



### FLEXIBLE STUDY OPTIONS

NATURE CARE COLLEGE DELIVERS  
STUDY/LIFE BALANCE

#### THE DIPLOMA OF COUNSELLING COURSE CAN BE STUDIED:

> Part-time over 2 years

#### COURSE START DATES

- > Term 1, February (Part-time on campus)
- > Term 2, May (Short Course in Introduction to the Holistic Perspective only)
- > Term 3, September (Short Course in Introduction to the Holistic Perspective only)

#### DIPLOMA OF COUNSELLING STUDY OPTIONS:

> On campus

### WHAT IS COUNSELLING?

Counselling is a supportive, therapeutic relationship that offers clients the opportunity to explore, address and heal their current issues and concerns. The holistic counselling approach addresses the whole person and the course covers the major concepts and practices of a number of contemporary experiential therapeutic approaches, grounded in the transpersonal philosophy. It addresses the ethical, multicultural and professional issues in counselling practice.

### A COUNSELLOR MAY PERFORM:

- Understand a client's short term needs and long term goals
- Assist in the development of healthy perspectives to life's challenges
- Work with clients to find ways of establishing inner and outer resources
- Support clients in times of crisis such as loss and grief, major change, or conflict.
- Promote emotional development, self worth and confidence

### DO YOU ENJOY?

- Helping people to achieve their goals in life
- Listening and observing
- Using your excellent communication skills

### SILKE DAMSON – GRADUATE



## “ FROM THE MOMENT

I stepped into the presentation on Counselling during an Open Day, I have not looked back. My life has changed 100% for the better as a result of studying at Nature Care. The Teachers are all fantastic!





## RECOGNITION OF OUR COURSE



The Diploma of Counselling is Government accredited with the Australian Skills Quality Authority (ASQA). The Australian Skills Quality Authority (ASQA) is the national regulator for Australia's vocational education and training sector.

Graduates are eligible to receive membership with the Australian Association of Holistic and Transpersonal Counsellors Inc [www.AAHTC.org.au](http://www.AAHTC.org.au)

Note: Professional Training Association recognition is determined by the Professional Association and may be subject to change. Whilst the information printed on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.

## ON-GOING EDUCATION - COMPLEMENTARY COURSES

You may also like to consider undertaking the following courses as they complement the Diploma of Counselling studies.

- Meditation 1 (as part of the Meditation Facilitator's Certificate)
- Business Skills
- Apply First Aid

## COURSE ENTRY REQUIREMENTS

### DIVERSITY ADDS TO A SENSE OF COMMUNITY

At Nature Care College, we are committed to welcoming, nurturing and developing growth. Nature Care's students have a wide range of backgrounds such as people straight from school to people with life experience but no educational background. This diversity adds to Nature Care's life-enriching community.

Admission to Nature Care College is based on program entry requirements. This may include but is not limited to academic merit, knowledge and skills achieved through formal courses of study, work experience, mature age entry and the potential for tertiary study.

## ENTRY REQUIREMENTS

- To qualify for admission course entry is through high school matriculation or mature age entry of 21 years and over
- Writing and submitting a personal statement indicating your special areas of interest, any related experience you may have, and why you wish to undertake the course (limited to one A4 page)
- Due to the nature of the course, it is compulsory that applicants make an appointment with a Course Advisor prior to enrolling

## YOUR PAYMENT OPTIONS

**PAY TERM BY TERM AS YOU GO** Study programs can be structured to suit your individual lifestyle needs. Course fees are charge on a term by term basis & are dependant on the number of units of study you enrol into each term.

**SPREAD THE COST OF YOUR COURSE THROUGHOUT THE TERM** Payment Plans provide an option for students to spread the cost of your course fees through out the term, in weekly or fortnightly instalments. A 50% deposit on the terms fees is payable at enrolment, the remaining fees are then spread through out the term. A 10% surcharge applies to the outstanding balance for the use of a Payment Plan.



## REASONS TO STUDY AT NATURE CARE COLLEGE [THE NATURE CARE BENEFIT]

- We are Australia's most experienced trainers of natural therapists, teaching since 1973
- Course study plans are designed to maximise learning outcomes & allow time for interactive class discussions
- Work Ready qualifications written with industry consultation
- Highly regarded on campus Student Clinic–vital to put theory into practice, working with the general public as patients and being closely mentored by specialist practitioners
- Nature Care College graduates are the industry preferred employees
- Flexible study options providing study/life balance
- Nature Care College's unique campus atmosphere & wide demographic of students
- The Nature Care Café – in-house vegetarian café
- Library
- Job Assistance – multitude of job opportunities advertised through Nature Care College

## YOUR TRAINERS

Your trainers at NCC are professionals who are passionate about their fields of expertise. They bring a wealth of knowledge, clinical expertise and industry experience to provide for you an exciting, engaging and relevant educational experience as you learn the knowledge and skills needed to be a competent and successful counsellor.

