - people's emotions, thoughts and actions - and applies their understanding to the person. Psychologists work in a variety of professional settings, including clinical, counselling, educational, organisational and academic environments.

### **Counselling & Psychotherapy**

Counselling is a type of talking therapy or psychological therapy. It involves talking to a trained counsellor in confidence who can help the client deal with negative thoughts and feelings. People sometimes use the word counselling to refer to talking therapies in general, but counselling is also a specific type of therapy.

Talking therapies can be used to treat numerous health conditions, including:

- [Depression](#)
- [Anxiety](#)
- [Borderline Personality Disorder \(BPD\)](#)
- [Obsessive Compulsive Disorder \(OCD\)](#)
- [Post-Traumatic Stress Disorder \(PTSD\)](#)
- [Eating Disorders, such as anorexia nervosa and bulimia](#)
- [Drug misuse](#)

Like counselling, psychotherapy is also sometimes used as a general term for psychological therapies. There is no clear definition of the difference between psychotherapy and counselling. However, it is considered that psychotherapy is more in-depth than counselling and able to address a wider range of issues. During psychotherapy, a trained therapist helps the client consider how their personality and life experiences influence their current thoughts, feelings, relationships and behaviour in order to enable them to deal with difficult situations more successfully.

There are five “modalities” of psychotherapy within the [Irish Council for Psychotherapy](#):

1. [Psychoanalytic psychotherapy](#)
2. [Constructivist Psychotherapy](#)
3. [Humanistic and Integrative Psychotherapy](#)
4. [Couple and Family Therapy](#)
5. [Cognitive Behavioural Therapy](#)

## **Typical Roles**

Some roles in this sector include;

<ul style="list-style-type: none"> <li>● <a href="#">Clinical Psychologist</a></li> <li>● <a href="#">Counselling Psychologist</a></li> <li>● <a href="#">Educational Psychologist</a></li> <li>● <a href="#">Occupational/ Organisational Psychologist</a></li> <li>● <a href="#">Sport Psychologist</a></li> <li>● <a href="#">Forensic Psychologist</a></li> </ul>	<ul style="list-style-type: none"> <li>● <a href="#">Psychotherapist</a></li> <li>● <a href="#">Art Therapist</a></li> <li>● <a href="#">Music Therapist</a></li> <li>● <a href="#">Drama Therapist</a></li> <li>● <a href="#">Guidance Counsellor</a></li> </ul>
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## **Entry Routes**

### **Psychology**

#### *Undergraduate education in psychology*

Currently, the first step to a career in psychology in Ireland is to study for a level 8 accredited course which leads to a first qualification in psychology. This can be done in three ways:

1. Completion of an approved level 8 Undergraduate Honours Bachelor Degree (where psychology is the major subject)
2. Completion of an approved Higher Diploma in Psychology or Applied Psychology Conversion Course – mainly 2 year full-time or 4 year part-time postgraduate courses for students who have already completed a level 8 Honours Bachelor Degree in an area or discipline other than psychology.
3. Completion of an approved Higher Diploma or MSc. in Psychology Conversion course - 1 year full time Higher Diploma conversion courses available to students who have studied a certain element of psychology (60 ECTS) in their undergraduate degree.

Successful completion of the Honours Bachelor Degree or the Higher Diploma in Psychology conversion course enables a student to become a graduate member of The Psychological Society

of Ireland (P.S.I.). They can then go on to further study to become qualified in a certain field of psychology. Click [here](#) for the list of undergraduate courses currently accredited by PSI.

