

Program Outline: Life Skills Counselling Certificate

Brief Program Description

This comprehensive program is designed to train life skills counsellors in a variety of counselling skills and techniques. Upon completion, students will be able to provide basic counselling, assessment and intervention to a variety of individuals.

Career Occupation

Life coach, Counsellor

Admission Requirements

- Successful completion of admissions assessment process.
- Written personal statement.
- Personal and/or professional reference.
- Grade 12 or equivalent or mature student status - 19 years or older with an established work history or relevant experience.
- International study permit if applicable.

Learning Objectives

This program provides students intending to enter the helping professions with knowledge of theory and practice skills related to client problem management and opportunity development. Through a structured professional curriculum divided into academic and experiential components, students will be able to demonstrate a wide range of counselling theories and skills. This program stresses the importance of the student's personal development as a counsellor and provides opportunities for assessment of clinical abilities. Students will be able to self-monitor their own progress.

Upon completion, students will be qualified to provide basic counselling, assessment and referral in the following areas: Basic Counselling, Addictions Counselling, Sexual Abuse and Trauma Counselling, Family and Couples Counselling, Youth Counselling, and Employment Counselling.

In addition, students will acquire the skills necessary to conduct intake interviews, maintain case files and session notes. Clinic weeks provide additional opportunities to practice counselling skills under supervision, investigate case studies, conduct research, and read course reference materials.

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Upon certification, students will have conducted a minimum of 30 client counselling hours.

Method(s) of Evaluation

- Written exams
- Oral examinations
- Papers
- In-class presentations
- Supervised field work

Completion Requirements

- Attendance of no less than 80% of all classes
- Attendance of no less than 80% of any one course within the program
- Passing grade of 50% in all courses

Program Duration

270 Hours; 12 weeks

Homework Hours

5 Hours averaged over each week

Delivery Method(s)

- In-person
- Online
- Blended Delivery: In-person and synchronous online class

Required course materials

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

Program Organization

Title of Course	# of Hours
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	45
COUN 105 Addictions Counselling	45
COUN 109 Clinical Practice and Assessment	67.5