



Foundation in Counselling Certificate

Course Guide



Foundation in Counselling Certificate

Understand people and help them overcome problems and obstacles in life

Counselling is concerned with the processes within a relationship where one person is seeking the guidance of another to resolve problems. Counsellors don't provide solutions but they help people to find them for themselves.

This course will start by taking you through the foundations of counselling. You will gain the knowledge and expertise to work in a diverse range of environments or in social groups allowing you to pursue a career, gain employment or better understand behaviours of family, friends and people around you.

Once you have completed the course you will be able to get started in this industry, opening up a great pathway to a degree such as a Diploma in Psychology. Typically a Psychology Diploma will take 6+ years so this course will give you a great insight and gain on-the-job experience while deciding if you want to take your qualification further.

Perfect for people passionate about helping others solve their problems, overcome issues and grow as a person.





About us

Careers Collectiv is about practical education with a focus on providing courses relevant to real life.

We help you gain the knowledge, skills and confidence to try a new career path, broaden your professional development, start a new business or explore a passion and deepen your understanding in a special interest.

Careers Collectiv was founded by a family who are passionate about providing quality education, accessibility for everyone and the flexibility to work at your own pace and in your own time. They have over a decade of experience in the online education sector after establishing a college specialising in the beauty industry.

Our teachers

We only use teachers who are active in their specialised industry. Learn from people who have first-hand experience in their subject matter and current industry expertise. Staff come from varied backgrounds with teaching and vocational experience from universities and vocational colleges.

Courses provide flexible options for different career pathways, self-improvement, professional development and general adult education.

We give our students the skills, tools and structure to learn in real life situations without compromising on academic excellence.

Recognition



All Careers Collectiv courses come with a certificate of attainment upon completion.

Our courses are accredited with the International Approval and Registration Centre (IARC), a non-profit association providing a quality control system for education programs and courses in international education.

Membership

Careers Collectiv is a member of the following organisations





Foundation in Counselling Certificate

Support the mental health and personal development of others

This course will build your knowledge from the ground up in counselling and psychology and teach you the key concepts you need to make a difference in this much needed field.

This certificate is made up of 2 in-depth core modules which will teach you everything you need to know to help your clients gain control of their feelings. You will be fully equipped to commence a career in the counselling and mental health sector whether that be starting your own business or gaining employment.

Who is this course for?

This course is perfect for students looking to start or a transition into a career in counselling. It is also a great first step for students looking to study psychology.

BONUS

Free 12 month membership to the International Association for Counselling



2 modules



200 hours

This course has 2 main core modules

- Introduction to Psychology
- Certificate in Psychology and Counselling





Learn from experts in their field who guide you to see, do, think and experience learning on your own terms and at your own pace.

A well rounded learning experience

The Foundation in Counselling Certificate gives you an accelerated learning into the theory, skills and techniques used by industry professionals to help people work through their problems by listening to people's needs and understanding the technical tools to help them achieve their desired outcomes.

This certificate will give you a broad knowledge in both areas of psychology and counselling which will allow you to step straight into the workforce as a counsellor or support worker and start leaving an immediate impact on people's lives.

Assignments

Each lesson in your course modules culminate in an assignment which is submitted online, marked by the school's tutors and returned to you with suggestions and feedback by qualified Australian trainers with extensive experience in Melbourne's top education colleges.

Career prospects

This course opens up many opportunities and allows you to decide which work environment is best suited to you. Here are just some career pathways you could follow:

- School Counsellor
- Careers Counsellor
- Drug and Alcohol Counsellor
- Family Support Officer
- Counselling Service Manager
- Age Care Worker
- Mental Health Administration Worker
- Phone crisis support counselling



Course modules

Introduction to Psychology

1 The Nature and Scope of Psychology

- Different approaches to psychology
- It's all common sense isn't it?
- Key issues in psychology
- Free will and determinism
- Applying psychology
- Developing questionnaires

2 Neurological Basis of Behaviour

- Structures of the nervous system
- Central nervous system
- Peripheral nervous system
- How nerves transmit messages
- The brain and method
- Methods of investigating the brain
- Brain damage
- The strange case of Phineas Gage
- Split brain operations
- Localisation of function

3 Environmental Effects on Behaviour

- Learning and behaviour
- Modelling
- Conditioning
- Extinction
- Punishment
- Learning and memory
- Memory improvement strategies

