



IKON INSTITUTE  
OF AUSTRALIA

# THE DIPLOMA OF COUNSELLING



IKON is Australia's leading, specialist provider of therapeutic and human services training and is dedicated to advancing knowledge and understanding in humanistic studies through vocational and higher education, leadership and practice.

The IKON Institute aims to produce graduates who are enabled to continually develop their own potential, and whose skills, knowledge and therapeutic client-centred practice contribute to the creation of an international community of people and practitioners committed to social change, community building and individual healing.

At IKON, you'll gain more than a nationally recognised qualification, you'll gain a rewarding career where you can make a positive difference in your life and the lives of others.

## What is Counselling?

Counselling is a specialised field and involves a wide range of communication methods to help facilitate change. Counselling sessions are less about diagnosis, and more about working collaboratively with individuals, couples, groups or families in a caring manner.

Becoming a counsellor and assisting people to overcome obstacles and challenges is one of the most personally rewarding and enriching career paths available and one that is gaining increasing importance and recognition.

## Diploma of Counselling

The Diploma of Counselling course is designed to produce graduates who are equipped with a strong foundation in counselling theory and practice, and who are confident and ready to work in this rewarding profession.

This course is ideal for people with a passion for supporting and empowering others, as well as a commitment to their own personal growth. It can be undertaken by anyone who has a desire to enter one of the many helping professions, or for anyone who wants to increase their effectiveness when working with people.

The IKON Institute is a Registered Training Organisation (RTO), approved to deliver Vocational Education and Training (VET) courses and is unique in its humanistic and holistic approach to the delivery of this course.

IKON's teaching staff come from diverse backgrounds and have years of professional experience and expertise in their fields.

# DIPLOMA OF COUNSELLING

Module 1:	Introduction to Counselling Techniques and Personality Theories
Module 2:	Counselling Process 1
Module 3:	Counselling Process 2
Module 4:	Advanced Counselling Process
Module 5:	Developmental Themes
Module 6:	Grief and Loss in Counselling
Module 7:	Addiction Counselling
Module 8:	Cognitive Approaches to Change
Module 9:	Emotion Focused Therapy (EFT) and Solution Focused Brief Therapy (SFBT)
Module 10:	Case Conceptualisation and Management
Module 11:	Group Counselling
Module 12:	Politics and Ethics within Counselling
Module 13:	Cultural Diversity
Module 14:	Practicum – 50 hours supervised placement or practice hours

## Course Duration

18 months full time (or equivalent part time);  
1090 nominal hours.

## Delivery Methods

The course is delivered through classroom lectures, demonstrations, class based activities, group discussions, simulated counselling sessions, reflection, practical triads and case studies, and work placements.

## Delivery Format

Each of the 13 Modules run for 4 weeks with 1 day per week of classroom teaching. Students should also allow for 4 - 6 hours of self directed study each week to practise skills and complete assignments.

Module 14 is a minimum 50 hour work placement in an approved organisation and counselling practice hours.

## Student Support

IKON offers comprehensive student support including a student counsellor to support your learning needs. In addition, our dedicated placement officer provides student support, advice and guidance through the lifecycle of your work/field placement.

## Recognition of Prior Learning (RPL)

RPL is a process whereby knowledge and skills you already have may be recognised, irrespective of where or how they were acquired. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course. Please contact the IKON Institute if you require information on the RPL application process and associated fees.

## Tuition Fees

Please contact IKON to confirm the current tuition fees or visit our website [www.ikoninstitute.edu.au](http://www.ikoninstitute.edu.au)

## Payment Options

### VET Student Loans

The Diploma of Counselling is on the eligible course list with an applicable maximum loan amount of \$10,000.

For more information, visit:

[www.education.gov.au/vet-student-loans](http://www.education.gov.au/vet-student-loans)

Alternatively, tuition fees can be paid via monthly / periodic payments through Direct Debit or full upfront payment.



**Course Name:** Counselling

**Qualification:** Diploma of Counselling  
(CHC51015)

**Study Location:** SA, QLD & VIC

**Course Duration:** 18 months

## MODULE 1

### Introduction to Counselling Theories

This module provides an overview of the field and process of counselling. It details the evolution of counselling, its possible and probable future directions, and also provides an overview of the most common counselling approaches.

Specific areas of focus include: Introduction and history of counselling, A variety of foundational and contemporary approaches to counselling are introduced and explained.

## MODULE 2

### Counselling Process 1

The main aim of this module is to provide participants with key elements for the theory and practice of counselling through the creation of a client-centered therapeutic encounter (these will be built on in Module 3). Thus the approach for this module will be concerned with the development of a profound humanistic concern (Carl Rogers) coupled with appropriate counselling skills (Carkhuff).

Specific areas of focus include: Attending skills; Observing skills; Listening skills; Responding skills

## MODULE 3

### Counselling Process 2

This module is designed to build on the foundation provided by Module 2. It extends the counselling skills model of Carkhuff and includes advanced techniques, practice, and feedback opportunities for the development of expertise.

Specific areas of focus include: Personalising skills; Challenging and confrontation; Concluding sessions; Concluding therapy.

## MODULE 4

### Advanced Counselling Process

This module will be focused on the integration of pre-existing skills gained in Modules 2 & 3. There is a specific emphasis on the mastery and integration of all phases (Carkhuff) to ensure the participants are able to effect healing outcomes in both obvious and subtle means.

