COURSE DESCRIPTION
Counsellors help people of all ages address issues and challenges in their lives. The Bachelor of Counselling develops professional counselling skills informed by current research and theory. You will engage in critical analysis of different counselling and psychotherapy models and develop an open and enquiring approach to counselling practice. Graduates are well prepared for a wide range of professional careers. The program offers valuable practical experience through extensive clinical fieldwork placements.

PREREQUISITES
- Year 12 or equivalent English
- 2014 OP/Rank: 16/63; ATAR: 59.60

CAREER OPTIONS
There is a growing need for counsellors and graduates can pursue a range of careers, including:
- Adolescent Counselling
- Community development and planning
- Community welfare agencies
- Corrective services
- Counsellors (relationships, addiction, bereavement, refugees)
- Family or child services
- Human resources management
- Neighbourhood centres
- Pastoral care roles
- Private Practice
- Social welfare
- Transcultural and refugee agencies

PROFESSIONAL CLINICAL EXPERIENCE
Extensive clinical fieldwork placements and supervision are required for completion of the Bachelor of Counselling. Fieldwork provides the opportunity to develop a framework for human service work together with practical skills.

PROFESSIONAL RECOGNITION
Graduates of the Bachelor of Counselling are eligible to apply for membership of a range of state-based counselling associations through which they may obtain membership of the Psychotherapy and Counselling Federation of Australia (PACFA). Examples of state based counselling associations include: The Counsellors and Psychotherapists Association of Victoria (CAPAV) and the Queensland Counsellors' Association (QCA).

INFORMATION FOR FURTHER STUDY
Students who complete the three year Bachelor of Counselling will normally undertake further study to develop a specialisation in counselling or practice as a professional counsellor. Graduate programs available at ACU include:

GRADUATE DIPLOMA IN CLINICAL COUNSELLING
A two year part time course designed to develop advanced knowledge and practice skills.

MASTER OF CLINICAL COUNSELLING
Specifically designed for those who wish to practice as a professional counsellor in Australia, this is a two year full-time program of study or can be undertaken in part-time mode.
BACHELOR OF COUNSELLING

SAMPLE PROGRAM MAP

Year 1

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Introduction to Counselling and Micro-Skills</th>
<th>Ethical and Professional Issues in Counselling</th>
<th>Elective</th>
<th>Foundations of Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester 2</td>
<td>Humanistic Theories and Interventions</td>
<td>Mediation and Dispute Resolution</td>
<td>Our World: Community and Vulnerability</td>
<td>Applications of Psychology</td>
</tr>
</tbody>
</table>

Year 2

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Counselling Children and Adolescents</th>
<th>Religious and Spiritual Issues in Counselling</th>
<th>Family and Relationship Counselling</th>
<th>Lifespan Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester 2</td>
<td>Organisations and Group Processes</td>
<td>Cognitive Behavioural Therapy</td>
<td>Elective</td>
<td>Abnormal Psychology</td>
</tr>
</tbody>
</table>

Year 3

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Understanding Self and Society: Contemporary Perspectives</th>
<th>Psychodynamic Counselling</th>
<th>Addiction Counselling</th>
<th>Grief and Loss Counselling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester 2</td>
<td>Clinical Fieldwork (12 weeks)</td>
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</tbody>
</table>

MEET OUR ACADEMIC STAFF

DR TOM WHELAN is a Senior Lecturer in the School of Psychology, Melbourne Campus. He is the National Course Director for Counselling, overseeing both the undergraduate and graduate programs. He has taught for over 20 years at university and currently teaches in Developmental Psychology, Abnormal Psychology and Counselling. Tom has published widely in academic journals, text books and the popular press. In addition, he has broad counselling experience having worked in a university counselling service and a variety of hospital settings.

DR STEPHANIE MALONE is a Lecturer in the School of Psychology, Brisbane campus. Stephanie completed a Bachelor of Psychology (hons), Masters of Psychological Research Methods and PhD in Developmental Psychology at Lancaster University in the UK. Her PhD focused on the word learning of children with autism, which has since remained a strong research interest for Stephanie. She is also interested in typical language development, including social-pragmatic approaches and mutual exclusivity, the social skills of children with autism, and the use of the internet for social communication.

WHAT OUR STUDENTS SAY

“I chose to study at Australian Catholic University because it was the only counselling degree that also provided an extensive component of psychology. I want to work with children as a counsellor, providing support for those in need, as they develop and face life’s challenges.”
- Gillian Wealands

“ACU appealed to me based on the wide variety of interesting subjects available in the course... Most of the teaching staff are working practitioners in their chosen fields and this gives a greater depth to their teaching.” – Sarah Powell

WHAT’S THE DIFFERENCE BETWEEN PSYCHOLOGY AND COUNSELLING?

Psychology is the study of the human mind and behaviour. Studying psychology provides students with a comprehensive understanding of behavioural and mental processes. Psychologists develop an expert knowledge of human behaviour, thought and emotion, with practical and research skills that can be applied to a wide variety of fields including health, education and business. Clinical psychologists are particularly concerned with the diagnosis and treatment of mental illnesses across the lifespan. Professional psychologists may also help healthy individuals to find ways of functioning better, for example, dealing effectively with stress and family problems.

Counselling focuses on client’s concerns and difficulties and developing an understanding of people’s patterns of thinking, feeling and behaving, and the ways in which these may be problematic in their lives. Studying counselling involves learning how to assist people to develop understanding about themselves and to make positive changes in their lives.

www.acu.edu.au/study-counselling