EXCELSIA COLLEGE
Sydney

ONLINE SHORT COURSE

Domestic Students Only

Graduate Certificate in Counselling

COURSE INFORMATION

School of Counselling

This course is supported by the Commonwealth Supported Places (CSP) program.

Limited places are available.

About
EXCELSIA COLLEGE

Established in 1983, Excelsia is one of Australia's leading Christian higher education providers, and is an innovative and creative community of people who are passionate about excelling and growing academically, professionally, personally and spiritually. Our students and alumni embark on a journey of lifelong learning and leadership.

WORLD-CLASS MENTORSHIP

Be mentored by and learn from engaged and committed staff who are approachable and passionate about counselling.

PASTORAL CARE

Excelsia College prioritises pastoral care which is fully integrated throughout the program. It is important to the College that we meet the personal, social, wellbeing and academic needs of students.

ACCREDITATION

With PACFA and ACA accreditation, students study at the peak level of academic quality and cutting-edge practice, all in a uniquely supportive environment.

COUNSELLING WITH A DIFFERENCE

With a strong emphasis placed on student growth and experiential learning, a postgraduate degree from Excelsia will impress employers and make students' resumes pop.

OUR VISION: Excelsia contributes to making a better world through active participation in a life-transforming global Christian learning community.

OUR MISSION: Excelsia is an academic community benefiting the world by producing research characterised by exemplary scholarship consistent with a Christian world view, and graduates prepared to lead in a range of professions.

OUR VALUES

Our values reflect our vision and our mission:

1. **Christ-likeness:** striving to exemplify the life of Christ in our commitments, our actions and our relationships.
2. **Innovation and creativity:** working with passion and imagination in a range of influential professions, to further God's transformative work in the world.
3. **Scholarship:** creating a culture that values the search for truth, supports academic freedom and rewards rigorous thinking.
4. **Service to the community:** using our skills and abilities in and beyond the Institution in the service of others.
5. **Lifelong learning:** continually seeking knowledge, wisdom and capability to flourish and contribute in a changing world.

GRADUATE ATTRIBUTES

1. **Deep Knowledge**
   A deep, coherent and extensive knowledge of studied disciplines characterised by intellectual openness, creativity and curiosity.
2. **Critical Analysis**
   Willingness and ability to analyse issues logically, consider different options and viewpoints fairly, and make informed decisions in relevant artistic, academic and/or professional contexts and settings.
3. **Lifelong Learning**
   A commitment to lifelong learning characterised by a willingness and ability to acquire, develop and apply knowledge and skills that facilitate positive adaptations to a changing world.
4. **Effective Communication**
   Aptitude to communicate information, arguments and ideas effectively and ethically through writing, speech and/or artistic expression as appropriate within each discipline.
5. **Christian Ethical Action**
   A sound knowledge and understanding of Christian values and beliefs, and of the relevance of Christian faith to personal life, professional ethics, and social concerns.
6. **Self Direction**
   A capacity for self-directed learning and activity while working effectively with others in scholarly, vocational, civic and/or artistic pursuits and endeavours.
7. **Technical Competence**
   Competence and facility with materials, processes and technologies relevant to learned disciplines, generic information literacy and professional practice.
8. **Responsible Innovation**
   Oriented towards exhibiting intellectual and artistic enterprise, innovation and independence in constructive, creative and responsible ways.

CAMPUS FEATURES

CAMPUS FEATURES

- Library
- Auditorium/Theatre
- Recording studio
- Mac lab
- Drama and music specialist rooms
- Counselling centre
- Student facilities

