



Personal Development Programmes

Autumn 2010 • Cork and Dublin



PCI College

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"Welcome to our Autumn Personal Development programme of events at PCI College. Using our unique and talented faculty of highly trained and qualified mental health and wellbeing specialists, it is our pleasure to offer you a selection of short courses with a personal development theme. Our team will provide you with the opportunity to delve into the world of self-discovery and development in a safe environment. No professional experience is necessary for our Personal Development programmes, they are for anyone to enjoy. We hope you enjoy the experience."

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

Life Skills in Transitional Times

Fri: 27th August | PCI College, Dublin West | 18:30 - 21:30 or

Fri: 17th Sept | The Gresham Metropole, Cork | 18:30 - 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.

Confidence Boost Hotspot

Wed: 15th Sept | Hotel Isaacs, Dublin City Centre | 18:30 - 20:30 or

Wed: 20th Oct | The Gresham Metropole, Cork | 18:30 - 20:30

Train yourself to feel increased confidence at work and in life! 3 Hour Intensive Session. Learn to Build a more confident, positive & self-assured you; Project a more positive outlook; Practice Confidence Building Techniques. The workshop will be experiential and interactive in nature. Throughout the session the participants will have an opportunity to explore, discuss and practice some confidence building techniques. Participants will take away some tools for resourcing themselves and to help oneself feel increased confidence at work and in life. Remember, some learning is like turning on a light switch, its instant, but much of it is practiced. Optional one-to-one coaching available.

Stress Awareness and Management

Wed: 6th October | Hotel Isaacs, Dublin City Centre | 18:30 - 21.30

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.

Creative Art for Personal Awareness

Sat: 23rd Oct | Hotel Isaacs, Dublin City Centre | 10:00 - 17.00

Sat: 6th Nov | The Gresham Metropole, 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.



Life Writing

Sat: 30th October | Hotel Isaacs, Dublin City Centre | 10.00 - 17.00

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.

Somatic Movement

Sat: 6th November | Hotel Isaacs, Dublin City Centre | 10.00 - 17.00

Learn to use the greatest most complex technology available - Your Brain. Train your brain to change your body - Move less, experience more with a simple somatic education mind /body programme. Profound reorganisation of the body's structure occurs when we can focus our attention and awareness on what we are experiencing rather than what we think about the experience. Participants learn to tune into sensory awareness of what is presently occurring in their living body, enhancing a unique and intimate relationship with in their internal / external environment.

CBT for Increased Self-Esteem

Sat: 13th November | Hotel Isaacs, Dublin 1 | 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.

CBT for Weight Management

Sat: 20th November | Hotel Isaacs, Dublin 1 | 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.

The Point of Power is in the Present Moment

Sat: 27th November | Hotel Isaacs, Dublin 1 | 10:00 - 17:00

There are few of us who would not change some aspect of our personal or professional selves. We would like to be more confident, better organised, sharper communicators, less stressed, more assertive or just plain more comfortable in ourselves. We explore the personal blocks and burdens that prevent you from being free to live the life you were meant to live. We learn to honour the moment, freeing ourselves from our minds by gaining increased confidence and trust in the 'Power of Now' - remembering that the 'Point of Power is always in the Present Moment'.

Life Skills at Christmas

Mon: 6th December | Hotel Isaacs, Dublin 1 | 18.30 - 21.30

Christmas is meant to be a time of celebration and joy, but for some it is a time of angst, uneasiness and increased stress. The purpose of this relaxing evening of support is to learn how to recognise symptoms of stress, while providing relaxation techniques to help you cope with the identified stress. Our desire is that this workshop will give those affected by stress, at this time of year, the necessary tools to enjoy this Christmas season and life after.



CBT Skills for Everyday Life

Starts Tues: 12th October | PCI College, Dublin 22

19.30 - 21.30 | 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.

Foundation in Counselling & Psychotherapy

Starts Mon: 4th October | 9 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.

TIMETABLE

Title	Date	Cost	Tutor	Length	Location
Life Skills in Transitional Times*	Fri: 27/08/2010	Free	Linda McGuire	18.30-21.30	Dublin West
Confidence Boost Hotspot	Wed: 15/09/2010	€50	Joanna Byrne	18.30-20.30	Dublin City Centre
Life Skills in Transitional Times*	Fri: 17/09/2010	Free	Linda McGuire	18.30-21.30	Cork
Foundation in Counselling & Psychotherapy	Mon: 04/10/2010	€1450		9 months	Dublin City Centre, Dublin West, Limerick, Kilkenny, Athlone
Stress Awareness & Management	Wed: 06/10/2010	€60	Pat Kavanagh	18.30-21.30	Dublin City Centre
CBT Skills for Everyday Life	Tue: 12/10/2010	€260	Marina O'Donovan	19.30-21.30 x 10 weeks	Dublin West
Confidence Boost Hotspot	Wed: 20/10/2010	€50	Joanna Byrne	18.30-20.30	Cork
Creative Art for Personal Awareness	Sat: 23/10/2010	€110	Pauline Macey	10.00-17.00	Dublin City Centre
Life Writing	Sat: 30/10/2010	€95	Liz Hickey	10.00-17.00	Dublin City Centre
Creative Art for Personal Awareness	Sat: 06/11/2010	€110	Pauline Macey	10.00-17.00	Cork
Somatic Movement	Sat: 06/11/2010	€95	Caroline Pedley	10.00-17.00	Dublin City Centre
CBT for Increased Self-Esteem	Sat: 13/11/2010	€95	Eilish McGuinness	10.00-17.00	Dublin City Centre
CBT for Weight Management	Sat: 20/11/2010	€95	Marina O'Donovan	10.00-17.00	Dublin City Centre
The Point of Power is in the Present Moment	Sat: 27/11/2010	€95	Eilish McGuinness	10.00-17.00	Dublin City Centre
Life Skills at Christmas*	Mon: 06/12/2010	Free	Linda McGuire	18.30-21.30	Dublin City Centre

*booking is necessary

Workshops can be booked online at www.pccollege.ie



PCI College

Education and Training in
Counselling & Psychotherapy

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