



Certificate in Counselling

Please note: Course structure is current as of 30 September 2009

Holistic counselling is the artistry of providing supportive and therapeutic care that attends to the needs of the whole person in mind, body and soul. It involves the skilled use of the counselling relationship to help promote positive change. Holistic counselling helps to facilitate personal healing, a greater sense of meaning, life direction and purpose.

The aim of the Certificate in Counselling is to provide effective interpersonal and counselling skills at a basic to intermediate level. The attainment of this skill level will ensure that you have confidence in providing counselling in situations where the client either needs a basic level of support and where specific counselling techniques may be applied.

The Certificate in Counselling is well suited to those interested in learning and gaining an insight into the fundamentals of holistic and transpersonal counselling from a personal perspective in everyday life or a practitioner who is trained in another modality wishing to use counselling as an adjunct to her or his profession, therefore using this training as an excellent method for applying the element of cause and effect in the healing process in a holistic context.

The option for continuing development in this area is presented in the Diploma of Counselling.

Please note: the skill level attained from this Certificate is not sufficient for providing counselling in an ongoing situation where there are psychological, interpersonal or situational complexities or crises involved. Students wishing to acquire this level of ability are advised to complete the Diploma of Counselling.

The Certificate in Counselling may be completed in one year part-time. Students have a maximum of two years in which to complete this Certificate.

NB: It is compulsory that students considering the Diploma of Counselling or the Certificate in Counselling make an appointment with a Course Advisor prior to enrolling.

Certificate of Counselling - Course Content

▶ 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
▶ Personal Counselling Sessions	- minimum 9 sessions

N.B. The hours shown above represent hours of face to face teaching and do not reflect time for home study, which is considerable in some subjects.

Introduction to The Holistic Perspective (2 hours a week for 12 weeks OR Intensive)

This unit describes the knowledge and skills required by counsellors to support a client's health and emotional well-being. It explores the holistic perspective of the client's personal world and their relationship with the community for support and resources.

Co-requisites: Counselling and the Therapeutic Relationship; Counselling 1A

Counselling and the Therapeutic Relationship (2 hours a week for 12 weeks)

This unit describes the nature and the dimensions of the therapeutic relationship, the role of the counsellor and the counselling process. The key aspects to be explored are the counsellor's use of self, transference and counter transference, therapeutic boundaries and ethics. The unit explores how the concept of "healing through meeting" has become pivotal to the counselling process.

Co-requisites: Introduction to The Holistic Perspective, Counselling 1A.

Counselling 1A (2 hours a week for 12 weeks)

This unit describes the skills and knowledge required to communicate effectively in counselling practice. It identifies the components of the communication process which include advanced micro-skills, meta-skills and techniques. It also explores the barriers to effective communication and introduces other specialist counselling skills.

Co-requisite: Introduction to The Holistic Perspective, Counselling and the Therapeutic Relationship

Counselling 1B (2 hours a week for 12 weeks)

This unit describes the knowledge and skills required to support clients to move through the therapeutic process by clarifying goals, decision making and exploring possible course of action. Gerard Egan's helping model will be the framework for this process. The genogram will be used to understand the client within the context of their cultural and ancestral history. Advanced micro-skills will continue to be developed in this unit.

Pre-requisites: Introduction to The Holistic Perspective, Counselling and the Therapeutic Relationship, Counselling 1A

Counselling Theories (2 hours a week for 12 weeks)

This unit provides an introduction to the application of key concepts and constructs underlying theories of personality and human development. It also provides an overview of current clinical counselling theories in the context of an integrative approach. Theorists include Freud, Maslow, Erikson, Perls and Ellis.

Pre-requisites: Counselling 1A, Introduction to the Holistic Perspective, Counselling & The Therapeutic Relationship.

Co-requisites: Emotional Development & Healing, Counselling 1B

Emotional Development and Healing (2 hours a week for 12 weeks OR Intensive)

Our emotional life intimately affects our health, happiness, relationships and wellbeing. This unit provides an introduction to the understanding and application of key constructs and concepts underlying theories of personality and human development. It looks at the development of emotional patterns, the process of healing, the mind-body connection and a range of counselling approaches.

Pre-requisites: Introduction to the Holistic Perspective, Counselling & the Therapeutic Relationship, Counselling 1A

Co-requisites: Counselling 1B, Counselling Theories.

Transpersonal Counselling In Practice (2 hours a week for 12 weeks)

This unit offers knowledge and skills relating to a range of counselling therapies with emphasis on the transpersonal and body-centred approach. The experiential practices explored are to assist clients in dealing with a variety of life issues. Creative media is a key component of this unit.

Pre-requisites: Introduction to the Holistic Perspective, Counselling and the Therapeutic Relationship, Counselling 1A, Counselling Theories, Emotional Development and Healing and Counselling 1B.

Co-requisites: Counselling Skills in Practice A; Ethics, Cultural Diversity and Referral.

Ethics, Cultural Diversity and Referral (2 hours a week for 12 weeks)

This unit deals with cultural and linguistic awareness required to work effectively and holistically with clients from diverse backgrounds and experiences. It also covers the skills and knowledge required for delivering an ethical and legal counselling service which ensures the rights of all clients. The process of client referral is addressed.

Pre-requisites: Introduction to the Holistic Perspective, Counselling and the Therapeutic Relationship, Counselling 1A, Counselling Theories, Emotional Development and Healing, Counselling 1B

Co-requisites: Counselling Skills in Practice A, Transpersonal Counselling in Practice

Counselling Skills in Practice A (2 hours a week for 12 weeks)

In this unit students reflect and improve upon their counselling skills and approaches in full length counselling sessions. Students will receive feedback from peers and their supervisor. It involves intensive practice in developing the students' ability to be client-centred and to work experientially and holistically in order to facilitate the client's actual movement towards resolution of his/her issues. This unit eases the transition into videotaped work in Counselling Skills Practice B and Clinic.

Pre-requisites: Counselling 1A, Counselling and the Therapeutic Relationship, Introduction to the Holistic perspective, Counselling 1B, Counselling Theories, Emotional Development & Healing.

Co-requisites: Transpersonal Counselling in Practice, Ethics Cultural Diversity & Referral.

Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 8423 8333 or info@naturecare.com.au

Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations role plays and presentations.

Personal Counselling Sessions

Due to the transformational nature of this course, students are required to attend personal counselling sessions with an appropriately qualified counsellor, psychotherapist or psychologist. These are at an additional cost to students. Minimum requirement is 9 sessions throughout the 1 year of the Certificate. Attendance at Student Clinic (Nature Care Clinic student counselling sessions) is compulsory unless student is currently working with another counsellor, psychotherapist or psychologist. Please note that the free student counselling service offered at Nature Care may not be included towards the personal counselling session requirement for the Certificate.

Recommended Set 1 Year Study Plan

	term one	term two	term three
year one	<ul style="list-style-type: none"> ▶ Introduction to the Holistic Perspective ▶ Counselling and the Therapeutic Relationship ▶ Counselling 1A 	<ul style="list-style-type: none"> ▶ Counselling Theories ▶ Emotional Development and Healing ▶ Counselling 1B 	<ul style="list-style-type: none"> ▶ Transpersonal Counselling In Practice ▶ Ethics, Cultural Diversity and Referral ▶ Counselling Skills Practice A

In order to complete this Certificate in 1 year students must follow the above study plan as some of the subjects are only offered in the terms shown. Students have a maximum of two years in which to complete this Certificate.

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.