



**Trinity College Dublin**  
The University of Dublin



**Cumann Síceolaithe Éireann**  
Division of Counselling Psychology

# Counselling Psychology

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# Overview



What is Counselling Psychology?



How do I qualify as a Counselling Psychologist?



Division of Counselling Psychology



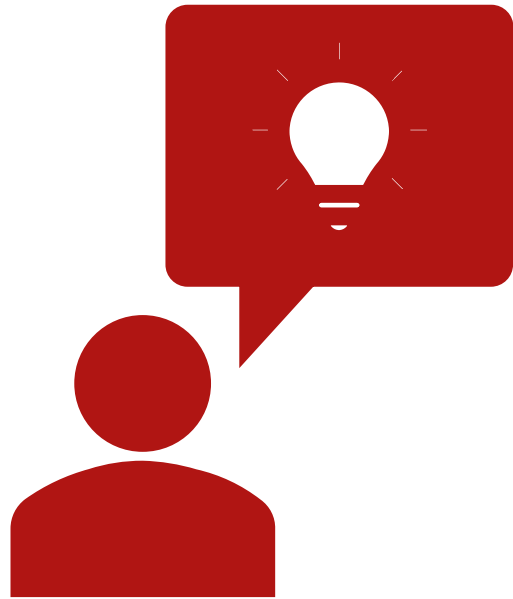
“Day in the life”

# Definition

*“Counselling psychology focuses on personal and interpersonal functioning across the life span and on emotional, social, vocational, educational, health-related, developmental and organizational concerns .... Counselling psychology centres on typical or normal developmental issues as well as atypical or disordered development as it applies to human experience from individual, family, group, systems and organizational perspectives. Counselling psychologists help people with physical, emotional and mental disorders improve wellbeing, alleviate distress and maladjustment, and resolve crises. In addition, practitioners in this professional specialty provide assessment, diagnosis and treatment of psychopathology.”*

*(PSI Counselling Psychology Accreditation Criteria 2013, p. 3)*

# What is Counselling Psychology?



- An applied specialism and professional practice within the field of psychology.
- Influenced by the major schools of psychotherapy, particularly by the humanistic tradition.
- Emphasises the role of phenomenological and intersubjective experience and values the meanings, emotional processes, and interpersonal processes, that effect psychological health and well-being.

# What is Counselling Psychology?

- Integrate theory, practice and research to contribute to the personal well-being and interpersonal functioning of individuals across the life span.
- Work to promote well-being, alleviate distress and increase our clients' ability to live more fully functioning and healthier lives.
- Attend to both normative developmental issues as well as psychological disorders.

# How do I qualify as a Counselling Psychologist?

## Route 1

- 2:1 undergraduate degree in Psychology
- Accredited Doctorate in Counselling Psychology
- Full Membership to Division of Counselling Psychology

## Route 2

- Undergraduate Degree
- Conversion Course
- Accredited Doctorate in Counselling Psychology
- Full membership to the Division of Counselling Psychology

# Member of the Division of Counselling Psychology

- Membership of the Division (DCoP) is only open to members of the Society (PSI)
- **Two categories**
  - Full Membership
  - Associate Membership



# Where do Counselling Psychologists work?

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Health Service Executive

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Mental Health Services

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Hospitals

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Counselling Psychologists in Primary Care

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Private Practice

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Prison and Probation Services

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Private Corporate Services

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Academia

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Research



# Who are our Clients/Patients?

- ▶ Equal and inclusive psychological service to a diverse range of individuals
- ▶ Across the lifespan
  - ▶ Children
  - ▶ Adolescents
  - ▶ Old age
- ▶ Variety of clinical presentations
- ▶ Integrative theoretical framework based on individual needs

“A day in the life”



# Need more information?

- ▶ Psychological Society of Ireland  
[www.psychologicalsociety.ie](http://www.psychologicalsociety.ie)
- ▶ Trinity College Dublin – [www.tcd.ie](http://www.tcd.ie)
- ▶ British Psychological Society –  
[www.bps.org.uk](http://www.bps.org.uk)

# Questions?

THANK YOU