Specific areas of focus include: Advanced responding skills, Structure of therapy, Deepening empathy and responding, Immediacy, Practice, Observation of language.

## MODULE 5

### Developmental Themes

The objective of this module is to enable participants to understand how themes of personal development correlate with periods of the human lifespan, and how it can be affected through counselling and psychotherapy. There are a number of theoretical perspectives that inform developmental approaches. The focus of this module will be to outline the core features of several of these theories including those of: Freud; Erikson; Maslow; Piaget; Kohlberg.

## MODULE 6

### Grief and Loss in Counselling

Working with grief and loss is a key area for counsellors to be versed in. The adjustment to loss often constitutes many of the issues that people experience in counselling and psychotherapy, and therefore becomes a critical area for understanding and expertise. The focus of this module will be in the use of empathetic responding, and counselling skills (as established in Modules 2 & 3), in the context of applying knowledge of the grieving process to counselling.

Specific areas of focus include: Models of grieving; Grief in children and adolescents; Consequences of not dealing with grief; Sudden loss and suicide; Relationship losses and grief.

## MODULE 7

### Addiction Counselling

This module provides students with an opportunity to consider cultural and social beliefs about addictions, and their implications for themselves, and specifically for addicts and their treatment.

Other focuses include the history of addiction, its prevalence and just how common place an issue it has been, and indeed still is. This topic will also provide students with a deeper awareness of the addict and addiction, and also some guidance to understanding how to help, support and promote their mental and emotional health.

## MODULE 8

### Cognitive Approaches to Change

This module will focus mainly on a basic cognitive-behavioural intervention plan for change and also a comprehensive introduction to Acceptance and Commitment Therapy (ACT). This module aims to provide participants with a comprehension of strategies and application so that they may work in with other therapists and practitioners who may be administering the most dominant form of psychological intervention practiced in today's society.

Specific areas of focus include: Behaviourism; Cognitive Approaches; Albert Ellis' Rational Emotive Behaviour Therapy; Aaron Beck's cognitive therapy; Donald Meichenbaum's cognitive behaviour modification; Acceptance and Commitment therapy.



## MODULE 9

### Emotion Focused Therapy and Solution Focused Brief Therapy

In this module students will develop an understanding of the fundamentals of Emotion Focused Therapy (EFT) and Solution Focused Brief Therapy (SFBT). There will be a specific focus on the philosophical and research base which underpins them, and the implications for partnership and collaboration with people seeking help for a variety of difficulties in a variety of settings.

Students will explore methods designed to help people accept, express, regulate, make sense of, and transform emotion.

Students will also develop an understanding of the methodology and techniques used to address client issues through the focus on solutions.

## MODULE 10

### Case Conceptualisation and Management

This module involves providing students with an opportunity to synthesize the collection of their theoretical knowledge into a variety of case study examples.

Through repeated, guided simulation, they develop the mindset and skills to be able to utilise their knowledge in a practical and meaningful way, at all times in service of the client. This module also covers issues and practice of case management for their counselling clients.

## MODULE 11

### Group Counselling

This module is designed to expose people to the power and possibilities of working effectively with groups in a therapeutic setting. The main theoretical focus will be drawn from Irvin Yalom's foundational text 'The Theory and Practice of Group Psychotherapy', and will combine a grounded blend of theory, practice, and personal experience.

Specific areas of focus include: Therapeutic factors; The role of the therapist; Group selection; Beginning, running, and ending a group; Advanced group processes.

"IKON greatly valued my life experience and what I brought to the group. I found the course content personally interesting and challenging with a good balance of theory and practical training. I am now confidently equipped with the skills I need to work as a counsellor."  
Jenny, Diploma of Counselling Graduate.

## MODULE 12

### Politics and Ethics Within Counselling

This module will be divided into 2 sections:

Section 1 will focus on dealing with the ethical concerns that exist within therapy. Issues focusing around the use and abuse of power, boundary violations and the establishment of a clear set of personal values and ideals, which protect therapists from engaging in illegal or unethical practices with their clients.

Section 2 will be focused on the politics in therapy; particularly the various forms of power that are present within the therapeutic encounter, ranging from the client and therapist, to the institution, agency, or association that is also present for those working as professional counselors.

Specific areas of focus include: Ethical Theories; Ethical decision making models; Contextualizing therapy and ethics; Ethical dilemmas in therapy; Power and influence.

## MODULE 13

### Cultural Diversity

It is an important task for graduates to understand the diversity of their clients' cultural sensitivities, values and practices, to enable them to effectively communicate and operate with persons of diverse cultures. In this module, students will learn to gain an understanding of various cultural frameworks, different ways of behaving and responding to situations and patterns of behaviours. Specific areas of focus include working with Aboriginal and/or Torres Strait Islander individuals, organisations and communities.

### Graduate Outcomes

Graduates of the Diploma of Counselling will be able to work in a wide variety of counselling and helping professions. Counselling skills are readily transferable to a broad range of job roles.

Typically graduates will use the skills and knowledge gained in the course in areas such as community service, family welfare, telephone counselling, corrective services, government welfare agencies, non-profit organisations, case managing in employment agencies, career guidance, human resources, court support, direct client counselling work, program coordination and teaching.

### Professional Recognition

Graduates will be able to practice as counsellors in Australia and be eligible for Associate Membership with the Australian Counselling Association (ACA), and other state based counselling associations.

The Diploma of Counselling is a nationally recognised, accredited course and is **Austudy/Abstudy** approved.