



# **COURSE GUIDE 2023**

CHC51015 Diploma of Counselling

# Why Equinim College?

At Equinim College we understand what it takes for someone to truly learn and we go beyond the recommendations of industry to make sure the training includes real-world practical skills and everything you need to be career-ready. To us you are not just another student, you are a valued person whose experience matters. The Equinim College way:

- High quality spacious campuses that students enjoy going to
- Trainers who not only know their industry but are great teachers
- Team members who are people focussed with great interpersonal skills
- Management team that is focused on providing quality
- Industry relationships that are vetted for student experience
- College and campus standards of respect, inclusiveness and community
- Modern leading education framework that challenges and evolves





## Government Accredited

We work hard to provide our students with unsurpassed levels of education and service. We run courses in nationally recognised and accredited qualifications which means they have been found to meet the stringent education quality standards developed by industry and endorsed by the Government.

Equinim College is a Registered Training Organisation (RTO) and is approved to deliver the following course:

- CHC51015 Diploma of Counselling

For other courses which Equinim College is approved to offer, please see our

website, at [www.equinimcollege.com](http://www.equinimcollege.com)

Government Accredited qualifications are highly valued by employers and are sought after by those developing a career.

## Job Ready Skills

At Equinim College we understand the importance of needing to be 'job ready' when you graduate. This means that upon graduation you should be able to commence working in your chosen industry with little to no on-the-job training. Being job ready allows the graduate to commence working and earning from completion. It also relieves the stress and burden on employers to spend time and money on training graduates for job roles.

We achieve job ready by focusing on the practical skills that are actually performed in the job. We make sure our training is up to date and relevant to what workers actually experience.



## Your Qualification

On successful completion of the qualification you will receive a:

- certificate of award of the qualification, recognised within the Australian Qualifications Framework
- official academic transcript

With a strong emphasis on practical training, Equinim College graduates emerge job ready and at the leading edge of the industry.

## Nationally Recognised Training

Equinim College is registered to deliver Nationally Recognised Training in the below counselling qualification.

Therefore, your qualification will include the Nationally Recognised Training Logo.

Equinim College's Registered Training Organisation Number is 45758.

**CHC51015 Diploma of  
Counselling**



## // Course Information

The counselling qualification prepares you to become a counsellor, working with clients on personal and psychological issues using established counselling modalities. This course provides students with the complete set of skills needed to be able to support members of the community via the counselling profession. Practical sessions, as well as access to trainers and simulations of real counselling sessions, mean that on completion of this qualification, students are confident and job ready.

### Course Details

Equinim College delivers nationally recognised training for the CHC51015 Diploma of Counselling. This course is delivered by highly qualified and industry expert trainers.

<b>Qualification</b>	CHC51015 Diploma of Counselling
<b>School</b>	Health
<b>Study Method</b>	On-Campus
<b>Duration</b>	12 Months (42 weeks on-campus   12 Weeks Holiday)
<b>Class Hours (per week)</b>	15 On-campus, 5 Online (3 half day classes per week)
<b>Delivery Locations</b>	Sydney, Brisbane, Perth

# CHC51015 Diploma of Counselling

## COURSE SUBJECTS:

The Diploma of Counselling consists of 8 subjects.

1. Fundamentals of Counselling
2. Developing the Counselling Relationship
3. Professionalism, Diversity and Inclusiveness
4. Theories of Counselling
5. Counselling Therapies and Brief Interventions
6. Working with Crisis and Case Management
7. Specialist Counselling
8. Counselling Practice

This qualification will teach the necessary skills and concepts to be able to practice as a counsellor in a variety of settings.

## YOU WILL BE ABLE TO WORK IN A:

Individuals qualified in counselling can be employed by a range of industries to deliver their services, such as rehabilitation centres, schools, health clinics, online or telephone crisis centres, or alternatively, counsellors can practice self-employed.

