

Diploma in Counselling & Psychology

Fee \$ 6,500 (Exam Fees Inclusive)

Number of Modules 15

Duration (approx) 1500 hours

Become a qualified counsellor. This Diploma is recognised by the Australian Counselling Association as an 'approved counsellor training course', and graduates are eligible to apply for qualified (full) membership of the ACA. The course provides all the materials and support to become a confident counsellor.

COURSE STRUCTURE

The course is made up of fifteen subjects/modules as follows:
(Each module = 100 hours)

6 CORE (COMPULSORY) MODULES –

Module 1. **Introduction to Psychology**

There are seven lessons in this course, as follows:

1. The nature and scope of Psychology
2. Neurological basis of behaviour
3. Environmental effects on behaviour
4. Consciousness and perception
5. Personality
6. Psychological development
7. Needs, drives and motivation

Module 2. Psychology & Counselling

There are seven lessons in this course, as follows:

1. Stress
2. Abnormal Behaviour
3. Individual Behaviour
4. Group Behaviour
5. Methods of Dealing with Abnormalities
6. Conflict Resolution
7. Interpersonal Communication Skills

Module 3. Counselling Skills I

The course is divided into eight lessons as follows:

1. Learning Specific Skills
2. Listening and Bonding
3. Reflection: Paraphrasing
4. Questioning
5. Interview Techniques
6. Changing Beliefs and Normalising
7. Finding Solutions
8. Ending the Counselling

Module 4. Counselling Skills II

The course is divided into eight lessons as follows:

1. The Counselling Session
2. Focus on the Present
3. Telephone Counselling

4. Dealing with Crises
5. Problem-Solving Techniques I: Aggression
6. Problem-Solving Techniques II: Depression
7. Problem-Solving Techniques III: Grief and Loss
8. Problem-Solving Techniques IV: Suicide

Module 5. Counselling Techniques

The course is divided into eight lessons as follows:

1. Psychoanalytic Psychotherapy I: Freud (& Erikson); Jung
2. Psychoanalytical Psychotherapy II: Adler
3. Humanistic/Existential Approaches I: Gestalt Therapy; Fritz Perls
4. Humanistic/Existential Approaches II: Person-Centred Counselling; Carl Rogers
5. Rational Behavioural Therapy: Albert Ellis
6. Cognitive Behavioural Therapy: Aaron Beck
7. Behavioural Therapy:
8. Solution-Focused Counselling:

Module 6. Professional Practice in Counselling

The course is divided into seven lessons as follows:

1. Understanding Counselling
2. Ethics & Confidentiality
3. Understanding the Self: Self-awareness
4. Personality
5. Emotions & Behaviour
6. Supervision
7. Referral Practice

3 WORKPLACE (COMPULSORY) PROJECTS -

Research Project I

Research Project II

Workshops (Satisfied through approved practical work or attendance at approved workshops anywhere in the world).

6 OPTIONAL (ELECTIVE) MODULES

(Choose any six of the following):

Conflict Management

Industrial Psychology

Biopsychology I

Child Psychology

Sports Psychology

Human Health & Fitness I

Human Nutrition I

Grief Counselling

Crisis Counselling

Psychopharmacology

Relationships & Communications Counselling

Stress Management (Re004)

MORE DETAIL

Core Modules/Subjects

The course is sequenced so that foundation knowledge and skills are established through completion of the core unit modules. Students will be expected to complete these modules before undertaking any of the other course components.

Research Projects

Successive 'research projects' will build on and reinforce the core learning. Each research project is 100 hours duration and contains 2 parts: the first part assists the student in developing research skills, whilst the second part involves carrying out a relevant research project.

Research Project I

This develops the student's ability to plan and conduct research, and involves a minor statistical research project and report.

Research Project II

This further develops the student's ability to monitor and evaluate a common process (or processes) relevant to their studies.

Elective Modules/Subjects

Elective studies will broaden foundation knowledge and skills into other areas which are of value to persons working in one or several sectors of counselling. They give the student the opportunity to study areas that are of interest to them.

Workshops

Workshops and assessment of student practical skills must be completed **after** the student has passed the core modules of this course. Alternatively, the student may undertake this after completing all study modules. *This workshop requirement is standard in any ACA recognised courses.*

Workshops may be undertaken anywhere in the world but they must be overseen by an ACA approved assessor (or equivalent). It is the student's responsibility to arrange attendance at workshops and to meet any costs incurred, whether at the school or elsewhere. However, the school will seek to assist students who are having difficulty finding suitable assessors. Students may choose to set up their own workshops with an assessor or they may prefer to attend workshops which have already been established by counselling organisations or individuals in their own area

You may choose to complete your accreditation for workshops in a variety of ways.

- 1) One to one tuition.
- 2) Approved work placement.

3) Small group seminars with approved trainer

Whilst the school strongly advocates attendance at workshops to fulfil the supervised training aspect of the course, this may not always be possible. In that case, it *may* be acceptable to complete the practical component by undergoing supervised training with a counselling organisation that meets with ACA approval.

PROFESSIONAL DEVELOPMENT

It is expected that students will continue to develop their professional knowledge and standing after gaining this qualification. The ACA can advise you on suitable courses.

Extract of Course Notes from Counselling Skills I

Ending the Counselling Process

Sometimes, the counsellor may feel that the client has resolved their issues and does not need to come back. When this occurs, the counsellor should always tell the client that they are welcome back if they feel it is necessary, but as a professional counsellor, you do not see the need for them to continue at the present time.

If you are unsure about asking them back for further appointments because you yourself feel anxious about them not taking up your offer, then it is probably better to ask. At worst they will decline. It is also harder for the client to make an appointment than break one.

Where you feel the need for ongoing sessions, it is important to give the client an idea of the possible duration of the counselling relationship. This should help to counter the client's insecurities about future sessions.

It is often clear to both counsellor and client when it is time to end the whole counselling process. In some instances, particularly where dependency has occurred, it might not be so obvious. We will discuss dependency in the next lesson.

It is therefore necessary for the counsellor to frequently review the progress that is being made in the sessions and update the goals that are being achieved.

If progress is not being made and goals are not being achieved, then it may be necessary for the counsellor to address this issue with their supervisor.

It is of course possible that the counsellor's own unresolved issues are interfering. It could also be that the counsellor does not have the necessary skills in their repertoire to deal with the issues that the client has raised. Supervision may help the counsellor to deal with a client who seems unable to change. Another option is to suggest to the client that they are referred on to someone else who may be better able to help them.

Of course it is important too, to note that some clients will not change.

Ending the process may be similar to ending other relationships, and it may be necessary for the counsellor to use questions to challenge the client. They may ask the client how it feels to end the relationship and other similar questions.

In summary

There are several things that the counsellor certainly should not do at the end of a session.

These are:

- Ask the client a question

- Reflect back content

- Reflect back feelings

If these are not adhered to they can reignite the session.

Why Study with Us

- International Recognition (through IARC; ACA in Australia, CMA membership in the UK)
- Highly qualified tutors
- Ethical and Green
- More choice and Flexibility
- Unlimited one on one access to tutors
- More focus on learning
- Outstanding track record - graduates actually succeed!