#### PSI Accredited Undergraduate Honours Bachelor Degree level 8 courses

- [BA \(Mod\) Single Honour Degree in Psychology](#), Trinity College Dublin
- [BA \(Mod\) Two Subject Moderatorship \(TSM\) in Psychology](#), Trinity College Dublin
- [BA \(Hons\) in Psychology](#), University College Dublin
- [BA \(International\) in Psychology](#), University College Dublin
- [BA \(Hons\) in Psychology](#), Dublin Business School
- [BSc. \(Hons\) in Applied Psychology](#), Dun Laoghaire Institute of Art & Design Technology
- [BSc. \(Hons\) in Psychology](#), Dublin City University
- [BA \(Hons\) in Psychology](#), National College of Ireland
- [BA \(Hons\) in Psychology](#), NUI Maynooth
- [BSc. in Psychology through Science](#), NUI Maynooth
- [BA in Psychology](#), NUI Galway
- [BA \(Hons\) in Psychology with Arts](#), Waterford Institute of Technology
- [BA \(Hons\) International in Psychology with Arts](#), Waterford Institute of Technology
- [BA in Psychology & Sociology](#), University of Limerick
- [BSc. in Psychology](#), University of Limerick
- [BA \(Hons\) in Applied Psychology](#), University College Cork
- [Bachelor of Education in Education & Psychology](#), Mary Immaculate College Limerick
- [BA Arts with Psychology](#), Mary Immaculate College Limerick

#### PSI Accredited Higher Diploma level 8 - 2 Year full-time Conversion Courses

- [Higher Diploma in Psychology](#), University College Dublin
- [Higher Diploma in Psychology](#), Trinity College Dublin
- [Higher Diploma in Arts in Psychology](#), Dublin Business School (2 year part-time available)
- [Higher Diploma in Psychology](#), NUI Galway
- [Higher Diploma in Psychology](#), University College Cork

#### PSI Accredited Higher Diploma and MSc. - 1 Year full-time Conversion courses

- [MSc. in Psychology](#) (1 year Conversion), Trinity College Dublin
- [Higher Diploma in Psychology](#) (1 year Conversion), NUI Galway

### *Postgraduate education in professional psychology*

Once a candidate has completed their undergraduate studies in Psychology in a course accredited by the PSI they can they apply for further postgraduate education and specialist training in their chosen area necessary to develop a career in psychology. Click [here](#) and on the links below for more information on careers and education in professional psychology in Ireland.

#### **Clinical Psychologist**

- [D.Psych Sc. in Clinical Psychology](#), NUI Galway
- [D. Clinical Psychology](#), University of Limerick
- [D. Clinical Psychology](#), Trinity College Dublin
- [D. Psych. Sc. in Clinical Psychology](#), University College Dublin
- [D. Clinical Psychology](#), University College Cork

#### **Counselling Psychologist**

- [Professional Doctorate in Counselling Psychology](#), Trinity College Dublin

#### **Educational Psychologist**

- [MA in Educational Psychology](#), University College Dublin
- [MA in Educational Psychology](#), Mary Immaculate College, Limerick

#### **Health Psychologist**

- [MSc. in Health Psychology](#), NUI Galway

#### **Occupational/ Organisational Psychologist**

- [MSc. in Work and Organisational Psychology](#), University of Limerick
- [MSc. in Work and Organisational Psychology](#), Dublin City University
- [MA in Work and Organisational Psychology](#), University College Cork

### *Outside of Ireland*

Many Irish students travel to the UK to study Psychology at undergraduate, conversion and postgraduate level. Click [here](#) to search courses accredited by The British Psychological Society (BPS)

## **Counselling & Psychotherapy**

As of July 2016, there are no legal minimum qualifications needed to become a counsellor. However, the Irish Association for Counselling and Psychotherapy (IACP) has developed strict Codes of Ethics and Practice for its members. They also have strict accreditation criteria, which includes 450 hours of client work and supervision. Here is IACP's [Register of Accredited Professional Psychotherapy/ Counselling Training Courses](#).

## ***Relevant Bodies & Professional Associations***

<a href="#">The Psychological Society of Ireland</a>	<a href="#">Irish Council for Psychotherapy</a>
<a href="#">The British Psychological Society</a>	<a href="#">National Association of Cognitive Behavioural Therapists</a>
<a href="#">Institute of Guidance Counsellors</a>	<a href="#">IACP - Irish Association for Counselling and Psychotherapy</a>
<a href="#">Psychotherapy Ireland</a>	<a href="#">National Association of Cognitive Behaviour Therapy (NACBT)</a>