



Waterford Institute of Technology
INSTITIÚID TEICNEOLAÍOCHTA PHORT LÁIRGE



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

POSTGRADUATE

Higher Diploma (HDip) in Social, Personal & Health Education (SPHE)

LEVEL 8

Department of Health, Sport and Exercise Science and Adult
and Continuing Education, in partnership with the HSE



Central to the Higher Diploma in SPHE is the development of facilitation which will enable participants to work effectively in many settings including schools. The focus on personal development supports participants to discover, that when they empower themselves to be well, they can support others to reach their potential to be well.

Higher Diploma (HDip) in Social, Personal & Health Education (SPHE)

Programme Aims

On successful completion of the Higher Diploma in SPHE participants will be able to:

- Demonstrate a basic knowledge of effective facilitation skills, i.e. effective listening, clarification skills, creating a safe environment;
- Design and deliver an experiential workshop;
- Demonstrate awareness of boundaries;
- Access and use the skills of assertive communication;
- Demonstrate a knowledge of underlying factors which contribute to current health problems and associated risk factors;
- Identify, own and feel their feelings;
- Distinguish between expressing feelings in a safe way and acting out those feelings;
- Identify how relationship with self impacts upon relationship with others;
- Identify how experiences encountered in formative years affect one's process in the present day;
- Self-evaluate their process and performance;
- Access and interpret health information.

Unique Aspects of the Programme

Experiential learning is the methodology used throughout the course and a maximum of 16 participants will be allocated to each group. Depending upon the number of applicants, the course may also be offered in outreach centres as well as at the Waterford Institute of Technology. The Higher Diploma runs from September to May over two semesters and each semester is 13 weeks long. The delivery of the course reflects the flexibility required for adult learners (see Table below). Eighty percent attendance is required in order to pass the course. This programme may be delivered in a modular form over 2 years and for further information contact the course leaders. **A bursary may be offered to applicants from the community and voluntary sectors.**

Career Opportunities

For all people whose core work involves communication with others. This course is an invaluable asset to the following: Teachers, Health Professionals, Community Workers, Youth Workers, Preschool Workers, Child Care Workers, Social Workers, Gardaí, Other relevant disciplines.

Programme Subjects

For the award of the Higher Diploma you need to accumulate 60 credits.

Semester 1	Credits	Time Commitment
Introduction to Personal Development	25 credits	12 evenings + 1 non-residential weekend + 1 residential weekend
Introduction to Health Research	5 credits	1 evening + 1 Saturday
Semester 2		
Intermediate Personal Development	25 credits	12 evenings + 1 residential weekend
Health Promotion and the Determinants of Health	5 credits	1 evening + 1 Saturday

**WIT reserves the right to make changes affecting this course without prior notice*

Entry Details

Participants will be interviewed before being offered a place on this programme and entry onto the course is subject to this interview. Applicants who do not hold a level 7 qualification, may access the Institutes' Recognition of Prior Learning (RPL) Portfolio option. For more information on this please contact the course leaders.

Closing Date

6th May

Fees

For information on fees please visit our web page at www.wit.ie/pg. Please note that there is an additional cost of €96 per weekend for residential weekends only.

How do I apply?

Apply online at www.wit.ie
(from where you will be redirected to www.pac.ie).

Contacts

Course Leaders

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