

PRESS RELEASE November 2025

Addiction Counsellors of Ireland (ACI) Responds to CORU's Proposed Standards for Counsellors and Psychotherapists

Addiction Counsellors of Ireland (ACI), the national accrediting body for addiction professionals, has submitted a comprehensive, evidence-based response to CORU's proposed *Standards of Proficiency for Counsellors and Psychotherapists and the Criteria for Education and Training Programmes (2025)*. In this submission, ACI underscores its commitment to constructive collaboration with CORU while advocating for counsellors, psychotherapists, and the wider public who rely on safe, ethical, and high-quality therapeutic services. The organisation's position is grounded in ensuring that future standards reflect best practice and adequately protect the public.

ACI's submission outlines seven recommendations across four key domains: Personal Development, Clinical Supervision, Scope of Practice, and Clinical Placements. While all are essential components of safe, effective professional practice, ACI highlights two significant areas:

Personal Development

CORU's proposed criteria remove the requirement for personal therapy during training, representing a significant departure from long-established professional norms in Ireland. ACI emphasises that personal development is fundamental to fostering self-awareness, resilience, and professional integrity. ACI therefore recommends that all counselling and psychotherapy programmes incorporate a clearly defined, robust personal development module, using evidence-based approaches that support self-reflection, self-care, and professional growth.

Clinical Supervision

Although CORU highlights the value of supervision, the draft standards do not mandate participation in structured clinical supervision. ACI argues that structured clinical supervision is essential for both training and ongoing professional practice within the counselling & psychotherapy professions. We therefore recommend that:

- Structured clinical supervision should be explicitly mandated as part of Continuing Professional Development and reflective practice to uphold professional standards.
- Practice education teams should include qualified counselling or psychotherapy professionals with a prescribed minimum level of clinical experience and formal training in clinical supervision.

ACI Acknowledges CORU's Work and Offers Key Recommendations

"We welcome and commend CORU for the extensive work completed to date," said **Dr. James O'Shea, Chairperson of Addiction Counsellors of Ireland (ACI)**. *"However, ACI wishes to make key recommendations about vital elements of the CORU standards, including mandated personal development and structured clinical supervision, which are currently absent from the proposed criteria. These components are foundational to the professional development of counsellors and*

psychotherapists. Our submission seeks to protect standards, uphold the credibility of the professions, and safeguard vulnerable people who attend our services.”

ACI's submission highlights areas where the proposed criteria may not fully equip addiction professionals to deliver safe, effective care. The organisation's evidence-informed recommendations aim to support the ongoing refinement of CORU's standards. ACI looks forward to continued positive engagement with CORU to ensure the highest standards of safe, effective care for clients across Ireland.

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