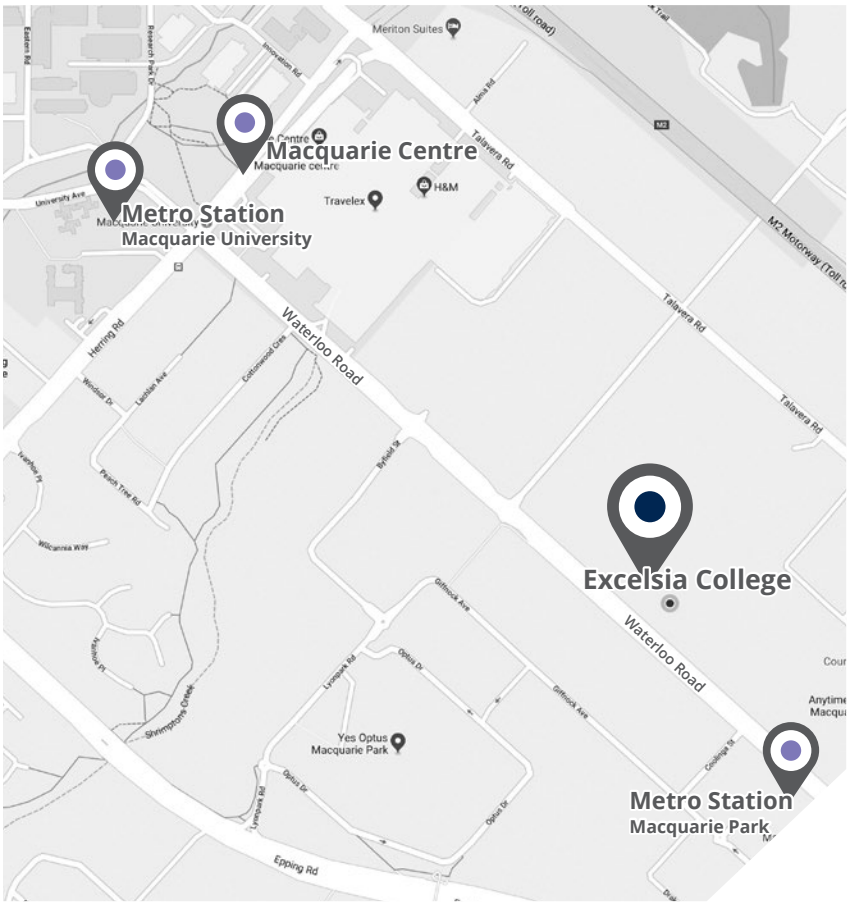
Free wifi	Table tennis
Study desks	Pool table
Snacks bar	Air hockey table
Free coffee	Outdoor balcony
Microwaves	Basketball ring

Frank Green Smart Cups

TRANSPORT

- 5-min walk from Macquarie Park Metro Station
- 1-min walk to bus stop
- Free parking

CONVENIENT LOCATION

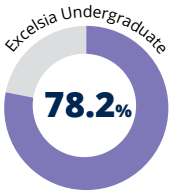


WHY STUDY AT **EXCELSIA COLLEGE?**

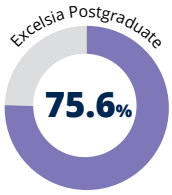
EXCELSIA COLLEGE RECEIVED EXCELLENT RESULTS

across the board in the 2020 QILT national survey, registering scores higher than the national average in all but one metric of student experience for undergraduate and postgraduate courses.

Overall Quality of Educational Experience

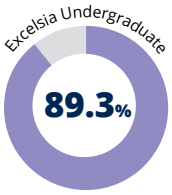


73.5%
National Average

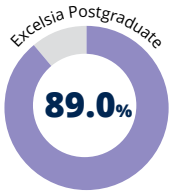


72.0%
National Average

Teaching Quality

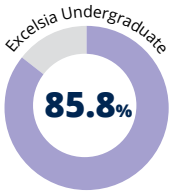


79.5%
National Average

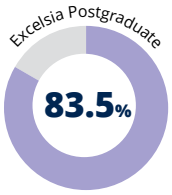


79.2%
National Average

Student Support



73.9%
National Average



74.3%
National Average

280,301 UNDERGRADUATE AND POSTGRADUATE STUDENTS
135 HIGHER EDUCATION INSTITUTIONS ACROSS AUSTRALIA

QILT
Quality Indicators for Learning and Teaching

"Excelsia's counselling courses provide an enriching learning experience for students who are interested in learning advanced counselling and communication skills, being inspired by lecturers with experience in clinical practice as well as tertiary teaching, and deepening their understanding of counselling and relational theories.

To support your learning, you will have access to academic support and personal therapy, which is a mandatory part of the training. Graduates will have the training that prepares them to work in counselling, community services organisations, or in private practice."

— Dr Dion Khlentzos
Senior Lecturer Counselling

> “In my two years of studying counselling at Excelsia I have learned a tremendous amount of interesting things about myself, people and the world.
> I have made new friendships that I hope will last a lifetime. I have felt included and embraced just the way I am.
>
> The best things about the program are its diversity and small classes, which allow for a personal touch and a better perspective and interactive way of learning.”
>
> — Anastasia
> Master of Counselling student

Graduate Certificate in COUNSELLING

School of Counselling

For more information, refer to excelsia.edu.au/study/counselling/graduate-certificate-in-counselling/

Course duration:	6 months full-time
Credit points:	24 credit points
Delivery:	Online
IELTS:	6.5 with no band less than 6.0
AQF:	Level 8
Financial information:	This course is supported by the Commonwealth Supported Places (CSP) program.

Limited places are available.

COURSE OVERVIEW

The Graduate Certificate in Counselling is ideal for those wanting to explore counselling as a new career or vocation direction, with completion of the course providing time to determine if their interest in counselling merits further study.

Students will develop a clear appreciation of the rewards and challenges associated with a career as a professional counsellor, acquiring core counselling skills, an understanding of counselling ethics and an appreciation for how relational dynamics function in personal and professional settings.

