

401 Foundational Theories & Applications of Counselling

This unit introduces students to the major foundational theories and applications of counselling. It will focus on the historical context and development of the theoretical underpinnings that inform counselling practice, starting with Psychoanalysis and working through to more contemporary client centred and relational thinking and practice. The role of ethics and professional values, along with the role of supervision will also be presented.

402 Counselling in Practice

This unit introduces students to counselling in practice through application of counselling skills in a theoretical, practical and ethical framework. The unit includes intensive skills practice, the nature of the counselling interaction and the process and goals of the counselling relationship. The student will apply and demonstrate counselling skills and will learn to adapt to the needs of the client and engage with the client in a positive therapeutic relationship.

403 Human Development & Contemporary Models of Counselling

This unit includes an overview of the life cycle of the developing person and the intergenerational role of attachment within the family. Students are introduced to contemporary models of counselling, such as cognitive behavioural therapy, narrative therapy, solution focused therapy, gestalt therapy. Also understanding intercultural differences in the counselling interaction will be presented.

404 Interaction Groups

This unit aims to enhance the professional development of the person of the counsellor. The focus will be on developing self-awareness and the integration of skills to develop a personal counselling style that broadens the capacity for responsible and helpful relationships. This will also include reflecting on the group process and one's role in a group setting.

405 Supervised Practicum I

Supervised Practicum 1 is a unit that runs in parallel with the coursework throughout the year. The objective of the practicum is to integrate the theory and practice of counselling in a supervised placement context. The Institute assists students in identifying their preferred placement and facilitates the ongoing relationship between the placement organisation, the supervisor and the student. The duration of the practicum placement is 100 hours. The **minimum** PACFA training requirements for this unit are 20 client contact hours and 5 hours of supervision within the 100 hours.

406 Specialisations in Counselling I

Specialisations in Counselling introduces students to a range of specialist areas in counselling such as working with attachment, family systems, depression, domestic violence and child protection, working with children, counselling with marginalised adolescents, and working with disturbances of the 'self' (the conversational model). Ethics and professional practice will also be addressed.

407 Advanced Interaction Groups

This unit builds on Unit 404 and expands the professional development of the person of the counsellor. The focus of Advanced Interaction Groups is on further developing self-awareness and the integration of skills to develop a personal counselling style that broadens the capacity for responsible and helpful relationships. Students will be encouraged to reflect at a more in-depth level on the group process and one's relational patterns.

408 Specialisations in Counselling II

Specialisations in Counselling furthers the study of specialist areas of counselling practice. The unit presents a series of topics such as trauma counselling, the relevance of the arts to counselling (literature, music, film, theatre), counselling with the bereaved, and working with clients dependent on drugs and alcohol. The unit also provides an opportunity for students to make connections between diverse theories and modes of practice within the counselling profession.

409 Advanced Counselling in Practice

This unit provides an intensive facilitated group experience to consolidate the integration of counselling skills. Students in this unit are expected to demonstrate an advanced level and depth of skill application particularly in preparation for the Practicum undertaken at the conclusion of the coursework. Advanced Counselling Skills promotes the development of the professional counsellor practitioner.

410 Supervised Practicum II

Supervised Practicum II provides a further opportunity for students to apply the theory and skills of counselling in a different supervised placement context to year One. The Institute will assist students in identifying their preferred second placement and facilitate the relationship between the placement organisation, the supervisor and the student. The duration of Supervised Practicum II is 100 hours. The **minimum** PACFA training requirements for this unit are 20 client contact hours and 5 hours of supervision within the 100 hours.