## YOUR QUALIFICATION

The holistic counselling approach addresses the whole person, body, mind and spirit. The course covers the major concepts and practices of a number of contemporary experiential therapeutic approaches, grounded in the transpersonal philosophy. It addresses the ethical, multicultural and professional issues in counselling practice.

Your training requires a commitment to one's own personal growth and life change process. It offers a combination of skills training, experiential learning, psychological theories and the practices and principle of an effective counselling practice.

## CAN I APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL), CREDIT TRANSFERS & NATIONAL RECOGNITION AT NATURE CARE COLLEGE?

At Nature Care College we recognise prior learning and encourage you to apply. If you have fully or partially completed a nationally endorsed Training Package and Australian Qualifications Framework (AQF) accredited course you can apply for National Recognition of Recognition of Current Competencies.

If you have fully or partially completed studies in the last 10 years with a recognised Higher Education provider within Australia you can apply for Credit Transfer.

If you have acquired knowledge and skills through avenues other than those mentioned above you are encouraged to apply for Recognition of Prior Learning.

Further details can be found on our website <http://www.naturecare.com.au/enrolment/?id=57> or alternatively please contact a Course Advisor who will assist you with the process.

## DID YOU KNOW?

THE NATURE CARE COUNSELLING PROGRAM IS **AAHTC ACCREDITED**

**EMPLOYMENT GROWTH** OVER THE NEXT FIVE YEARS IS EXPECTED TO GROW VERY STRONGLY (3.2% PER ANNUM COMPARED TO 1.8% FOR ALL OCCUPATIONS)

THE **AVERAGE WEEKLY INCOME** OF COUNSELLORS IS \$1000 (BEFORE TAX)

THE **AVERAGE AGE** OF COUNSELLORS IN AUSTRALIA IS 43

THE **RATIO OF MALE TO FEMALE COUNSELLORS** IN AUSTRALIA IS APPROXIMATELY 30/70

64.5% OF COUNSELLORS IN AUSTRALIA WORK **FULL-TIME**

[www.joboutlook.gov.au](http://www.joboutlook.gov.au)



## SET PART-TIME TWO YEAR STUDY PLAN

	Term One	Term Two	Term Three
Year <b>1</b>	<ul style="list-style-type: none"> <li>• Introduction to the Holistic Perspective</li> <li>• Counselling and the Therapeutic Relationship</li> <li>• Counselling 1A</li> </ul>	<ul style="list-style-type: none"> <li>• Counselling Theories</li> <li>• Emotional Development and Healing</li> <li>• Counselling 1B</li> </ul>	<ul style="list-style-type: none"> <li>• Transpersonal Counselling In Practice</li> <li>• Ethics, Cultural Diversity and Referral</li> <li>• Counselling Skills Practice A</li> </ul>
Year <b>2</b>	<ul style="list-style-type: none"> <li>• Attachments, Addiction and Change</li> <li>• Relationship Issues</li> <li>• Counselling Skills Practice B</li> </ul>	<ul style="list-style-type: none"> <li>• Crisis Intervention</li> <li>• Care For Loss and Grief</li> <li>• Safe Practices</li> </ul>	<ul style="list-style-type: none"> <li>• Student Clinic</li> <li>• Case Management In Context</li> </ul>



Individual Unit of Study Course Outlines can be downloaded from the website for all classes [www.naturecare.com.au](http://www.naturecare.com.au) homepage under 'Course Finder'. The outline has the course description, pre & co-requisites, assessment, textbook & week by week lesson outline information.

## DIPLOMA OF COUNSELLING COURSE CONTENT

Module Name	Hours
Introduction to The Holistic Perspective	24 hours
Counselling and the Therapeutic Relationship	24 hours
Counselling 1A	24 hours
Counselling 1B	24 hours
Counselling Theories	24 hours
Emotional Development & Healing	24 hours
Transpersonal Counselling In Practice	24 hours
Ethics, Cultural Diversity & Referral	24 hours
Counselling Skills in Practice A	24 hours
Counselling Skills in Practice B	24 hours
Attachment, Addictions and Change	24 hours
Relationship Issues	24 hours
Crisis Intervention	24 hours
Case Management In Context	24 hours
Care For Loss & Grief	24 hours
Safe Practices	- 12 hours
Counselling Student Clinic	24 hours
Personal Counselling Sessions	minimum 16 sessions