The course may also be of interest to those in related professions whose occupations include an incidental counselling component (e.g. education, ministry, nursing, occupational therapy, pastoral work, policing, paramedics etc.), providing an opportunity for them to improve or extend their current relational skill set by learning how to counsel and support others more effectively.

The course is also helpful for those without prior undergraduate studies who are interested in counselling and would like to determine if they can manage post-graduate level studies.

Students may also use the Graduate Certificate to proceed into the Graduate Diploma of Counselling and/or the Master of Counselling. Units completed in the Graduate Certificate in Counselling comprise 50% of the Graduate Diploma of Counselling and 25% of the Master of Counselling.

ENTRY REQUIREMENTS

ENGLISH LANGUAGE PROFICIENCY

Applicants for whom English is not their first language must provide certified documentary evidence that their secondary schooling, or tertiary studies of at least one year, were conducted in the English language; or evidence of satisfactory results in an accepted English language proficiency examination.

EDUCATIONAL PREREQUISITES

Applicants with higher education

Applicants may be admitted to the Graduate Certificate in Counselling if they have previously successfully completed a relevant:

- bachelor degree or,
- bachelor honours degree.

'Relevant' means a degree that includes subjects such as psychology, social work and education where the applicant studied human motivation and behaviour. 'Non-relevant' means degrees that are science based (not including psychology), where the applicant has not studied human motivation and behaviour.

Applicants with non-relevant degrees will be considered on the basis of their work and life experience

APPLICANTS WITH WORK AND LIFE EXPERIENCE

Applicants without undergraduate qualifications can apply for admission via the work and life experience pathway which may consider other forms of study completed in the higher education and vocational sectors, volunteer activities, contribution to church life, and professional development relevant to counselling. For more information refer to Future Students.

SUITABILITY ASSESSMENT

All applicants will need to successfully complete an admission interview (including a Readiness for Counselling and Psychotherapy Training Questionnaire).

UNITS

COM562 Counselling Theories and Models

Counselling theories and models provide frameworks for conceptualising and interpreting clients' histories, issues and experiences, and are used to guide approaches for different groups and inform approaches to working with clients. Students will examine both historical and contemporary theoretical frameworks, exploring the implications of different theoretical emphases on client care. They learn how to apply theory when working with specific clients with various life challenges, and to formulate case conceptualisations which underpin client care and client outcomes.

COM564 Approaches to Mental Health

Employing a bio-psycho-social-spiritual framework and associated approaches, students learn about the aetiology, diagnostic presentation, assessment and evidence-based interventions for a range of mental health issues. They reflect on personal assumptions relating to mental illness, including the relationship between spirituality and mental illness, also considering how stress and vulnerability predispose some individuals to mental health episodes. Finally, they explore the role of social and family contexts in the onset of mental health disorders and their management.

COM566 Relational Dynamics

Relational dynamics are at the heart of human engagement and communication, and counsellors and clients are influenced and affected by significant relationships in their lives. Students learn about the importance of processing the adverse effects of relational experiences, informed by intrapersonal, interpersonal and relational theory, with an emphasis on interpersonal neurobiology, attachment and systemic theories. They critically reflect on their personal relationship experiences, become conversant with their own affective regulation, reflective functioning and relational capacity, and develop an understanding of how and when their own, and their clients' relational histories and current experiences may affect therapeutic outcomes.

COM602 Introduction to Counselling Skills

As a foundational unit, the aim of the Introduction to Counselling Skills unit is to develop foundational levels of counselling competence, supported by key skills required for effective clinical practice. For example, students will be introduced to core counselling concepts such as transference and counter-transference, which while originating in the psychodynamic psychotherapeutic domain, are now part of broader counselling discourse. In addition to acquiring the core counselling skills, students will learn how the core skills find expression in a range of counselling modalities.

Information about applications is available at: excelsia.edu.au/study/how-to-apply/

Step 1 Select the course
at: excelsia.edu.au/study/

Step 2 Check entry requirements

Step 3 Gather the required documents

Step 4 Complete application form

Step 5 Apply
Once you submit your application, Excelsia staff will contact you shortly to confirm receipt and talk through the next steps in the process.

EXCELSIA COLLEGE Sydney

excelsia.edu.au
info@excelsia.edu.au
+61 2 9819 8888

69 - 71 Waterloo Road
Macquarie Park, Sydney
NSW 2113

ABN 50 360 319 774
CRICOS CODE 02664K

The information contained in this course guide was accurate at the time of publication. Excelsia reserves the right to amend the material contained in this guide without notice in response to changing circumstances or for any other reason.
For most up-to-date course information please visit our website.

CourseInformationOnlineShortCourses-Counselling-E012022