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(National Provider No. 31905)

*Presents*



*Melbourne, our city at night*

The Mount Louisa Counselling Course  
**Diploma of Counselling CHC51708**

*Providing Membership with the  
Australian Counselling Association*



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## About this information booklet...

This booklet contains important information for you as a student of the Mount Louisa Counselling Course – Diploma of Counselling CHC51708.

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## WELCOME TO THE COURSE

Welcome to the *new* Mount Louisa Counselling Course – Diploma of Counselling CHC51708

You are perhaps at the point of joining the growing number of students and graduates of the Mount Louisa Counselling Courses! The Mount Louisa Counselling Course began in 2001 as a non-accredited course with 17 brave students in the Uniting Church Hall in Mount Louisa Townsville, Queensland. Over the last 7 years the course has branched into three distinct ‘versions’, for Community Workers, for Christian Workers and for Indigenous Workers built on the Diploma of Community Welfare Work and contextualised for counselling, and has developed a great reputation spreading in reach around Australia. There are now thousands of graduates. This latest edition has just been completed and is built on the new Diploma of Counselling released as a government accredited package in December 2008. This is a brand new qualification in Australia and is indicative of the changes in awareness and the growing recognition by government, organisations and community members that our country needs more people out there with skills in preventative mental health.

While Psychology, Social work and Community Welfare Work as disciplines are well established the Counselling discipline is relatively new. There are fewer degree courses in counselling in Australia for example than there are psychology and social work and community welfare work. Counselling is a specialised field however requiring specialist training. The counselling session is less about diagnosis and treatment or advocacy and referral and more about working one to one with an individual, couple or family who are having a rough time, in a caring and collaborative manner using the specific communication tools of a counsellor. At times counsellors may be involved in all of these interrelated skills as well but the prime call is ‘counselling’.

Counselling as you will discover covers a wide range of communication methods to produce an outcome. The outcome we desire of course is ‘change for the better’. The way we contribute to this is through therapeutic dialogue or ‘healing talk’. This healing talk may consist of a range of communication styles including: listening, sharing, educating, joking, challenging, rationalising, puzzling, encouraging and soothing to name a few. Various methods of therapy are used by counsellors to facilitate change for the better. In this course we would like to introduce you to a smorgasboard of therapeutic interventions which after you have mastered them, you can place them into your personalised ‘counselling tool kit’. You will learn about how to help someone who is grieving a loss, how to intervene when



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someone is suicidal, how to use relaxation techniques effectively to deal with the stresses and adjustments of life. You will also learn about a range of strategies for depression, anxiety, addictions, for parenting and homelessness etc. Of course over time you will collect more and more tools and decide which ones suit you best and serve the clients that you work with.

In a counselling course there also time devoted to considering ourselves as future counsellors. While there are lots of factors involved in producing a truly remarkable counsellor, the key ingredient to an effective counselling career is 'you'. You are unique and this will make your counselling style unique. Your emotional health, joy for living, positivity, success, fun and drive for life is what flows into the counselling session and models the possibilities for your client. This course teaches you to look after yourself by monitoring your own health, by treating yourself, by getting to know who you are more fully, by professional and personal support and by continued professional development. The more you learn in all these areas of course, the more effective you become which means that counselling sessions are exhilarating times of seeing other human beings set free, restored, and empowered for the challenges of their life. There is no other job like counselling, if you like to help people. It is a truly rewarding occupation. As a Christian Counsellor you will have the added capacity to involve God in the counselling session. The miraculous 'wisdom' and 'knowledge' that can accessed by the Christian Counsellor sensing the direction and real underlying issues that a person may be coping with are an added resource. Christian Counselling is not so much about a 'Christian System' of doing things as the spirit in which we do them. If we don't have love of course we are a noisy gong or a clanging symbol, we can have 'methodology' which may have been created by very spiritual and mature Christian people, but if we aren't ourselves, then the 'methodology' is out the window!

If during the course issues come up for you take the opportunity to follow through on counselling for yourself. Use this as a time to both learn skills but to grow in your capacity through being healed from personal pain yourself.

As a new member of a groundswell of community members who have a passion to wipe out suffering and to restore joy and positivity and peace in the lives of others, we wish you well in your studies and in your counselling contribution into your particular community and beyond when you graduate.

