

# Rhodes Wellness College

<b>Program Title:</b>	<b>Professional Counsellor Diploma</b>
<b>Program Length:</b>	<b>82 weeks</b>
<b>Program Type:</b>	<b>Career Training/Academic</b>
<b>Program Prerequisites:</b>	<i>Must meet Rhodes Wellness College Ltd. admission requirements.</i>

## Program Description

This comprehensive diploma program is designed for those who want to master their own personal and professional development. The program consists of certification in both life coaching and counselling as well as comprehensive training and experience facilitating counselling services for individuals and groups in the area of physical, mental, emotional and spiritual wellness. Students engage in professional and practical community and workplace based projects, building experience and career networks. This program also includes extensive support and supervision for students who wish to obtain the *Registered Professional Counsellor* designation.\*

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\* The *Registered Professional Counsellor* designation is regulated and granted by the Canadian Professional Counsellors Association (CPCA), an unaffiliated self-regulating non-profit organization. Rhodes Wellness College does not grant this designation.

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## Program Objectives

This program provides comprehensive training in basic coaching and counselling skills and specific activities that promote health and well-being. Counsellors in training will learn a variety of techniques and processes to assist clients and groups to become more effective and self-sustaining leaders in their chosen profession.

By the end of the program, students will be able to provide the following services:

- Apply coaching, counselling and wellness theory in a variety of populations, cultures and religions
- Assessment of physical, mental, emotional and spiritual wellness
- Assist individuals to identify blocks to personal wellness
- Provide comprehensive counselling assessment to clients
- Provide counselling in the areas of addictions, sexual abuse and trauma, employment, family, couples, and youth
- Facilitate life skills workshops
- Provide individual success coaching
- Demonstrate competency in a wide range of presentation strategies and group leadership
- Understand Basics of Human Development
- Project Management knowledge and experience
- Can develop and evaluate programs
- Demonstrate knowledge of practice ethics

## Program Format

This program includes a variety of teaching methods that coincide with students' various learning styles and the skills required for employment as a counselling, coaching or wellness professional. The training is conducted in a group setting to maximize input from students. Small class sizes provide students with individual feedback and attention.

Specific instructional methods include the following:

1. Lectures
2. Role plays
3. Instructor demonstrations
4. Writing
5. Readings
6. Group discussions
7. Group on group analysis
8. Consultation sessions with the instructor(s)

## Program Readings

A variety of materials including textbooks and packages of readings will be made available to the students. Specific text books are detailed on individual course outlines.

## Program Evaluation

This program is evaluated by a variety of means including written and oral examinations, papers, and supervised field work. Participants must receive a minimum of a passing grade on each course in order to receive their Professional Counsellor Diploma. Grading schemes and specific competencies are outlined in individual course outlines. If a participant does not receive a passing grade or a complete in all courses, they may apply to repeat the course in question. Requests to repeat courses will be considered on a case by case basis.

## Professional Designation Support

This program includes support for those students working towards the Canadian Professional Counsellors Association's (CPCA) *Registered Professional Counsellor* designation (RPC).

Relevant curriculum in the Professional Counsellor Diploma program meets the CPCA's rigorous academic criteria, and students may write the RPC examination after completing the first 48 weeks of their program.

The Professional Practice and Ethics unit (see the Program Schedule) includes examination specific information and preparation. Rhodes Wellness College schedules and provides testing facilities for students to write the RPC examination at the end of this unit.

Students who successfully write their RPC examination and graduate from the Professional Counsellor Diploma program must also complete two years of supervised practice before receiving their full RPC designation. To help students receive their professional designation sooner, Rhodes Wellness College provides free practice supervision\* for students (up to 27 months after their end date), and will continue to provide low cost supervision to graduates if this is not available in their post-graduation work environment.

\*To qualify for free supervision, students must work within the Lower Mainland, be able to attend Rhodes Wellness College for monthly meetings and meet other CPCA supervision criteria. Contact the Admissions Department for more information.

## Program Schedule:

- COAC 100 Life Skills Coaching
- COAC 210 Coaching for Excellence
- COUN 100 Basic Counselling
- COUN 101 Employment Counselling
- COUN 102 Family and Couples Counselling
- COUN 103 Youth Counselling
- COUN 104 Sexual Abuse & Trauma Counselling
- COUN 105 Addictions Counselling
- COUN 109 Clinic Weeks (Counselling)
- COUN 210 Special Topics in Counselling
- COUN 220 Human Development – Theory and Practice
- COUN 230 Mental Health Counselling
- COUN 240 Advanced Counselling
- WELL 110 Physical Wellness
- WELL 120 Spiritual Wellness
- WELL 130 Emotional Wellness
- WELL 140 Mental Wellness
- WELL 220 Lifestyle Management & Program Planning
- PRAC 101 Supervised Practicum
- PROF 210 Professional Practice and Ethics
- PROF 220 Group Leadership
- PROF 230 Supervised Clinical Practice (Business)
- PROF 231 Supervised Clinical Practice (Personal)

### About the Registered Professional Counsellor Designation

The Canadian Professional Counsellors Association (CPCA), a Canadian non-profit Society registered in accordance with the National Corporate Registry of Canada, regulates Registered Professional Counsellors.

Since its founding in 1990, the CPCA has been dedicated to the promotion of public confidence and trust in the counselling profession in Canada. The CPCA serves the public from coast to coast.

Registered Professional Counsellors attend to the emotional well being of people by applying principles and skills from the disciplines of mental health, psychology or human development, through the use of cognitive, affective, behavioural or systemic interventions. Through these interventions the RPC can address wellness, personal growth, or career development, as well as pathology. In preparation for this challenging career, an RPC must undergo extensive education and training. This includes both academics and field training. RPC's serve in all levels of our communities where the helping profession is required - at schools and universities, in hospitals, mental health agencies, rehabilitation facilities, business and industry, correctional institutions, religious organizations, community centres and private practice.

[www.cpcarpc.ca](http://www.cpcarpc.ca)