



Life Writing

Sat 15th May - Sun 16th May | Dublin City Centre | 10.00 - 17.00 (2 Days)

This two day course introduces participants to the practice and theory of life writing. Life writing refers to the practice of writing for oneself, not specifically with a view to publication (though this is a possibility) but as a way of healing, growing, discovering, exploring, awakening creativity and solving problems. It encompasses the keeping of journals, diaries, memoirs, biography, stories, poetry, letter writing, travel writing and fiction based on personal experience. While the workshop will explore the therapeutic value of writing, it will also look at other aspects of writing such as claiming one's own voice, telling one's story, discovering one's strength and joyfulness. No previous experience in writing necessary, the focus is on self expression, not writing technique or literary quality.

CBT Skills for Everyday Life

Tuesday 20th April | Dublin City Centre | 18.30 - 20.30 | 10 weeks

Cognitive Behaviour Therapy is a reliable approach that any of us can learn, in order to cope better with difficult emotions e.g. stress, anxiety, fear, anger and low mood. This 10 week course demonstrates how our thoughts, our emotions, our behaviours and our physical reactions all interact together. CBT helps us to understand and change our habitual thoughts and behaviours which can be very beneficial when it comes to dealing with the ongoing stresses and challenges of life.

Balanced Thinking and Changing Negative Life Patterns

Wednesday 5th May | Dublin City Centre | 18.30 - 20.30 | 6 weeks

This workshop seeks to help people understand the effect that internalised messages and beliefs about themselves can have on their lives. For example, some common feelings and behaviours as a result of unhelpful core beliefs are; You put the needs of others ahead of your own resulting you not getting your needs met; You feel unfulfilled and undeserving no matter how successful you are in your life; You continue to enter into or stay in relationships that are not good for you; You feel anxious and panicked about the future despite how well things are going for you.

Using Jeffrey Young's Schema Therapy as a basis for developing personal awareness and implementing life changes, the course will help individuals to identify their own unhelpful internalised messages and core beliefs. It explains how these messages and beliefs get formed and might be active in our lives and holding us back in different areas. The workshop will then set out how we can set about making the kind of changes we desire.

Foundation in Counselling & Psychotherapy (Intensive)

Commences Tuesday 23rd March | 5 months

Dublin City Centre, Dublin West, Limerick, Kilkenny, Athlone

This course is accessible to all and is a great way to develop an understanding and appreciation of counselling. It will appeal to those who are looking for personal development or those who need counselling skills in their work. You will be introduced to a basic knowledge of counselling, key skills and selected approaches to the process. Interpersonal communication, personal development issues and the application of theory to practice are all explored. This course is also a stepping stone for those who want to prepare for a professional qualification.

Entry Requirements

Applicants should be over 23 years of age.

Application Forms available
info@pcicollege.ie or 01-4642268



PCI College

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Personal Development Programmes



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"Personal Development is a key component to what we do at PCI College. We provide a choice of programmes for anyone to enjoy, with no experience necessary. Our desire is to give the public a chance to enrich their lives using professional techniques provided by our highly trained and fully qualified academic staff in a fun and safe environment. We hope you enjoy our Spring Programme"

Joanna Byrne

Joanna Byrne
MBS, T. Dip., ITS
Head of Operations
& Development

Life Skills in Transitional Times

Monday 8th March | Cork | 19:00 - 21:30

An evening of learning and information about the effect of change in people's lives due to the current economic climate. This evening will help participants to cope effectively with the stress of changes in daily life due to loss of employment, income or status. Attendees will learn positive techniques and skills for dealing with strains brought on by the current economic downturn. This relaxing evening includes; A chance to hear from others in similar circumstances; Learning how to identify key factors which contribute to stress; Learning skills to cope and adapt to change. This evening is free of charge but booking is necessary.

Stress Awareness and Management

Tue 23rd March | Dublin City Centre | 18:30 - 21.30 or

Fri 30th April | Dublin City Centre | 14:30 - 17.30

Stress damages people and it damages their relationships both at home and in organisations. Medical treatment may help some individuals to manage their symptoms in the short term, but they need to address the factors that caused their stress in the first place. That involves finding the source and taking appropriate action. This workshop demonstrates the best way to provide a lasting solution is to identify and manage the causes of stress as well as its effects by adopting a systematic, structured approach and offers a simple, clear process based on small steps for sustainable change.