Kind regards

*Toni*

Toni Mehigan  
Author



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## HOW THIS PROGRAM WORKS

This counselling program is a full time program over 12 months.

While it is a full time program it is conducted after hours 3 hours per week for 40 sessions and includes 6 workshops.

Students are required to work together with other students in group study sessions at other times during the program in a venue of their choosing , for example each other's homes, a library, training rooms, a café etc.

There is considerable reading and internet research time involved as well.

Students ask us how much time per week they need to dedicate to study. **We would recommend 15 hours per week** which includes face to face time, group work time and personal study time. Some students are fast workers and readers and others enjoy working through things in a more methodical manner. 15 hours would be average.

Students may work full time and complete this full time study load but must be aware that even though the attendance times are set as a convenience for busy workers, there is still a considerable workload to complete.

The other question prospective students ask all the time whether the program of study is hard. The answer is not at all! It is fun. However you will need to keep up to date with assessments. Please refer to the Timetable – topics covered section to see the program dates etc.

As a full time study program – you may be eligible for AUSTUDY or ABSTUDY payments. Talk to Dayspring Training Academy about this and go to your Centrelink office. These payments usually only provide a small income instead of a payment that you may be entitled to for parenting, or unemployment or disability. It does not usually cover course fees. There may be some monies included for text books. Indigenous students may be able to claim travel, accommodation and meals if they attend a residential course not otherwise provided in their area which is specific to Indigenous needs.

In designing a program that works well with busy lifestyles including full time work or raising children or caring for family members we have deliberately provided minimum face to face set time per week. Saturday workshops however are compulsory and students will need to arrange assistance for children in advance to ensure that they will be able to attend these key practice workshops.



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## ENTRY INTO PROGRAM

CHC51708 Diploma of Counselling

This qualification provides the skills and knowledge required to undertake generic counselling work involving skills and knowledge in counselling and high level communication in a range of commonly used modalities, referral and working within a case management framework.

**Occupational titles** for these workers may include:

- Counsellor
- Problem gambling worker

Entry requirements

To gain entry into *CHC51708 Diploma of Counselling* it is recommended that candidates have sufficient relevant work experience to indicate likely success at this level of qualification in a job role involving:

- The self-directed application of knowledge with substantial depth in some areas
- The exercise of independent judgement and decision-making
- The application of relevant technical and other skills.

### Pre-enrolment Application

To determine your eligibility for the program please respond to the questions provided below in one paragraph for each question. Please photocopy your responses and hand it in to your Training Organisation or Trainer.

Later you will be invited to attend an interview which can be conducted by phone if necessary.



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**Please answer these questions and return with your Enrolment Form**

Q 1. Describe a recent work position, paid or volunteer where you have had to be independent in your job role, taking responsibility for other adults or children.

Q2. What particular knowledge did you need to apply in your job role?

Q3. Describe a situation where you have shown independent judgement and decision making.

Q4. Describe your personal strengths as they relate to being a counselling professional.

Q5. Describe any counselling experience you have had to date.

Q.6 Why do you want to be a Counsellor?



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Name:.....Date:.....

## ENROLLMENT FORM

Diploma of Counselling CHC51708

(please photocopy and submit to Dayspring Training Academy)

Name		D.O.B.	
Address		Phone contacts	1. 2. 3.
Email		Today's Date	
How you heard about the program			
Next of Kin (emergency)		Contact details	
Present Occupation		Time employed per week	
Character referees	1. 2.	Contact details	1. 2.
Payment Method Please tick	1. Cash 2. Credit card 3. F pos 4. Direct deposit 5. Bank cheque	Payment plan	1. Plan 1. 2. Plan 2. 3. Plan 3.
Bank or credit card details			
Declaration of payment guarantee	<p>I understand that there is a cooling off period of 2 weeks in this program of study. Any monies paid up front within this 2 week period, will be returned to me if I choose to withdraw from this program except the registration fee of \$650. I must return the student materials to Dayspring Training Academy for a partial refund of this registration fee of \$200. I understand that I am bound to pay the full amount for this course if I enroll and have not provided WRITTEN notification of withdrawal within 14 days of signing this enrollment form. I understand that the full amount for this course is \$3,950.</p> <p><i>Payment deferment may be applied for in exceptional circumstances. The viability of the course is dependent on each student committing to the timely payment of course fees after a commitment to the program.</i></p> <p>Signature:..... Date:..... Name (print)</p>		
Received in Office Date:		Invoice supplied date:	



