

Program Outline: Professional Counsellor Diploma

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. *

* 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.

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
PRAC 201 Supervised Practicum	120

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*Because courses do not have prerequisites, Rhodes Wellness College reserves the right to re-organize the courses in a different structure according to the student and college's needs.

Professional Designation Support

This program includes support for those students working towards being a member of the Canadian Professional Counsellors Association (CPCA).

Relevant curriculum in the Professional Counsellor Diploma program meets the CPCA's rigorous academic criteria, and students may write the national qualifying exam after completing their program. The Professional Practice and Ethics meets the expectations of the national qualifying exam providing focus on many segments such as ethics, professionalism, preparation, best practices, and critical thinking.

Graduates who successfully pass their national qualifying exam and achieve RPC-Candidacy designation, must also complete a period of supervised practice before achieving the next level of membership. To help graduates complete RPC-Candidacy and obtain the RPC designation, Rhodes Wellness College provides 12 months of complimentary postgraduate supervision after their program end date*.

In addition, Rhodes Wellness College provides facilitation in finding a proctor and exam location when they are ready to write the national qualifying exam.

*Graduates must activate their 12 months of complimentary postgraduate supervision after their program end date and within a 3-month grace period. The sponsorship is paid out after each supervision monthly for 12 months following the date of activation.

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.cPCA-rPC.ca