



2016 COURSE GUIDE

Graduate Diploma
commencing
in 2016

Education Excellence in Christian Counselling

5 reasons more people are choosing aifc

1

Our courses are Bible based and integrate Theology, Psychology and Spirituality.

'We train and equip Christian counsellors, rather than Christians who do counselling.' A Christian counsellor listens to the still, small voice of God above all else.' Nicholas Marks, CEO

2

Our lecturers and tutors are all experts in their field.

High quality teaching, combined with one-on-one access to lecturers makes all the difference.

3

Flexibility

Full time students spend just 13 days a year on campus. Study fits into your lifestyle, not the other way round. And now we offer Online learning so you can study anytime, anywhere.

4

All our courses are nationally accredited.

We are one of only a handful of institutions to be accredited by both ACA and PACFA and VET FEE-HELP is available.

5

Career pathways

Yes, you'll experience incredible personal growth but more than that, you'll be equipped and qualified for a career as a Counsellor, Chaplain, Youth Worker or in Pastoral Care.

McCrindle Research 2015

7 / 92 Hoskins Street
MITCHELL ACT 2911 AUSTRALIA
Tel: 02 6242 5111 or 1300 721 397
Fax: 02 6242 5333
Email: aifc.info@aifc.com.au

ABN: 56 098 511 418
ACN: 098 511 418
RTO Provider Code 88037
CRICOS Provider Code 02400A





Operating
for over 20
years

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Our Difference

Our Story

Founded in 1992 by Dr Bruce & Nellie Litchfield, aifc's courses were created out of a growing need for counselling training with a Christian perspective. Bruce and Nellie had a God-given passion for the health and restoration of families around the world, so they developed the first course based on their many years of professional marriage and family therapy practice (including addiction and sexual therapy), combined with a deep understanding of Biblical Truth. Fast forward nearly 25 years and aifc is a leader in Christian Counselling training and now designed for people wanting to practice as counsellors with the requisite theological, psychological and spiritual training.

Our Focus

aifc courses offer a comprehensive and balanced approach to counselling training that effectively incorporates theology, psychology and spirituality. Based on a firm biblical foundation, you'll learn the highest standards of ethics, professionalism and accountability in counselling. Equipping you to become a qualified Christian Counsellor, Chaplain, Youth Worker, drug and alcohol Counsellor, or to work in Pastoral Care.

Our Credentials

When you finish the Advanced Diploma, you'll benefit from receiving a third qualification - the Industry Diploma in Counselling CHC51712. We're the only training provider offering this at no additional cost.

Our Curriculum


A number of internationally renowned Ministry leaders and Psychology and Counselling experts have contributed to our curriculum, including Dr Larry Crabb, Philip Yancey, Oswald Chambers, John Maxwell and Paul Tournier.

Our People

From your first phone call, to your Graduation, everyone you meet at aifc has been handpicked to guide you every step of the way. All our lecturers are leaders in their field and they're even more passionate about your success than you are! All our tutors and lecturers have attained Graduate and/or Post Graduate level counselling experience.

Our Cost

Yes, we are leaders in Christian Counselling training but with a vision to heal and restore individuals and families, we have decided to make our courses accessible to everyone. That means we're one of the most affordable training organisations in the country. And with VET-FEE Help and Austudy/Abstudy available to eligible students, it's even more affordable than ever to become a qualified Counsellor with aifc. With units costing as little as \$450.00 each our training is cost effective and affordable.



"My favourite things about studying with aifc are meeting a lot of new people, having that Christian foundation in the studies and learning from a Christian perspective."

Callum, aifc Student

Our Flexibility

It's hard to believe but full-time students spend just 13 days a year on campus - That is, you attend 4x3 day intensives and one final day at the end of the year, in between it's mainly correspondence work. Attending our course is more like a part time load in any normal educational institution. The rest of the time you're free to study from wherever you are, with easy access to your Tutor who will guide you every step of the way. And now we offer Online Learning that makes it possible to become a qualified Counsellor, without setting foot inside a lecture theatre.

I have a passion for the family unit that's been broken down – I want to become a qualified counsellor to restore families. It's been wonderful to learn how to relate to my own husband differently and relate to my children, my mother and my brother.

And the staff at aifc are so supportive... they really want you to succeed.