## PARTICIPATION IN COUNSELLING EXERCISES INFORMATION

Many counselling programs are rather theoretical. They may give students a great idea about issues and how to understand the psyche, but often graduates express their very real apprehension to work with the general public at the end of their course as they don't feel equipped to do this. In Vocational Education and Training the emphasis is on practical learning. In most VET programs students do this through volunteer or paid work placements. In counselling however, there is a requirement in most organisations that counsellors have professional indemnity insurance to counsel members of the general public, so this means that a workplace placement is not useful as insurance is not available for students. Insurance companies only cover people who have already graduated. This provides a real catch 22 for a VET counselling course. As such this course leans heavily on practice sessions with scenarios, 'what if' situations and practice with other students. In order to really train students for the real world of emotions, one of the best ways to do this is obviously with people with 'real' issues. Through the course therefore we ask for our students to work with each other on their own personal stories. Students are free to share only those things that they feel comfortable with. For example in grief and loss, perhaps a student has lost their mother recently and feels too 'raw' to share this with other students, they may however remember a time when their cat died which was a genuinely upsetting event. In this case the student may decide to talk about that, so that a fellow student can practice their counselling and helping skills. Students will be supported at all times with a trainer who is a qualified counselling professional. Referral for further counselling may also be encouraged if issues of a painful nature emerge through the course for students. This is an opportunity for healing and growth. It also means that as a professional counsellor your own issues are not triggered when you talk to clients who have had a similar life story.

This course is practical as well as theoretical and we hope that you will enjoy all of the counselling exercises and feel your privacy is protected, however we need to inform you about this and ask your permission to participate in counselling exercises with other students with 'real' issues from time to time. These issues don't have to be crushing issues but events that brought up some emotion for you in the past or perhaps still do to some extent.

**Please fill out the Participation in Counselling Exercises Permission Form and return with your Enrolment Form**

**Student statement:**

I have read the **Participation in Counselling Exercises Information** above and understand that to really prepare myself for working with the public that it is best for me to practice with real emotions and stories from time to time as well as through role play scenarios.

I therefore agree to participate in helping other students with their personal stories and am prepared to share some of mine to assist other students in my class.

I understand that I don't have to talk about anything that I am uncomfortable with.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## ABOUT YOUR REGISTERED TRAINING ORGANISATION (RTO)

Community Training Australia Pty Ltd has been in operation as a company since July 2004. We have been working in partnership with Registered Training Organisations providing training since 2002.

Our partnerships have included:

- Dayspring Training Academy
- Mission Australia SA RTO
- The Institute of Counselling and Community Studies VIC RTO
- Barrier Reef Institute of TAFE QLD RTO
- Central Queensland Institute of TAFE QLD RTO
- Mount Isa Institute of TAFE QLD RTO
- Wide Bay Institute of TAFE QLD RTO
- Ballinger Training and Consultancy RTO

We have also partnered with churches in providing the Mount Louisa Counselling Course for Christian Workers.

Early in 2009 we applied for registration as a training organisation with scope to train in two qualifications under our own banner.

- Diploma of Counselling CHC51708
- Vocational Graduate Diploma of Relationship Counselling CHC80208

We still partner with other RTOs to provide training in areas we do not have scope for and in order to provide cheaper fees to students we at times partner in order to have the opportunity to utilize government monies that some RTOs have access to.



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## ABOUT YOUR TRAINERS

### Principle Trainer: Stewart Bell

With over 14 years of counselling experience, Stewart has conducted over 3,000 counselling sessions and has worked extensively with couples, children, and individuals facing a variety of life challenges such as relationship difficulties, parenting issues, divorce, infidelity, depression, anxiety, grief and addictions. Stewart has helped numerous clients receive symptom relief from their problems and experience significant behavioural change after receiving treatment.

