

## Program Outline: Professional Counsellor Diploma

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### **Brief 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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### **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**

**Upon completion of this program the successful student will have reliably demonstrated the ability to:**

- Apply coaching, counselling, and wellness theory with a variety of populations
- Assessment of physical, mental, emotional, and spiritual wellness
- Assist individuals to identify blocks to personal wellness
- Provide comprehensive counselling assessment to clients

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- 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
- Advanced Counselling skills
- Can develop and evaluate programs
- Demonstrate knowledge of practice ethics

### 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

1,725 Hours; 80 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.

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### Program Organization

Title of Course	# of 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	45
COUN 105 Addictions Counselling	45
COUN 109 Clinic Weeks (Counselling)	67.5
WELL 110 Physical Wellness	135
WELL 120 Spiritual Wellness	135
WELL 130 Emotional Wellness	135
WELL 140 Mental Wellness	135
PRAC 110 Career Planning I	22.5
COUN 210 Special Topics in Counselling	48
COUN 260 Counselling Theories & Methods	48
COUN 220 Human Development – Theory and Practice	48
COUN 230 Mental Health Counselling	48
COUN 240 Advanced Counselling: Solution Focused Therapy	48
COUN 250 Relationship Counselling	48
PROF 210 Professional Practice and Ethics	48
PROF 220 Group Leadership	48
PRAC 210 Career Planning II	22.5
PROF 230 Supervised Clinical Practice (Business)	48
PROF 231 Supervised Clinical Practice (Personal)	48

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PRAC 201 Supervised Practicum	120
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### 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 their program.

The Professional Practice and Ethics 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.

Graduates who successfully write their RPC examination must also complete a period 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 12 months after their end date.

\*To qualify for free supervision, students will be assessed and approved by the supervisor, 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.

### 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 wellbeing 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)