## OCCUPATIONAL TITLE:

- Counsellor

## SPECIALISATIONS SKILLS:

- Relationship Counselling
- Domestic and Family Violence Counselling
- Grief Counselling

## COUNSELLING TRAINING PACKAGE

Upon completion of Diploma of Counselling (Subjects 1-8) students will achieve the following Qualification and Units of Competency from the Counselling Training Package



## CHC51015 DIPLOMA OF COUNSELLING

### CORE UNITS

CHCCSL001 Establish and confirm the counselling relationship  
CHCCSL002 Apply specialist interpersonal and counselling interview skills  
CHCCSL003 Facilitate the counselling relationship and process  
CHCCSL004 Research and apply personality and development theories  
CHCCSL005 Apply learning theories in counselling  
CHCCSL006 Select and use counselling therapies  
CHCCSL007 Support counselling clients in the decision-making process  
CHCCS019 Recognise and respond to crisis situations  
CHCCSM005 Develop, facilitate and review all aspects of case management  
CHCDIV001 Work with diverse people  
CHCDIV002 Promote Aboriginal and/or Torres Strait Islander cultural safety  
CHCLEG001 Work legally and ethically  
CHCPRP003 Reflect on and improve own professional practice

### ELECTIVE UNITS

CHCCCS014 Provide brief interventions  
CHCCCS017 Provide loss and grief support  
CHCDFV001 Recognise and respond appropriately to domestic and family violence  
CHCFAM003 Support people to improve relationships



## // World Class Training

Equinim College uses a unique training system so your learning is more effective and can be achieved in a shorter space of time. Our world class training provides you with lots of face-to-face practical sessions and only the essential, up-to-date skills and knowledge are taught.

## // Awesome Career

The counselling profession opens many fascinating and deeply rewarding doors as you meet and support different people from different walks of life. Counselling can offer employment in many different industries and will always be a highly sought-after profession. Join this essential industry with the foundational and leading training at Equinim College.

## // Learning Made Easy

Equinim College provides world class training that works for you. We use a unique flexible training system to maximise the value you get from your learning. As well as meeting all government guidelines, our flexible course timetable allows you to learn the way you need with maximum support and all the right challenges.



# CHC51015 Diploma of Counselling Course Program

## SUBJECT 1

### Foundations of Counselling

CHCCSL001

Establish and confirm the counselling relationship

CHCCSL002

Apply specialist interpersonal and counselling interviewing skills

Foundations of Counselling is the foundation subject of the unique and inspiring CHC51015 Diploma of Counselling offered by Equinim College. It is here that you will be given the fundamentals of building rapport with your client and introduced to the essential counselling interviewing skills.

#### SUMMARY OF CONTENT:

- Establishing rapport
- The scope and nature of the counselling relationship
- Counselling plans
- Communication Techniques
- Counselling Interviewing
- Micro-Skills
- Observational Techniques

## SUBJECT 2

### Developing the Counselling Relationship

CHCCSL003

Facilitate the counselling relationship and process

CHCCSL007

Support counselling clients in the decision-making process

As you move into this second subject, you will learn how to facilitate a counselling relationship and process with a client and support your clients in their decision-making processes.

The student will recognise within this subject the value of learning to listen and respond to clients based on their concerns and needs.

Likewise, supporting a client through the decision-making process is done through a person-centred model that puts the client and their empowerment first.

#### SUMMARY OF CONTENT:

- Stages of Counselling
- Bringing the counselling session to an end
- Decision-making models and process
- Problem-solving and action-planning



# CHC51015 Diploma of Counselling Course Program

## SUBJECT 3

### Professionalism, Diversity and Inclusiveness

CHCDIV001

Work with diverse people

CHCDIV002

Promote Aboriginal and/or Torres Strait  
Islander cultural safety

CHCLEG001

Work legally and ethically

CHCPRP003

Reflect and improve on own professional  
practice

In Subject 3 you will learn how to work in counselling legally and ethically, work with a diverse range of people, promote Aboriginal and Torres Strait Islander cultural safety, and reflect on and improve your own professional practice. These are all key areas that you will bring into your counselling career to ensure that you are both legally and ethically sound.