Stewart's qualifications include an Advanced Diploma in Counselling and Family Therapy, Cert IV Workplace Training and Assessment. Stewart is working towards a Masters in Counselling. He is a Professional Member of the Australian Counselling Association, a full member of the Federation of Victorian Counsellors and runs his own Private Counselling Practice from the Dayspring Counselling Centre and other locations. Stewart has a Diploma in Christian Ministries.

### Trainer: Janette Johnson.

Janette is a registered counsellor with the Australian Counselling Association and runs her own private counselling practice and is a Lecturer/Trainer for Dayspring Training Academy.

### Assessor: Linda Drowley

Linda is a registered counsellor with the Australian Counselling Association and is an Assessor/Marker for Dayspring Training Academy.

**Visiting Lecturers:** Counsellors who specialize in specific counselling modalities will be invited to present the training at some sessions.



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## PATHWAYS FOR FURTHER LEARNING

As a graduate of the Mount Louisa Counselling Course – Diploma of Counselling CHC51708 you have a number of options if you want to continue your studies.

The Diploma is the lowest level of qualification for a Counsellor in Australia. You are entitled to join the Australian Counselling Association as a qualified Counsellor and set up a private practice if you wish.

We would encourage graduates to wait a while if this is their intention as the valuable training you will receive by working in an established organisation can assist you in setting up quality practices which will ensure your desire in this respect will have a greater chance of success. Perhaps you do have years of experience already and have simply needed the piece of paper. That of course may be a different situation.

You will need to have a supervisor however if you do set up a private practice to be a part of the ACA. This is an important risk management strategy for a counselling professional. In a new role as a counsellor, it is important to keep learning, and professional development opportunities are usually advertised through associations. You will find some local networks no doubt who will also inform you of local events as well.

For those wanting to continue formal education there are a few options.

If after some experience either through paid or volunteer positions or an internship with supervision you would like to continue VET studies, the Vocational Graduate Diploma of Relationship Counselling is available to you. If your Registered Training Organisation is not providing this qualification, please contact Community Training Australia on 07 47724103 for more information and for directions to a nearby training in your area.

You may like to enroll in other Diploma courses that you feel will help you also in your particular interests like a Diploma in Mediation or in Employment Services for example.

If you would like to enroll in University, please check with your nominated university for credit transfer for the Diploma. In most cases Universities have a study pathway which includes providing credit into Social Work and Psychology degrees with a Diploma in Counselling. Obviously if you can find a university which provides a Bachelor in Counselling you will be more likely to get a lot more credit towards this qualification.

Universities who have provided generous credit in the past for the Mount Louisa Counselling Courses based on the Diploma of Community Welfare Work have been Sunshine Coast University with one year credit and James Cook University. At this point in the development of this new qualification we are negotiating with Universities now with credit articulation and so it is worthwhile keeping in contact with our office to find out developments in this respect. Again feel free to contact our Townsville office for this information.



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## RECOGNISED PRIOR LEARNING

Some students have completed a great deal of study in related areas or have a vast work experience in the area of counselling already. They may want to apply for Recognised Prior Learning. Exact match units of competency are an easy credit arrangement and will be honored through your training organisation with an appropriate drop in fees for these units completed already. For related studies the process is quite a bit more complicated and a fee will be charged for the time taken by your training organisation for the 'mapping' required. There may be some special 'fill in' assessment needed to complete units of competency or other evidence required. In many cases work experience role descriptions, original work you have completed or supervisor's feedback on letter head etc can be contributed to prove your knowledge and skills in the area.

Please ask for an RPL document from your RTO if you feel you would like to take this option. The more complex the mapping, the more the exercise will cost however, and sometimes in the end it is easier to complete the assessment provided and pay the fees for this part of the full course as this is cheaper and involves less time than going through an RPL process!

## SPECIAL NEEDS SUPPORT

Students with special needs should let their trainer know these needs prior to starting the course. Disability should not mean that study is not accessible to you. Your training organisation will take this seriously and attempt with your help to make your time of study productive and accessible for you so that there is equity between students.

Disability of course comes in many forms, some disabilities are obvious like individuals requiring wheelchairs or blindness others like bipolar disorder, partial deafness, degenerated spines, or clinical depression are less recognisable visibly. You will not need to provide doctors certificates to prove a special need, simply let your trainer know what you think you may need to assist you with your study and they will do their best.

