

Certificate in Youth Counselling

This Certificate is ideal for people working with young adults or wanting to counsel children and young people. It consists of 3 modules:

Module 1: Adolescent Psychology

Adolescence can be simply defined as the period of a person's life between puberty and maturity (adulthood) generally the teenage years. This is not merely something discussed in scientific terms, but rather an important social phase in a person's life.

This course helps you understand adolescence, and deal better with the problems that arise for anyone going through this phase of life.

The course consists of ten lessons:

1. Introduction – Theories of Human Development
2. Life Crises
3. Physical Development
4. Intellectual Development
5. Emotional Development
6. Sexuality
7. Social Development
8. Moral Development
9. Delinquency and Crime
10. Adolescents and the Transition to Adulthood

What you will learn:

- Develop an understanding of the theories of child development in relation to adolescents.
- Develop an understanding of life crises in relation to adolescents.
- Develop an understanding of the physical changes that occur in puberty.
- Develop an understanding of the intellectual changes that occur in adolescence.
- Develop an understanding of the emotional development that occurs during adolescence.
- Develop an understanding of sexuality during adolescence
- Develop an understanding of the social development that occurs in adolescence.
- Develop an understanding of the theories of moral development in relation to teenagers.
- Consider the links between adolescence and delinquent activity such as crime.
- Develop an understanding of the changes that occur moving from adolescence to adulthood.

Module 2: Child Psychology

Comments from past students in this subject:

It has been a truly invaluable learning experience for me. I want you to know that I have learnt so much from all of your constructive input and guidance throughout each lesson of the course. (Jenelle Heidi)

(The course) has helped me understand my students better and helped me to see how I can structure their course in order to make learning fun and fruitful. Thank you, I have enjoyed these units greatly. (Debbie)

Child psychology is concerned with the development of a person over the course of their childhood. This involves the development of a child's mental processes (ie. cognitive development); emotional and social behaviour. It is important to state that development does

not end at adulthood. Adults continue to experience changes in their mental, emotional and social behaviours. Some characteristics are however more easily developed and changed during childhood.

For convenience, a distinction is made between the cognitive, emotional and social aspects of behaviour. However, this distinction is purely theoretical. It is made simply to help us learn and understand. In reality, the different aspects of behaviour interact with each other. When problems develop in any area of development, they usually become rapidly evident in other areas as well. The study of child psychology is partly concerned with identifying such interrelationships.

Learn how children develop psychologically as they grow, and what factors (such as learning, parenting styles, reinforcement, and genetic makeup) influence their behaviour and thinking. Students of counselling or psychology will be better prepared to understand childhood influences on later adult behaviour.

This course will be of value to anyone who works OR lives with children (e.g. parents, play leaders, teachers, etc).

There are 12 lessons as follows:

1. Introduction to Child Psychology

Levels of development, nature or nurture, isolating hereditary characteristics, Cause versus correlation, continuity versus discontinuity, cross sectional and Longitudinal studies, Reliability of verbal reports

2. The Newborn Infant

The Interactionist Approach, Range of Reaction, Niche Picking, Temperament Stimulus seeking, Emotional Disturbances During Pregnancy

3. States & Senses of the Infant

Sensory Discrimination, Infant States (sleep, Inactivity, Waking, Crying etc), Why are Psychologists so concerned with defining and describing these infant states?, Habituation, Crying, Soothing a Distressed Baby, Sound Discrimination, Smell and Taste Discrimination, Visual Discrimination, Depth Perception, Oral Sensitivity

4. Learning

Habituation, Vicarious Learning, Classical Conditioning, Operant Conditioning, Reinforcement, The Importance of Learning Control, etc

5. Emotions and Socialisation

Producing and Recognising Emotional Expression, Smiling, Biological Explanation, Perceptual Recognition Explanation, The Mother-Child Attachment, Freudian Approach Bowlby's Approach, Social Learning Approach, Harlows Approach, The Role of Cognition in Attachment Formation, Maternal Attachment, Fear, Social Learning, Perceptual Recognition, Woman's Dual Role as Mothers and Workers, Is Day Care a Developmental Hazard to Children

6. Cognitive Development

Developing the ability to reason.

7. Language Development

Is language learned, or are we genetically programmed with it, The Social Learning Approach, The Hypothesis testing Approach, Under extending

8. Intelligence

Measuring Intelligence, Cultural Bias, IQ, Testing Intelligence as a tool.

9. Socialisation – Part A

Social Cognition -self awareness, -awareness of others as individuals in their own right, - the development of empathy, -taking turns, -having a point of view/perspective,-ability to see something from another persons perspective. Friendships, Social Scripts Scripts that Pretend Play

10. Morality

Moral development, Aggression & Altruism, Freuds Approach, Piagets Approach, Kohlbergs Approach

11. Sexuality

Freuds phases (oral phase, anal phase, phallic phase, latent phase, genital phase) The Acquisition of Gender & Role Identity, Concept of psycho-social development

12. Socialisation – Part B

The Family Influence, Discipline, Siblings, Family Structures, School Influence, Peer Influence, Acceptance & Rejection, Imitation & Reinforcement.

Module 3: Relationship Communications Counselling

Many of us wear a number of different hats – we are partner (husband/wife), daughter, son, mother, father, uncle, aunty, sister, brother, friend, colleague etc. We are also members of a number of different groups – work, sports team, local community group, political group, fire and rescue volunteer, advisory committee, advocacy panel etc.

Develop your understanding of the role communication plays in creating, maintaining or destroying relationships, and your ability to assist others to improve their relationships communications.

This course is useful both for those who work in counselling, to people who manage relationships in a work place (eg. supervisors of work teams), or individuals who simply seek to better understand the dynamics of relationships between people in every day life.

The course is divided into seven lessons:

1. Communication in emerging relationships

2. Communication behaviour and needs
3. Communication and the environment
4. Communication patterns in relationships
5. Maintaining relationships
6. Relationship breakdown
7. Evaluation of communication techniques within relationships

What you will learn:

- To examine the importance of communication in emergent relationships and its changing role within relationships;
- To understand different influences affecting and changing interpersonal needs over the lifespan;
- To recognise the role of cultural and physical environmental influences on communication;
- To identify and examine patterns of communication in close relationships;
- To understand constructive and destructive methods of maintaining relationships;
- To discuss patterns of relationship breakdown and the role of constructive and destructive communication;
- To consider the effectiveness of different communication techniques in relationships.