CBT for Weight Management

Saturday 24th April | Dublin City Centre | 10:00 - 17:00

This workshop is designed to help you reach your target weight and to help you maintain it once you have reached your goal. It will explore motivation, thoughts and beliefs in relation to food and physical exercise. Using the Cognitive Behavioural (CBT), techniques and the Symptom Cycle, it will look at breaking the cycle, changing eating habits and forming an activity and eating plan.

Creative Art for Personal Awareness

Saturday 27th March | Dublin City Centre | 10:00 - 17:00

Saturday 24th April | Cork | 10:00 - 17:00

An image speaks a thousand words. In this introductory workshop participants will be provided with a brief history of the development and use of art as a therapeutic medium and an introduction to the links between creative expression and personal development. Within a non-judgemental climate of safety and acceptance, the introduction will be followed by the opportunity to explore creative expression through working with art materials, images and symbols. Art has the potential to change our lives often revealing aspects of ourselves that we may be unaware of or lost touch with. No previous experience in art necessary, the focus is on self expression, not technique or artistic quality.



CBT for Increased Self-Esteem

Saturday 8th May | Dublin City Centre | 10:00 - 17:00

Good self-esteem and self-confidence are fundamental to living a healthy, successful and satisfying life. CBT is based on the idea that how we think, how we act, how we feel and what goes on in our bodies all interact together.

This workshop, using Cognitive Behavioural (CBT), techniques will equip you to question negative self beliefs, showing where low self-esteem comes from and how it is maintained. We develop techniques to challenge and break cycles of negative thought patterns for a more positive view of ourselves and the world. It also offers practical ways of combating self-criticism, enhancing self-acceptance and establishing and strengthening new, more realistic and helpful alternative perspectives.

Dignity at Work

Friday 14th May | Dublin City Centre | 10:00 - 17:00

This workshop will focus on issues relating to Dignity & Respect in the workplace. It will examine what dignity at work means and how you can achieve it. It will make participants fully aware of what constitutes appropriate and unacceptable behaviour and explain whether you are protected by law against offensive behaviour.

After the workshop, you will be equipped with the tools to achieve harmony in your workplace. Moreover you will be familiar with Equality Legislation and relate to case studies; And be familiar with Organisational Policy & Procedures and best practice.

	Title	Date	Cost	Tutor	Length	Location
	Life Skills in Transitional Times	08/03/2010	Free*	Linda McGuire	19.00-21.30	Cork
	Stress Awareness & Management	23/03/2010	€60	Pat Kavanagh	18.30-21.30	Dublin City Centre
	Foundation in Counselling & Psychotherapy (Intensive)	23/03/2010	€1450		5 months	Dublin City Centre, Dublin West, Limerick, Kilkenny, Athlone
	Creative Art for Personal Awareness	27/03/2010	€110	Pauline Macey	10.00-17.00	Dublin City Centre
	CBT Skills for Everyday Life	20/04/2010	€260	Marina O'Donovan	18.30-20.30 x 10 weeks	Dublin City Centre
	CBT for Weight Management	24/04/2010	€95	Marina O'Donovan	10.00-17.00	Dublin City Centre
	Creative Art for Personal Awareness	24/04/2010	€110	Pauline Macey	10.00-17.00	Cork
	Stress Awareness & Management	30/04/2010	€60	Pat Kavanagh	14.30-17.30	Dublin City Centre
	Balanced Thinking and Changing Negative Life Patterns	05/05/2010	€200	Declan Fitzpatrick	18.30-20.30 x 6 weeks	Dublin City Centre
	CBT for Increased Self-Esteem	08/05/2010	€95	Eilish McGuinness	10.00-17.00	Dublin City Centre
	Dignity at Work	14/05/2010	€280	Pat Kavanagh	10.00-17.00	Dublin City Centre
	Life Writing	15&16 May 2010	€190	Liz Hickey	10.00-17.00 (2 days)	Dublin City Centre

TIMETABLE

*Booking is necessary