Sometimes people think that if they have a disability in the area of mental health that this will disqualify them from participating in the counselling course. You will need to talk about this frankly with your trainer. Talking about case scenarios or practice sessions could be stressful for you. If however you have a condition that is being well managed there is no reason why you shouldn't be able to participate and graduate being well able to help others. After all you know a lot about this area from personal experience!

Other special needs may include recent bereavement, loss of income for a partner, child in crisis, breast feeding, child with a disability, illness or parent needing care etc. Our lives go on with many challenges right through study periods and so if an event occurs which puts a large stress on you through your study this would constitute a 'special need'. Your trainer



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will try to find ways to work around this time for you and make allowances so that you can complete your studies.

## FACILITIES

Dayspring Training Academy uses fully equipped training rooms with toilets and kitchen facilities. Exits are marked. Please ask for a guided tour to know where these are in your first week of training. (We cover this in induction but if you miss that, please ask.) Please talk to our finance manager regarding payment arrangements.

## STUDENT RULES AND GUIDELINES

The rules and guidelines for students are all about safety and keeping each person comfortable and included in training experiences.

### SMOKING

No smoking inside buildings or outside of doorways to buildings within 4 metres. A designated smoking area is available out of the back of the training building under cover in the garden.

### ALCOHOL

No alcoholic beverages are permitted in training sessions. No student should participate in classes if they are intoxicated. In residential training it is recommended that students do not drink, however after sessions have concluded if students would like to have a drink then that is a personal choice. Loud talking, singing or disruptive behaviour however is not allowed. Students attending weekend workshops and residential programs need to be aware that bedtimes for other students vary. Your consideration of other students is an assessable component of the course.

### DRUGS

No student should use non prescription drugs which will interfere with their learning or the learning of others. Students are not permitted to bring any non-prescription drugs onto the training site.

### DISRESPECT or HARRASSMENT of OTHER STUDENTS

As this course is a professional counselling course, any disrespectful behaviour, discouragement or harassment of other students overt or covert will not be tolerated. Your care and inclusion of other students is an assessable component of the course.



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## DISRESPECT or HARRASSMENT of TRAINING STAFF

As this course is a professional counselling course, any disrespectful behaviour, or harassment of training staff overt or covert will not be tolerated. Your care and inclusion of staff members is an assessable component of the course.

## THE GOLDEN RULE

Please treat all others in the course in the same way that you would like to be treated. Please be considerate of all the people in the training facility, remember that none of us are perfect and are all doing the best we can under the circumstances of our life. Please show maturity and care towards other people. If you find that you have offended someone, even if you haven't meant to, please be gracious and apologize. Make it easy for others to enjoy and participate in their training experience. If this is the attitude of all students this will mean you will also be treated with kindness and consideration and care and you will have an excellent experience.

These rules are included for all to view however students of this course have always been remarkable in their treatment of others.

## COMPLAINTS

Community Training Australia has a complaints procedure. If you are not happy with your training or some aspect of the course or the way we have worked with you, we would like to hear about it! We can take on all suggestions for improvement and we want to ensure you have a great time.

If you have a complaint - follow this procedure.

1. Talk to your trainer  
(if this doesn't sort the issue out...then)
2. Talk to the Training Registrar  
(if this doesn't sort the issue out...then)
3. Put your complaint in writing (ask for a copy of our grievance/complaint form)  
(if this doesn't sort the issue out...then)
4. Talk to the Registered Training Organisation's Director  
(if this doesn't sort the issue out...then)
5. Ask for independent mediation  
(if this doesn't sort the issue out...then)
6. You have the right to complain to the State Training Authority  
They sort it out!
7. If this doesn't work it out...then you have the right to get legal help.



We hope with good communication and care for each other in any process then we don't need to go past Step 1!

## **COURSE MATERIALS**

### **Provided**

**Green Book** – Course Notes – power point presentations 2 slides per page

**Red Book** – Assessment Tasks

**Blue Book** – Student Information

**Yellow Book** – Readings

**Pink Book** – The Counselling Companion – CTA counselling text

**Purple Book** – Counselling Forms

**Tell No Secrets by Marion Young** – an autobiography of a past student's life who has journeyed through significant sexual abuse to recovery. The book is a great read and very helpful for counselling students, the fact that it was written by a graduate of the Mount Louisa Counselling Course is a bonus.