Jo, Full time mum, aifc student



Our Support Network

As a student, you'll be personally supported, coached and mentored throughout your training by a dedicated Tutor. Our Tutors are practicing Christian counsellors who have done our training and understand that study can be daunting. They know how to support students and recent research has applauded aifc for higher than industry standard support and encouragement. In addition, aifc Centre Directors and National Office staff are also available for support and advice. Also, you will meet with a learning partner and participate twice per term in a study group. In addition, you're encouraged to discuss issues during seminars with your tutors and other aifc staff.

Advanced Diploma & Post Graduate students can also discuss problems with their supervisor during counselling supervision. You're encouraged to openly share with your Tutor any problems you may be having with your assignments, issues that may be arising from the teaching and finances, or personal problems relating to the course.

Students with Disabilities

Many students with disabilities have successfully completed our courses. All students have strengths and weaknesses, some of which may affect their studies. Students who have special disabilities may seek special consideration. Staff are encouraged to help all students to develop their gifts and abilities to the fullest possible extent.

If you have a disability that may affect your studies, indicate this on the Application for Enrolment form when aifc will consider your needs if these are made known in the appropriate manner and time. Personal information about your disability will be kept confidential, as far as possible.



"Studying with aifc was not only an amazing educational experience, it was also an opportunity for deep personal growth.

Through this course, God revealed my personal strengths, brought restoration and healing, and has given me insight into the person He created me to be. My desire is to see hurting people healed and aifc has equipped me with the training, tools and skills to help serve God for the healing and enrichment of the family unit."

Lisa, aifc Graduate & Tutor (left)

"aifc has equipped me to help youth and young adults in situations that are difficult. I've also experienced personal growth and transformation during my study."

Chrissy, aifc Student, Youth Leader (right)

aifc Courses

1) Diploma of Counselling (Christian)

10486NAT / ANZSCO 272199 Counsellor NEC

The Diploma of Counselling (Christian) is a fundamental year for effective Counselling training. You'll be exposed to the very latest theological, psychological and spiritual approaches to counselling and you'll be nurtured in your discipleship journey. Year 1 prepares you to be informally "called to assist others." You'll learn to fulfil the primary command of Jesus; loving God and loving others. Year 1 graduates are equipped to be a well trained friend and helpful listening ear. You won't just grow in your knowledge of counselling others, often students go through transformational change themselves and in their relationship with Jesus. You'll learn that relationship reconciliation through forgiveness and understanding is essential in your personal life so you will understand how to provide this for others. These foundational characteristics enable graduates to be of enormous assistance in church communities, as evangelistic helpers, workplace confidants and to provide family relationship assistance. Year 1 is essential in equipping students in the helping ministry and is a pre-requisite for the Advanced Diploma.

2) Advanced Diploma of Counselling and Family Therapy (Christian) 10487NAT

ANZSCO 272113 Family & Marriage Counsellor

including Diploma of Counselling CHC51712

The Advanced Diploma deepens and widens the work already completed in Year 1 and leads into over 20 hours of direct one-on-one counselling, where essential skills in listening, empathy and building trusting relationships are taught and assessed. In Year 2 we develop a specific model of counselling, including systems theory, how to work with families and you'll explore several electives that are essential for a well rounded and comprehensive counselling qualification. The worlds of psychology, child development, family systems, stress management, grief and addictions are explored and assessed in practical and easy to understand ways, whilst being incorporated into the aifc Family Therapy Model. In year 2 students begin their outward focussed journey in counselling via one-on-one sessions with clients and have the possibility of exploring a number of elective units to suit their personal circumstances and calling. Depending on your Association membership at the successful completion

of the Advanced Diploma, students can begin attracting clients and be paid for their work according to Association guidelines.

Upon completion of your Advanced Diploma, you'll automatically receive the CHC51712 Diploma of Counselling at no extra cost. No other Counselling training provider offers this.

We recommend that students complete the Advanced Diploma, as very important topics relevant to counselling are covered and it is the minimum requirement for recognition as a counsellor by aifc.

3) Graduate Diploma in Counselling and Integrated Psychotherapy (Spiritual) 10134NAT

ANZSCO Code - 272314 Psychotherapist

aifc are excited to be offering our students a truly unique course commencing in 2016.

By design the Graduate Diploma in Counselling and Psychotherapy (Spiritual) has been built as the first stage in post graduate studies in Counselling with aifc.

The Graduate Diploma will support graduants to exercise influence and leadership in counselling therapy, becoming experts in their chosen specialty and / or Church Leaders.

The Graduate Diploma is structured to have 4 specific goals for students including:

1. Fulfil industry standards in providing the third year of a PACFA accredited three year training program which is recognised nationally as best practice in preparing professional counsellors.
2. Enhance the knowledge and skills of people already qualified in mental health or theology as a stand-alone professional development program.
3. Enhance the leadership ability of students, the counselling profession and broader community.

