



The Newman Institute

Cathedral Close, Ballina,
Co. Mayo. F26 YV61

www.newmanii.com

Phone: 096 72066

Email: admin@newmanii.com



This course is designed to introduce participants to counselling theories and skills as well as encouraging them to examine how they might manage their own personal and work lives better. The ethos of the course is based around respect towards every person with a high regard to their spiritual needs and values as well as having a high regard for their experiences in life. The life experiences which each student and tutor brings to the class is acknowledged and cherished as a tool for worthwhile learning from each other.

Counselling training can be valuable to help us cope better with the stresses in our own lives and it can also help us to assist others to find better ways of managing their life in a more positive manner.

While some people participate in this course for their own growth and development others use it as a first step towards counselling as a profession.

Flexibility with regard to the syllabus content is exercised so as to respond to what students find most helpful.

COURSE FEE: €1200

(Can be paid by instalments)

Deposit €100



WHOLENESS AS A PERSON

**COUNSELLING COURSE
at The Newman Institute, Ballina**

**A Marvellous
Introduction To
Counselling
Training and Skills**

Only a limited number
of places available
Beginning October 2018

**One-Year Part-
time Foundation
Course**

26 Thursday/Friday
Evenings: 7-10pm
2 Saturdays: 10am-
5.00pm



Lecturers:

Dr. John Canavan,
Clinical & Counselling
Psychologist and
Mr Cathal Kearney,
M.A Education
(Counselling)



The Newman Institute

A RESOURCE FOR LEARNING IN THE WEST OF IRELAND

WHOLENESS AS A PERSON

This course is provided at week-ends from October to May. The teaching and learning will take the form of lectures, discussions and group work as well as counselling skills practice

Topics Covered

- Model of 'wellness'
- Personal change management
- Introduction to counselling theories & theorists
- Attributes of a counsellor
- Human development through the lifespan
- Counselling skills
- Stages of the counselling process
- Role of the 'Spiritual' in counselling
- Couple counselling
- Bereavement
- Suicide
- Addictions
- Stress Management
- Bullying
- Multicultural counselling
- Sexuality
- Ethical considerations
- Depression and anxiety
- 'Children First' guidelines Groups & Group Dynamics

TO APPLY

Complete the application form opposite and post to:
The Administrator,
The Newman Institute,
Cathedral Close, Ballina, Co Mayo
or drop it into Reception

APPLICATION FORM FOR FOUNDATION IN COUNSELLING — THE NEWMAN INSTITUTE BALLINA

Commencing October 2018

Name	
Address	
Tel	
Email	
Nationality (as on Passport)	
Male /Female	
Date of Birth	
PPS Number	
Country of Birth	
County of Birth (if Irish)	
Medical Condition / Disability	
Next of kin details	
Name	
Tel	
Post-Primary Education: Name of School/College	
Dates	
From:	To:
Other Qualifications: Please list	

Please state reason(s) why you want to apply for a place on this course

Please supply the names, addresses and contact details of two people from whom we may request a reference on your behalf

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DECLARATION: I hereby certify that the information submitted is accurate. I am aware that admission to the course is on the basis of a successful interview, that the minimum number of successful applicants has been accepted and that a deposit of €100 has been secured. I understand that the deposit is returned to me only if the course does not proceed.

Signature of Applicant

Date