In addition there are three workshop booklets.

- A. Suicide Intervention Workbook**
- B. Grief and Loss Workbook**
- C. Prayer Counselling Workbook**

### **What you need to purchase**

- Large 3 ring binder (folder)(White ones with a plastic cover which can have a cover inserted are very good – you can put your name in here)
- 120 plastic sleeves
- Box of white or yellow stick on dots
- Notebook – A4 size
- Basic Personal Counselling Edition 6 by David and Kathryn Geldard
- The Five Languages of Love by Gary Chapman

(check with your training organisation – they may have multiple copies of the two texts mentioned, that you can borrow instead of purchasing)

The large ring binder is for student work and we often call it the 'Portfolio'.

This is handed in at the end of the course. We encourage students to make 2 copies of everything so that they can keep their own copy at the end. Alternatively you can keep an electronic copy of work. Your Training Organisation may ask you to submit your work in electronic mode – i.e. a CD.



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There are 120 tasks or assessment items in this course. You can get your folder ready by placing the plastic sleeves in the folder and numbering the dots 1- 120 and sticking them on the top right hand corner of each page.

It is important that you label your work well including the task number and your name on top of every piece of work submitted. Submit work in the plastic sleeve to your trainer in this way it keeps it clean.

## GETTING HELP WITH ASSESSMENTS

Obviously the best person to help you with assessments is your trainer. However having said this sometimes the best thing to do is to take a break and re-read the task at a later time...sometimes fatigue sets in and we can't understand even simple English in front of us.

Plan a good study timetable for yourself.

If you are a morning person, set times and days when you will get up with the birds and work away.

If you are an evening person, find a special spot where no one will intrude and set up a study centre where you can really have fun with your study!!!

## STUDY BUDDIES

The other option is to buddy up with a couple of other students and make a regular time of getting together to work on assignments. You can also practice techniques and share information that you are learning to extend your training experience. Some students like to meet in each other's homes, others ask permission to use the training facility and others use a library or a favourite café. McDonalds has also been a spot used when little kids are around!

Be a sincere and dedicated learner...it will pay off in the end!!

## WORKSHOPS

Our Saturday Workshops are training and assessment opportunities. Students need to consider attendance as compulsory as essential knowledge and competence in counselling is covered at these times. By combining 1 Session with 2 Saturday Workshops allows for the completion of 3 Counselling Electives; Suicide, Grief & Loss and Prayer Counselling. Each Elective is equal to 2.5 days.

Workshops are really a lot of fun, so while they are serious, students often say that the workshops are the best times in the course.



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You will need to arrive on Saturday at 9 am, because the course work starts then and you will leave around 5 pm.

There will be lectures, readings, time for written work, but the key feature of the Saturday Workshops will be demonstrations and triad counselling practice where you will work with other students in practical counselling activities both as a counsellor and as a client.

You will have provided written permission for attendance and participation in these workshops, where at times it will be necessary to work with other student's real stories and for you to share personal issues with other students to give them a chance to work in a real world setting.

This course is a VET course and practice so that you can be prepared for the real world is an integral aspect of the course. The issue with an industry placement is that it is unlikely that you will be able to do any real counselling until you qualify which makes it a bit of a catch 22 as far as a practical course goes, which is why we have especially designed the workshops.

Go to the workshops with an attitude to give and to receive. Throw yourself in the deep end. You will enjoy it and find that you come out with a sense of great accomplishment and in many cases, real healing happens for you as well!

In workshops you will have Observation Checklists that will need to be filled in by your trainer.

In the Diploma of Counselling we have chosen three electives in the following areas:

- A. Suicide
- B. Grief and Loss
- K. Prayer Counselling

One of the compulsory units on clients at risk is woven into the suicide workshop as well as another on working with the aftermath of suicide. If you have lost a friend or family member to suicide you should let your trainer know about this at the outset in order for them to keep a kindly eye out for you. The grief and loss workshop as well as the body based therapy workshop can similarly bring old issues to the surface. Be prepared and let your trainer know if you have suffered any significant trauma in your life. You don't have to share the worst issues with your peers who are just training like you. You may want to speak to an experienced counsellor about these issues at a later date.

