

IICP College: Minor Award in Trauma Informed Therapy Studies – Blended Delivery (<https://www.activelink.ie/node/112311>)



QQI Level 8 Minor Award in Trauma Informed Therapy Studies – Blended Delivery

****** Validated by QQI*****

Introduction

A recent national study into Trauma, PTSD and complex PTSD in the Republic of Ireland found that 82.3% of respondents had lifetime exposure to one or more traumatic events, with almost 68% reporting two or more traumatic events (Hyland et al, 2021). Likewise, in a global context, research has indicated that 70% of people have been exposed to a traumatic event (Benjet et al, 2015). The overwhelming evidence of the ubiquitous nature of trauma exposure tells us that mental health professionals need to be trauma informed.

Trauma informed therapy is a way of working with clients that recognises how traumatic experiences can impact on all domains of being across human development, including behavioural, physical, mental, emotional, spiritual. Trauma can impact relational styles, attachment styles, and both family systems and social structures, through the influences of culture and the environment. At the same time, human beings experience complex intrapersonal and interpersonal relational dynamics, childhood difficulties, as well as sociocultural and economic disadvantages that are problematic, but which are not traumatising. Therefore, the objective in training in Trauma Informed Practices is to understand what trauma is, and what it is not. The purpose of the IICP College Trauma Informed module is to support learners in increasing their understanding of trauma through theoretical knowledge, practice based experiential exercises, and group work.

Student benefits and support

As this award is conferred at Level 8 on the National Framework of Qualifications (NFQ), it evidences the rigour required for a quality programme of learning. The dynamic mix of theory, skills, and clinical work ensures learners grow academically, professionally, personally and interpersonally within frameworks that are on the cutting edge of best practice.

Who Should Apply

Applicants will hold a Level 8 Degree in the helping professions (counselling, psychotherapy, social care, social work, psychology, psych nursing, mental health, addiction etc.). Those who hold a Level 7 Degree in the helping professions, plus appropriate relevant work experience may be eligible to apply under RPL.

Course Structure

This programme is delivered via Blended Learning. It consists of both onsite classroom based teaching in inputs, and live online teaching inputs. For onsite inputs, learners attend our campus in Tallaght, and for online inputs, learners utilise Zoom and Moodle, which involves students and their lecturer logging into our online learning platform Moodle and use Zoom™ simultaneously.

Dates:

- Friday 23rd May 2025 6:00pm – 10:00pm (Online)
- Friday 20th June 2025 6:00pm – 10:00pm (Classroom)
- Saturday 21st June 2025 9:00am – 5:00pm (Classroom)
- Sunday 22nd June 2025 9:00am – 5:00pm (Classroom)

Please note you will be joining our Higher Diploma students to complete this module

Award:

- This programme is a Minor Award validated by QQI at level 8 on the NFQ.

Cost:

- €705.00
- A €211.50 deposit can be paid to secure your place on this course, with the balance due before the course commences.

For further information visit our website [QQI Level 8 Minor Award in Trauma Informed Therapy Studies - IICP College \(https://www.iicp.ie/courses/trauma-informed-therapy/\)](https://www.iicp.ie/courses/trauma-informed-therapy/)

or contact: IICP Office – 01 4664205

Email: [admissions@iicp.ie \(mailto:admissions@iicp.ie\)](mailto:admissions@iicp.ie)

Region

Dublin 24 / Blended

Date Entered/Updated

21st Nov, 2024

Expiry Date

21st Jan, 2025

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