#### SUMMARY OF CONTENT:

- Working within legal boundaries
- Following legislation
- Working ethically and with diversity
- Understanding the concept of diversity
- Improving on your professional practice

## SUBJECT 4

### Theories of Counselling

CHCCSL004

Research and apply personality and  
development theories

CHCCSL005

Applying learning theories in counselling

This subject presents with simplicity and ease how to research and apply personality and development theories in counselling with your clients. You will be presented with a range of theories and how each of them can be used effectively and supportively in your practice.

#### SUMMARY OF CONTENT:

- Learning theories
- Applying learning theories in counselling
- Modelling and reinforcement
- Environmental impacts on behaviour





# CHC51015 Diploma of Counselling Course Program

## SUBJECT 5

### Counselling Therapies and Brief Interventions

CHCCSL006

Select and use counselling therapies

CHCCCS014

Provide brief interventions

In Subject 5 you will start to put everything you have learned thus far into practice and will be shown how to select and use counselling therapies with your clients. You will also learn about Brief Interventions - what they are, how they can support your clients and the steps you can take in providing them.

#### SUMMARY OF CONTENT:

- Understanding client issues and needs
- Selecting and using counselling therapies
- Emerging trends in counselling
- What is a brief intervention?
- Reasons for brief interventions
- Behaviour change model
- Overcoming barriers and challenges

## SUBJECT 6

### Working with Crisis and Case Management

CHCCCS019

Recognise and Respond to Crisis Situations

CHCCSM005

Develop, Facilitate and Review all Aspects of Case Management

In this subject, you will be taken through how to both recognise and respond to a variety of crisis situations that you may encounter throughout your career as a counsellor. You will then be taken into the world of case management, which is a career in and of itself, where you will be taught the ins and outs of working within this sector and how it can support clients and the community.

#### SUMMARY OF CONTENT:

- Recognising and responding to crisis situations
- Keeping you (the therapist) safe, as well as your client
- Introduction to case management
- Conducting case management meetings
- Developing case management plans

# CHC51015 Diploma of Counselling Course Program

## SUBJECT 7

### Specialist Counselling

CHCCS017

Provide Loss and Grief Support

CHCDFV001

Recognise and Respond Appropriately to Domestic and Family Violence

CHCFAM003

Support People to Improve Relationships

In this final theory subject, you will learn how to provide specialist counselling, including loss and grief support, recognise and respond appropriately to domestic and family violence, and learn how to support people to improve relationships. These specialist skills can be added to your toolbox when supporting a range of clientele throughout your career.

#### SUMMARY OF CONTENT:

- Recognise reactions to loss and grief
- Identifying and responding to client needs
- Domestic and family violence and supporting your clients
- Determine and support clients with relationship needs
- Support relationship building
- Referrals

## SUBJECT 8

### Counselling Practice

Counselling Practice 1

Counselling Practice 2

Counselling Practice 3

Counselling Practice 4

Counselling Practice 5

Counselling Practice is an opportunity to attend on-campus and integrate and deepen your learning, as well as to demonstrate the skills and knowledge required to work effectively as a Counsellor. Counselling Practice is undertaken over 5 two-day blocks at your choice of on-campus locations for Counselling. Classes for Subject 8 are compulsory on-campus attendance.

#### SUMMARY OF CONTENT:

- Integrate and practice all of your learned skills
- Demonstrate your counselling skills
- Practice your counselling skills in a simulated environment with the assistance and support of a trainer





# CHC51015

## Diploma of Counselling

Course Guide V23.01

Sydney

Melbourne

Brisbane

Perth

Adelaide

Newcastle

Darwin

Launceston

Townsville

