At 4Life College we tackle the issues that people, families and employers face daily, in a nationally recognised Counselling Diploma that is taught with a difference.

If you are seeking a new career, adding skills to your existing career, or looking for personal development, then welcome to our Diploma of Counselling.

4Life offers you a unique learning environment to facilitate your development into becoming a skilled, aware Counsellor who is ready and able to step into the world of working with courageous clients.

From the moment you begin your journey with 4Life, as a student of counselling, you begin to develop your personal and professional skills as you prepare to enter our student counselling clinic where you have the opportunity to work with real people with real problems in a supported, supervised environment.

Our Diploma of Counselling is a nationally recognised qualification that is supported by the community services sector. People embark on this Diploma of Counselling for many different reasons - as a career, for their own personal development, to enhance their current career or as a stepping-stone to future studies. No matter what your reason for embarking on this Counselling Diploma with us, we are here to help you succeed in achieving your goals.

Some areas in which graduates of this qualification may find work are:

- Working with clients with mental illness
- Alcohol and drug counselling
- Domestic violence centres
- Youth work
- Working with carers
- Working with children, child abuse and trauma

With our Diploma of Counselling you will have the foundation skills that will support you to engage in further specialisation, should you wish to.

**COURSE DETAILS**

**Delivery mode**

Part-time or full-time Classroom-based training, including student clinic and compulsory work placement.

Learners will be required to undertake self-directed learning outside of classroom delivery.

**Assessment methods**

- In-class activities
- Case studies
- Short answer
- Research projects
- Presentations
- Role plays
- Simulations
- Student clinic
- Workplace observations
- Workplace activities
- Workplace logbook
Entry requirements

Whilst there are no pre-requisite units to gain entry into this qualification, it is recommended that potential applicants have sufficient relevant work or life experience to indicate likely success at this level of qualification.

4Life College entry requirements are as follows:

**English language requirements**

You will need to be able to read and write to approximately year 12 level. The role of a Counsellor involves writing reports and case notes.

Age: minimum age of 20 years

**Education requirements**

Education Year 12 or equivalent

Equivalency can be demonstrated by any of the following:

› A qualification at Certificate III level or higher.

› Three years’ industry experience in a role that requires the use of written documentation and communication.

4Life recognises that applicants may not meet the minimum academic standards. In these cases, applicants who do not meet these criteria may be considered for admission based on alternative evidence.

For more information regarding enrolment please contact 4Life on our Freecall number: 1300 245 433

Learning materials

This qualification has the following textbooks which are compulsory:


› Counselling and Psychotherapy Theories in Context and Practice Sommers-Flanagan, J, & Sommers-Flanagan, R (2012)


Funding

This course is Austudy/Abstudy approved. You will need to apply directly to Centrelink for information on eligibility.

Articulation pathways

With successful completion, students may decide to undertake further studies in Diploma or Advanced Diploma qualifications in the Community Services field or undertake a related Bachelor Degree in Counselling or Psychology.
**Why Select 4Life for your Diploma of Counselling?**

This is a counselling course for today’s environment, providing students with the skills that employers require in community organisations. Utilising evidence-based counselling models, strategies and therapies such as mindfulness, Feedback Informed Therapy (F.I.T) framework, and techniques from strength-based therapy such as narrative therapy, neuropsychology, spirituality and positive psychology.

We cover the basic traditional therapies that you will find in all VET courses, and we extend these using current evidence-based therapies that are used by Counsellors with clients every day.

At 4Life we offer a framework of positive education while you master the skills of being an effective Counsellor. Your days will be filled with discussions, written activities, role plays, interactive class activities, all expertly designed to assist you to become a client-directed, client-centred, ethical counsellor.

With these foundation skills you are able to engage in further specialisation should you wish to.

**Duration**

**Maximum of 24 months part-time**

Students can fast track by undertaking a number of weekend intensive workshops which are offered throughout the 2 years.

**How is the course organised?**

4Life offers face-to-face training in a clinical environment where skills will be further developed in our student clinic and by undertaking work placement.

Classes are small and you will journey with the same trainers and students throughout your time at 4Life, giving you an unique and rich training environment.

**What skills and knowledge will I learn?**

Your Counselling Diploma includes:

- Building a therapeutic alliance with your client
- Reflective practice
- Micro-skills of counselling e.g. listening, attending, communication skills, questioning
- Specific counselling interventions
- A good grounding in legal and ethical practice for working in Australia
- Understanding mental health and the challenges of mental illness
- Case management
- Interpersonal communication skills
- History of counselling theory
- Networking and referral
- The gift of supervision and being a self-reflective Counsellor
Course structure: This course has 17 units of competency, which includes 14 core units and 3 elective units.
Our classroom-based course is delivered as below:

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<tr>
<th>ORDER OF STUDIES</th>
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<tr>
<td><strong>Study Period 1: Framework of counselling</strong></td>
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<tr>
<td>CHCCSL501A</td>
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<td>CHCCSL503B</td>
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<td>CHCCSL502A</td>
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<td><strong>Module 2: Theories and therapies of counselling</strong></td>
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<td>HLTHIR403C</td>
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<td>CHCCSL508B</td>
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<tr>
<td><strong>Module 3: Framework of practice and working with your client</strong></td>
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<td>HLTWHS300A</td>
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<td>CHCCSL512A</td>
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<td>CHCCSL507B</td>
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<tr>
<td>CHCCS426B</td>
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<td><strong>Module 4: Specialist services</strong></td>
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<td>CHCMH411A</td>
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<td>CHCDFV301A</td>
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Work placement

Most units in this qualification require assessment to be undertaken in the workplace. There are a minimum of 240 hours student clinic and/or work placement involved in this course.

4Life will assist you to find a suitable host employer to undertake your work placement. However many students find work placement themselves, near where they live.

Workplace assessment involves evaluation of your performance of a range of practical skills under actual workplace conditions and over several occasions. Don’t be daunted by this, as you will have practiced these skills under the supervision of your trainer in our clinic, before undertaking your work placement.

Students currently employed in an appropriate workplace may complete their assessment requirements within their own workplace and do not need to find a host employer.

Workplace assessments consist of three individual parts:

a) Logbook, which requires the learner to document the hours they work including a range of practical tasks observed by their buddy or supervisor.

b) Observation by their trainer while the learner carries out a variety of tasks working with clients and or other team members.

c) Related written assessment tasks that vary from reflection to writing case notes, and understanding the organisations’ operations.

Insurance

4Life College provides insurance cover for the compulsory work placement and will provide an insurance certificate to the host employer.

Additional requirements

Prior to commencing work placement, there are a range of requirements that you may need to meet. These include:

National Criminal Record Check

Prior to commencing work placement, students will be required to undertake a Criminal Record Check (CCYP) to obtain a National Police Certificate.

Commission for Children and Young People Student Declaration

Before commencing work placement, students may be required to sign a CCYP Student Declaration if working with children under the age of 18 years.
4Life College is located at Level 2, 269 Sussex Street, Sydney, with many nearby transport options including buses and trains. In the heart of the CBD you are close to Sydney Harbour, restaurants, cafes and shops galore.