Graduate Diploma students can enter the course having completed the aifc Advanced Diploma or Graduate Certificate courses or having completed undergraduate studies in Theology or Mental Health external to aifc.

The Graduate Diploma will teach students advanced cognitive, technical and communication skills and to select and apply well known empirically tested therapies. Areas of focus such as self care, supervision, and specialty electives will work to ensure students are equipped for their area of ministry and vocation and to build and maintain a healthy counselling practice.

Diploma of Counselling (Christian)

10486NAT / ANZSCO 272199 Counsellor NEC / One year (Full time) Two years (Part time)

THE DIPLOMA OF COUNSELLING covers topics such as Christian Discipleship, legal and ethical issues, Biblical interpretation, practical counselling skills, Christian restoration and reconciliation, working with cultural diversity, Cognitive

Behavioural Therapy, common psychopathologies such as depression, anxiety and anger, confession and forgiveness, spiritual warfare, referral skills and the supernatural power of God.

CORE UNIT NAME	TOPIC
COCCDF501A Apply Christian discipleship foundations	Practical Theology—Fruitful Living & Discipleship
COCALS595A Apply active listening skills from a Christian perspective	Active Listening
COCTPS502A Integrate theories of theology, psychology and spirituality relevant to counselling	Introduction to Biblical Studies, Psychology & Spirituality
HLTWHS300A Contribute to WHS processes	WHS in the counselling context
COCRED530C Apply Redemptive Truth in Counselling	Restoration and Reconciliation
CHCCSL502A Apply specialist interpersonal and counselling interview skills	Basic Christian Counselling Concepts & Skills
COCTMP505A Evaluate Theories and Models of Psychotherapy	Models of Psychotherapy
CHCCSL508B Apply legal and ethical responsibilities in counselling practice	Excellence and ethics in counselling
CHCCS514B Recognise and respond to individuals at risk	Working with high risk clients including suicidal ideation and mood disorders
CHCCSL501A Work within a structured counselling framework	Christian counselling concepts and a theoretical Christian counselling model
CHCCSL507B Support Clients in decision-making processes	Facilitating change and counselling tools
CHCCSL503B Facilitate the counselling relationship	Clinical application of a Christian counselling model
CHCCSL512A Determine suitability of client for counselling services	Psychopathologies and healthy referrals
HLTHIR403C Work effectively with culturally diverse clients	Counsel clients from other cultures
COCCBT520A Evaluate and Apply Cognitive Behaviour Therapy	Cognitive Behaviour Therapy
COCGCM512A Apply the aifc General Counselling Model	Proficiency in the aifc General Counselling Model

Advanced Diploma of Counselling and Family Therapy (Christian)

10487NAT / ANZSCO 272113 Family & Marriage Counsellor / One year (Full time) Two years (Part time)

THE ADVANCED DIPLOMA OF COUNSELLING covers topics such as family therapy, stress management, application of theology, psychology

and spirituality, marriage and sex therapy, therapy with children and youth, therapy for grief, loss, abuse and trauma.

CORE UNIT NAME	TOPIC
CFTRFP610A Evaluate & apply models of relationships, family and parenting	Biblical principles of Family, Marriage and Parenting
CFTMFT625A Apply a specific model of family Therapy	The AIFC Family Therapy Model
CFTATC604A Apply theology in counselling and therapy	Applied Biblical Studies
CHCCSL504A Apply personality and development theories	Personality Theories
CFTSMT645A Apply stress management in therapy	Stress Management
CFTCFT691A Conduct family therapy with an individual	Address relationship issues with a single client
CHCFCS803B Provide grief and loss counselling	Grief Therapy
CHCCM503C Develop, facilitate and monitor all aspects of case Management	Practical client management and administration
CHCCSL505A Apply learning theories in counselling	Learning Theories
CHCCSL506A Apply counselling therapies to address a range of client issues	Therapy for more complex clients including comorbidity
CFTADD655A Provide therapy for clients with addiction issues	Addiction Therapy
CFTCFT692A Conduct family therapy with families	Address relationship issues with multiple clients

ELECTIVE UNIT NAME	TOPIC
CHCFCS804B Provide counselling to children and young people*	Problems of children and youth
CHCFCS802B Provide relationship counselling*	Marriage (Couples) Therapy
CFTMDS650A Evaluate and provide therapy for mental disorders	Psychopathology
CFTABS665A Provide therapy for issues relating to abuse	Abuse and Trauma
CFTSEX601A Provide therapy for clients presenting with sexual problems	Introduction to Sexual Therapy

Graduate Diploma in Counselling and Integrated Psychotherapy (Spiritual)

10134NAT / ANZSCO Code - 272314 Psychotherapist / One year (Full time) Up to three years (Part time)

This course of study is available to all students who graduate from aifc with the Advanced Diploma.

