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

Duration
52 weeks

INTAKE DATES

Rolling Student Intake
Please ring 1300 245 433 for next available start date.

Delivery Mode

Blended learning:
› 15 hours per week contact plus 5 hours per week on-line.

Assessment Methods

› In-class activities
› Case studies
› Short answer
› Research projects
› Presentations
› Role plays
› Simulations
› Student clinic

Achieve your dreams
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.

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
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:

Age: 20 years and over

Education Requirements: Year 11 or equivalent

Additional Requirements

National Criminal Record Check

To undertake Student Clinic you will be required to undertake a Criminal Record Check (CCYP) to obtain a National Police Certificate.

Commission for Children and Young People Student Declaration

Students may be required to sign a CCYP Student Declaration if working with children under the age of 18 years.

IT Requirements

This course requires learners to have the ability to access a reliable internet connection to access our student portal. You will need Microsoft Office or similar and be able to use basic Word and Excel programs. Our on-line portal can be accessed through computer and mobile devices. It is recommended that you have a laptop or iPad to bring to class.

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)


Course structure: This course has 17 units of competency, which include 13 core units and 4 elective units. Our classroom-based course is delivered as below:

<table>
<thead>
<tr>
<th>ORDER OF STUDIES</th>
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<tbody>
<tr>
<td>Study Period 1: Your client</td>
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<tr>
<td>Work diverse people</td>
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<tr>
<td>Work with people with mental health issues</td>
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| Study Period 2: Establishing the relationship | CHCCSL001, CHCCSL003, CHCCSM005, CHCCSL002 |
| Establish and confirm the counselling relationship | Facilitate the counselling relationship and process |
| Develop, facilitate and review all aspects of case management | Apply specialist interpersonal and counselling interview skills |

| Study Period 3: Theories to base our work on | CHCCSL004, CHCCSL005, CHCCSL006 |
| Research and apply personality and development theories | Research and apply learning theories in counselling |
| Select and use counselling therapies |

| Study Period 4: Working with real issues | CHCCSL007, CHCCCS019, CHCDFV001, CHCCCS017 |
| Support counselling clients in decision-making processes | Recognise and respond to crisis situations |
| Recognise and respond appropriately to domestic and family violence | Provide loss and grief support |

| Study Period 5: Legal Issues | CHCLEG001, CHCPRT001, CHCPRP003 |
| Work legally and ethically | Identify and respond to children and young people at risk |
| Reflect on and improve own professional practice | Practical - Student Clinic |
GETTING HERE IS EASY

SYDNEY – AUSTRALIA  IN THE HEART OF SYDNEY CBD

4Life College Sydney is close to many transport options including buses and trains. In the heart of the CBD you are near to Darling Harbour, restaurants, cafes and shops galore.

SYDNEY – AUSTRALIA
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SYDNEY, New South Wales 2000
Telephone: 1300 245 433
Facsimile: +61 8 8338 6983
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4Life Pty Ltd
Registered Training Organisation
National Provider Number: 40185
CRICOS Provider Code: 03222F

Information provided in this brochure is current at the date of publication, and may be subject to change. V1-160706-D