## TIMETABLE – TOPICS COVERED

	Topic /Unit	Delivery Mode	Date
	Information Session Induction to course What is counselling?	Power point	
Lecture 1	Working safely in counselling. Assessment	Training Powerpoint	
2	Working safely in counselling. Assessment	Interactive/short answer/workplace tour	
3	Understanding & Respecting Culture	Training Power point	
4	Cross cultural and Working with Aboriginal and Torres Strait Islander people	Assessment	
5	Legalities and ethics and supervision	Training power point	
6	Attitudes of a counsellor	Assessment	
7	Lifespan development and personality	Training power point and assessment	
8	Learning theory and applications in behavior change	Training power point and assessment	
9	Using the right counselling technique	Training power point.	
10	Tutorial Practice in <ul style="list-style-type: none"> <li>• CBT</li> <li>• Solution Focused Therapy</li> <li>• Time Line</li> <li>• Person Centered Therapy</li> <li>• Behaviour Therapy</li> </ul>	Assessment Power point....provides instructions on the tutorial. (See observation checklist B)	
11	Communicating in the counselling session Communicating with your client- Personality	Training Power point	
12	Communicating in the counselling session	Assessment	
13	Managing paperwork in counselling/notetaking strategies, genograms, life maps, lifelines,	Training Power point	
14	Therapeutic notetaking/ whiteboard work.	Class Activities	

Student Information 2009

15	Structured Counselling- Structuring the counselling interview	Training - Power point	
16	Structured Counselling- Structuring the counselling interview	Assessment activity	
17	Working though a counselling session	Training Power Point	
18	Working through a counselling session	Assessment	
19	Assessing the client Diagnosis – What exactly does this client need?	Training Power point	
20	What does this client need?	Assessment	
21	Supporting clients with decisions	Training power point	
22	Supporting clients with decisions	Assessment	
23	Improving counselling skills/ supervision, self care, self monitoring	Training powerpoint	
24	Improving counselling skills Observation Checklist D	Assessment	
25	Case Management	Training power point	
26	Case management assessment support	Assessment	
27	Depression	Powerpoint/discussion	
28	Anxiety & Trauma	Powerpoint/discussion	
29	Pychosis	Powerpoint/discussion	
30	Addiction	Powerpoint/discussion	
31	Homelessness	Powerpoint/discussion	
32	Sexual Abuse	Powerpoint/discussion	
33	People in Prison	Powerpoint/discussion	
34	Career Counselling	Powerpoint/discussion	
35	Parenting	Powerpoint/discussion	
36	Forgiveness/Spiritual hope	Class Activity	
37	Elective	Training powerpoint	
38	Elective	Training powerpoint	
39	Elective	Training powerpoint	
40	Elective	Training powerpoint	
	<b>Workshop</b>	<b>Where held</b>	<b>Dates</b>
A	<b>Suicide</b> <i>By combining 1 Session with 2 Saturday Workshops allows for the completion of this Elective</i>	To be notified	To be notified
B	<b>Grief and Loss</b> <i>By combining 1 Session with 2 Saturday Workshops allows for the completion of this Elective</i>	To be notified	To be notified
K	<b>Prayer Counselling</b> <i>By combining 1 Session with 2 Saturday Workshops allows for the completion of this Elective</i>	To be notified	To be notified

