

# Rhodes Wellness College

## Wellness Counsellor Diploma: Course Outline

<b>Program Title:</b>	<b>Wellness Counsellor Diploma</b>
<b>Program Length:</b>	<b>55 weeks (1227.50 hrs)</b>
<b>Program Type:</b>	<b>Career Training/Academic</b>
<b>Career Occupation:</b>	<b>Wellness Counsellor</b>
<b>Program Prerequisites:</b>	<b><i>Must meet Rhodes Wellness College Ltd. admission requirements.</i></b>

### Program Description

This program is designed to provide occupational training for wellness counsellors. The program consists of certification in both life skills coaching and counselling as well as comprehensive training and experience facilitating services for individuals and groups in the area of physical, mental, emotional and spiritual wellness.

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### Program Learning Objectives

This program provides comprehensive training in basic coaching and counselling skills and specific activities that promote health and well-being in the areas of physical, mental, emotional and spiritual health and wellness.

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

- Assessment of physical, mental, emotional and spiritual wellness
- Assist individuals to identify blocks to personal wellness
- Provide clients with basic information on nutrition and exercise
- Provide comprehensive counselling assessment to clients
- Assist clients to identify and adjust belief systems
- Life Coaching
- Provide basic counselling in the areas of addictions, sexual abuse and trauma, employment, family and couples, and youth
- Facilitate life skills workshops

### Program Format

This program will include a variety of teaching methods that coincide with students' various learning styles and the skills required for employment in the helping profession. The training is conducted in a "circle" to maximize input from students. In addition, class size is small in order to provide students with individual feedback and attention.

Specific instructional methods include the following:

1. Lectures
2. Role plays
3. Instructor demonstrations
4. Writings
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 and Completion Requirements

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 wellness counsellor diploma. Grading schemes and specific competencies are outlined in individual course outlines. All assignments in all courses must be completed. 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.

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## **Program Schedule, Organization, and Hours:**

- COAC 100 Life Skills Coaching (270)
- COUN 100 Basic Counselling (45)
- COUN 101 Employment Counselling (22.5)
- COUN 102 Family & Couples Counselling (22.5)
- COUN 103 Youth Counselling (22.5)
- COUN 104 Sexual Abuse & Trauma Counselling (45)
- COUN 105 Addictions Counselling (45)
- COUN 109 Clinic Weeks (Counselling) (67.50)
- Career Planning I (22.5)
- WELL 110 Physical Wellness (135)
- WELL 120 Spiritual Wellness (135)
- WELL 130 Emotional Wellness (135)
- WELL 140 Mental Wellness (135)
- PRAC 101 Supervised Practicum (80)
- COAC 110 Personal Coaching (22.5)
- PROF 110 Business Management (22.5)