

DIPLOMA OF COUNSELLING AND GROUPWORK (91320NSW)

The Australian Institute for Relationship Studies offers the Diploma of Counselling and Groupwork. This course is accredited with the NSW Vocational Education and Training Accreditation Board (VETAB). We offer this course in a number of locations throughout the Sydney metropolitan area, Wollongong and Newcastle.

Aim of this Course

This course covers basic communication skills, advanced counselling techniques, self-awareness, human behaviour, ethics and groupwork. While eclectic in nature this course places emphasis on systemic ideas and the application of these to individual counselling.

Students are offered the opportunity to absorb, develop and consolidate knowledge and practical skills for use in counselling individuals and groupwork.

Who is this Course For?

This program is available to all who have an interest in counselling and group work, to either establish a new career or to enhance their career in a related field such as human resources, management, health, welfare and education.

Previous students have completed this course for a range of reasons:

- For personal development and the acquisition of communication skills;
- To learn new skills such as being able to facilitate and conduct groups;
- To enhance skills already used in counselling and group contexts; and
- To gain new knowledge on specific subjects such as an understanding of human behaviour

In the past, a number of students have gained employment within the organisation in group work programs.

Entry Requirements

1 Educational qualifications

Attainment of the High School Certificate (Year 12) or equivalent

Work experience

Relevant work and life experience in situations requiring high level communication and assessment skills

Commitment to learning

Commitment to a process of further developing personal awareness which requires the ability to receive feedback and to self-critique performance; in addition, a capacity to undertake course requirements such as the practicum and assignments is essential

Adequate proficiency with the English language

Students need to have adequate skills to read, write and express themselves verbally in English.

Course Delivery

The course relies on an experiential learning approach. Delivery strategies consist of lectures, small and large group work, presentations, discussions, and opportunities for skills practice and development in simulations and role plays. This course is facilitated by professional clinicians who are currently employed with Relationships Australia (NSW).

Articulation

The Diploma of Counselling and Groupwork meets one of the entry requirements for the Graduate Diploma in Couple and Family Therapy.

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Last updated 11-08-2009

For more information please contact us on (02) 8874 8090 or visit our website www.relationships.com.au

S1 Counselling 1 **60hrs**

The purpose of this module is to teach students some of the basic skills demanded by the role of counsellor and to begin to identify ethical issues involved in counselling. Emphasis is placed upon engaging clients, establishing a therapeutic relationship and exploring the presenting problem in its context. This module also focuses on case conceptualisation and skill development that enables the counsellor to explore the wider implications and impact of the presenting problem systemically.

Prerequisite: Nil

S2 The Self as Counsellor **20 hrs**

The purpose of this experiential unit is for students to develop an awareness of themselves in groups and other interactional contexts. The influences of family of origin experiences are considered in the formation of the self as counsellor.

Prerequisite and Co-requisite: Counselling 1

S3 Group Leader Training **60 hrs**

This unit introduces students to the theory of group functioning and process, including the styles and functions of group leadership. Students will learn how to plan, implement and lead a group with special emphasis on the responsibilities of leadership. The student group is used as an experiential context for this learning and is viewed as ultimately autonomous, with leadership tasks and functions shared between group members.

Prerequisite: Counselling 1, The Self as Counsellor.

S4 Issues and Frameworks **60 hrs**

This unit introduces students to a range of issues commonly encountered in counselling and assists them to identify, assess and manage these issues with clients. Students will also develop an understanding of the impact of early life experience on individual functioning.

Prerequisite: Counselling 1, The Self as Counsellor

Co-requisite: Work Placement

S5 Counselling 2 **60 hrs**

The purpose of this unit is to advance and consolidate students' skills and to help students shift from exploring the problem in context to identifying goals, solutions and interventions that facilitate change.

Prerequisite: Counselling 1, The Self as Counsellor, Group Leader Training, Issues and Frameworks

S6 Self as Counsellor 2 **20 hrs**

The purpose of this unit is to assist students to reflect on themselves in the role of counsellor and to understand how their own behaviour interacts with that of the client in the counselling relationship.

Prerequisite: Counselling 1, The Self as Counsellor, Counselling 2

Co-requisite: Counselling 2

S7 Work Placement **120 hrs**

The practicum enables students to implement their knowledge and skills in a work context. It facilitates the integration of theory, simulated practice and work practice, and includes a supervision component. Whilst Relationships Australia (NSW) may offer placements, most students are given help to arrange placements in various other community, health and welfare organisations.

Prerequisite: Counselling 1

VETAB Units of Competency

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These Units of Competency are Nationally Endorsed and Accredited with VETAB.

Code	Title
CHCNET4A	Work with Other Services
CHCPOL3A	Undertake Research Activities
CHCGROUP3C	Plan and Conduct Group Activities
CHCGROUP2C	Support Group Activities
CHCCW13B	Work with Clients Intensively
CHCCSL604A	Reflect and Improve Upon Counselling Skills
CHCCSL603A	Provide Support for clients Implementing a Course of Action
CHCCHILD1C	Identify and Respond to Children and Young People at Risk of Harm
CHCCS6B	Assess and Deliver Services to Clients with Complex Needs
CHCCS402A	Respond Holistically to Client Issues
CHCCS405A	Work Effectively with Culturally Diverse Clients and Co-Workers
CHCCSL601A	Work Within a structured Counselling Process
CHCCSL6092A	Facilitate the Counselling Relationships
DCG02	Develop Self Awareness for Effective Counselling
DCG03	Apply Counselling Skills in Groupwork
DCG06	Extend Self Awareness to Enhance Counselling



NSW Vocational
Education & Training
Accreditation Board



NATIONALLY RECOGNISED
TRAINING

Employability Skills

Employability Skills are embedded in training and assessment.

What are Employability Skills?

Employability Skills are skills that apply across a variety of jobs and life contexts. They are sometimes referred to as key skills, core skills, life skills, essential skills, key competencies, necessary skills and transferable skills.

Employability Skills are defined as "skills required not only to gain employment, but also to progress within an enterprise so as to achieve one's potential and contribute successfully to enterprise strategic directions".

There are eight Employability Skills: communication, teamwork, problem solving, initiative and enterprise, planning and organising, self-management, learning and technology.

Information on the Employability Skills relevant to your qualification can be obtained by visiting this website and keying in the national code for the qualification:

<http://employabilityskills.training.com.au>

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