## UNITS OF COMPETENCY

### UNIT LIST FOR THE DIPLOMA OF COUNSELLING CHC50108

#### The Mount Louisa Counselling Course

	Unit Code	Unit Name	Core or Elective	Tasks
1	HLTOHS300A	Contribute to OHS processes	C	1-5
2	HLTHIR403B	Work effectively with culturally diverse clients and co-workers	C	6-10
3	CHCCSL507A	Apply legal and ethical responsibilities in counselling practice	C	11-24
4	CHCCSL504A	Apply personality and development theories	C	25-28
5	CHCCSL505A	Apply learning theories in counselling	C	29-34
6	CHCCSL506A	Apply counselling therapies to address a range of client issues	C	35-44
7	CHCCS508A	Apply specialist interpersonal and counselling interview skills	C	45-48
8	CHCCSL501A	Work within a structured counselling process	C	49-52
9	CHCCSL502A	Facilitate the counselling relationship	C	53-59
10	CHCCSL512A	Determine suitability of client for counselling services	C	60-66
11	CHCCSL503A	Support clients in decision-making processes	C	67-70
12	CHCCSL504A	Reflect and improve upon counselling skills	C	71-75
13	CHCCM503C	Develop, facilitate and monitor all aspects of case management	C	76
14	CHCCS514A	Assess and respond to individuals at risk	C	77-81
15	CHCCS417A	Provide support and care relating to suicide bereavement	E	82-91
16	CHCCS426A	Provide support and care relating to loss and grief	E	92-100
17	CHCCS403B	Provide brief intervention	E	101-113+12
17	CHCCSL513A	Apply somatic distress reduction techniques	E	0

Observation checklists – are from 114 – 120.

## GRADUATING AS A COUNSELLOR – WHAT NEXT

After you graduate from your training program you will receive:

1. A Nationally accredited Diploma in Counselling from Community Training Australia
2. A non accredited certificate from Community Training Australia – with the title of the Mount Louisa Counselling Course Graduate on it.

It is important that you know that you can apply now for registration with the Australian Counselling Association as a registered counsellor.

To do this you will need to get certified copies of the above certificates and a letter from a supervisor to say that they will be happy to supervise you as a new graduate counsellor.

You can download an application form from the Australian Counselling Association on [www.theaca.net.au](http://www.theaca.net.au)



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To register there is a fee of around \$120 per year and you will have to fill in a booklet with a record of professional development and supervision times to keep your membership.

The ACA provides quarterly journals which give good reading and provide information on professional development opportunities.

In addition you may want to apply for a BLUE CARD to work with children.

In Victoria - [www.justice.vic.gov.au](http://www.justice.vic.gov.au)

Working with Children's Card which is a police check and is required by most organisations in working with children or young people as a counsellor.

## PATHWAYS

After you finish your qualification there are a number of options for you.

### WORK

1. As mentioned previously you can join the Australian Counselling Association and look for work immediately.

Study with Dayspring Training Academy

2. You may like to continue your studies and want to continue with **Dayspring Training Academy** with a Vocational Graduate Diploma of Relationship Counselling CHC80208. **This program is conducted through a series of workshops on the following topics.**

Compulsory: Leadership Supervision and Guidelines for Counselling

Compulsory: Residential Workshop D Child and Adolescent Counselling

Non Compulsory: Residential Workshop E Strength based and Solution Focused Counselling CBT

Compulsory: Residential Workshop F Relationship and Family Counselling

Compulsory: Residential Workshop G Anger Management and Domestic Violence

Optional: Residential Workshop H Art Therapy

Optional: Residential Workshop I Group Work

Optional: Residential Workshop J Mediation and Conflict Resolution

Optional: Residential Workshop K Spiritual Healing

Optional: Residential Workshop L Financial Counselling

3. To enroll in this program you will need to complete either 2 years work experience as a counsellor or complete an internship program with **Dayspring Training Academy**. The internship is a 6 month full time or 12 months part time program where graduates are able to work in our counselling clinic as volunteers. There is a



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cost to this internship program as professional supervision is provided for our interns.

#### STUDY WITH OTHER ORGANISATIONS

4. Sunshine Coast University – Bachelor of Counselling –1 year credit from Diploma of Counselling.
5. Bachelor College Northern Territory – Bachelor of Social Science – 6 months credit from Diploma of Counselling
6. Central Queensland University –1 years credit from Diploma of Counselling
7. James Cook University – provides 3 subjects credit for Social Work or Psychology
- 8.

#### FINAL NOTE

We are really pleased to have you participate in this course. Ending a course can be a sad time for trainer and students alike. We hope that we might see you again.

At the end of the course we hold a graduation ceremony where family and friends can come to wish you well with your future and congratulate you on your achievements.

We have photographs and students are able to have these taken in an academic cap and gown! It looks good on the mantel piece.



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