4 Consciousness and Perception

- Status of consciousness in psychology
- Nature of consciousness
- Relationship between consciousness and perception
- Unconscious and subconscious
- Altered state of consciousness
- Day dreams

- Sleeping and dreaming
- Chemically altered perception
- Perception
- Selective attention
- Factors affecting perception
- Perceptual biases

5 Personality

- Theories of personality
- Personality traits
- Theoretical approaches to human personality
- Id, ego and superego
- Oedipus Complex
- Electra Complex
- Psychological defence mechanisms
- Genes and personality
- Personality disorders
- Multi-trait theories

6 Psychological Development

- Nature v. nurture
- Environment and development
- Stages of development
- Moral development
- Psychosexual development
- Psychosocial development
- Adolescence
- Adult psychological development
- Criticisms of stage theories

7 Needs, Drives and Motivation

- Motivation
- Behaviourist theories of human motivation
- Drives
- Maslow's theory of human motivation
- Complementary and conflicting motives

Certificate in Psychology and Counselling

1 Stress

- The mind to body connection
- How to recognise stress
- What happens to the body when you experience stress
- The physiological response
- Chronic and acute stress
- Erikson's psycho social stages
- Oral sensory stage
- Anal muscular stage
- Genital locomotor stage
- Latency stage
- Adolescence, young adulthood, middle adulthood and late adulthood
- Social adjustment
- Relationship between stress & heart disease
- What are the basic sources of stress
- Why some people suffer more
- How to deal with stress
- Defence mechanisms

2 Abnormal behaviour

- Definition of abnormality
- Deviation from statistical and social norms
- Maladaptiveness in behaviour
- Personal distress
- Disability
- Wakefield's harmful dysfunction concept
- Psychologically healthy individuals
- Deviation in character
- Classification of mental disorders
- Anxiety and mood disorders
- Prevalence and treatment of depression
- Schizophrenia
- Substance related disorder
- Disorders diagnosed in childhood
- Delirium, Dementia, Amnesic and Cognitive disorders
- Problems with classification

3 Individual Behaviour

- Pro social or altruistic behaviour
- When do children first exhibit pro social behaviour
- Socialisation, conformity and family influence
- Disciplinary measures
- Influence of family structure, school and peers
- Heiders balance theory
- Dissonance theory
- Cognitive dissonance

4 Group behaviour

- Social considerations
- Temporary group
- Organised group
- Organisational groups
- The influence of groups
- Industrial groups

5 Methods of dealing with abnormalities

- Professionals in counselling and psychology
- Therapist techniques
- Transference
- Directiveness and non directiveness
- Systematic desensitisation
- Behaviour therapies
- Psychoanalytical approach
- Psychoanalytic techniques
- Humanistic therapy
- Eclectic approach

6 Conflict resolution

- Conflict handling techniques
- Anger
- Negotiation
- Joint problem solving
- Problems with negotiation
- Mediation
- Procedure
- Running a mediation process in a conflict situation
- Agreements or contracts
- Suggested timetable for a mediation session

7 Interpersonal communication skills

- Introduction
- Communication channels
- Effective communication
- Awareness
- Communication skills
- Hearing verbal messages
- Perceiving non verbal messages
- Responding
- Verbal and non verbal communication
- Body language
- Communication barriers
- Self awareness
- Self esteem
- Specific skills: listening, paraphrasing, reflective responses, etc
- Conversation development
- Professional relationship building



Course overview



Course duration

This course is made up of 2 in-depth modules made up of 14 lessons. The amount of time required to complete this course is approximately 200 hours of study.

There are options to reduce the modules from this program. Just speak to one of our team members for more information.



Supporting you in your studies

With our courses you are not on your own. Careers Collectiv provides the highest level of support possible.

Your tutor will provide you with their email and contact number to ensure you always have support throughout your course. Our tutor support service is available to you 24 hours, 7 days a week.



24/7 Access

Online 24/7 access to your course allowing you to fit your study in with your schedule.



Certification

A certificate of attainment will be issued upon completion of your course.

Careers Collectiv benefits

- Study from anywhere, anytime
- No experience required
- No set deadlines
- Lifetime access to your course

Flexible payment options

This course can be paid off through an interest free payment plan for \$25 per week.

The overall price will vary depending on the options you select. We also offer a 30% discount for upfront payments.

To find out more about the course that best suits your needs, talk to one of our career advisors on **1300 001 703**.

Call our career advisors for payment options on **1300 001 703**

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