The Graduate Diploma will teach students advanced cognitive, technical and communication skills and to select and apply well known empirically

tested therapies. Areas of focus such as self care, supervision, and specialty electives will work to ensure students are equipped for their area of ministry and vocation and to build and maintain a healthy counselling practice.'

CORE UNIT NAME	TOPIC
MTMBUS702A Provide Strategic Leadership	Become a uniquely influential leader as counsellor, church leader or specialty therapist
IPSCTM801A Evaluate and apply a variety of counselling or psychotherapy modalities in counselling practice	Exposure to a variety of counselling modalities and applying them in therapy.
IPSNMC802A Evaluate, synthesise and apply a new model of counselling or psychotherapy	Understanding a large variety of models, analysing a particular model and applying this in therapy
BSBRES401 Analyse and present research information	Research Part A: presenting a literature review on a counselling topic of interest.
IPSSCP803A Manage own self-care in professional practice	Analyse & rectify professional well-being & care for self as part of an ongoing review for sustaining health
IPSETH804A Work with complex contemporary and ethical issues in integrated psychotherapy	Explore and counsel clients dealing with complex contemporary issues in integrated psychotherapy
BSBRES801L Initiate and lead applied research.	Research Part B: Applying detailed knowledge of analysis and research in your literature review area
IPSSUP805A Provide professional supervision to supervisees	Applying skills, tools and knowledge to become an accredited professional supervisor

GENERAL ELECTIVES	TOPIC
CHCFCS804B Provide counselling to children and young people	Problems with children and youth
CHCFCS802B Provide relationship counselling	Marriage (Couples) Therapy
CHCGROUP807B Implement group interventions	Applying leadership in a range of group interventions in a counselling environment
CHCCCS027 Visit client residence	Applying outcomes required to work successfully with pastoral care visits and in leading pastoral care teams.
CFTMDS650A Evaluate and provide therapy for mental disorders	Psychopathology

CFTABS665A Provide therapy for issues relating to abuse	Abuse and trauma
CFTSEX675A Providing therapy for clients presenting with sexual problems	Understanding various modalities and applying sexual therapy
IPSTRA806A Provide counselling support in response to trauma reactions and critical incidents	Applying skills and knowledge required to deliver pre-incident training, respond to critical incidents and support individuals with trauma

MENTAL HEALTH ELECTIVES	TOPIC
IPSPTS807A Determine client need and provide complex case management services	Determine client needs and develop and implement an action plan for complex case management.
IPSPSY808A Evaluate and apply common psychotherapeutic approaches integrating psychology and spirituality	Integrate and apply psychology, theology and spirituality in counselling practice.

THEOLOGY ELECTIVES	TOPIC
IPSCSP809A Apply Christian Counselling to common spiritual issues	Applying a Christian counselling approach for holistic client therapy.
IPSIST810A Synthesise a relevant biblical theology perspective and integrate into the counselling process	Biblical foundations in the counselling process.



“Studying with aifc gave me the pastoral counselling confidence and specialist skills that I needed to competently and compassionately engage with the members of my congregation and the community chaplaincy work that I was involved in. The biblically based framework that undergirds the courses allows students to integrate theology, psychology and practical spirituality in such way that I was able to offer pastoral counsel within in a broad spectrum of contexts, from church members to students, staff and parents at government schools.”

Steve, aifc student, Church Planter,
Community Chaplain.

Church Partnership

Introduction to Christian Counselling for Churches

**Equip your church –
transform your community**

Learn counselling in a Christian context:

- The art of active listening
 - Interview skills
- Recognising /responding to individuals at risk in your church community

As Christian leaders, we can feel inadequate helping people during difficult times because of limited knowledge and training in pastoral care and counselling. **To help you, we provide specialised training to equip you in:**

- The art of active listening
- Interview skills



- Recognising/responding to individuals at risk
 - Understanding anxiety & depression and its effects

Our Church Partnership courses are delivered at your church and can be tailored to suit your ministry focus and the needs of your congregation.

Who should attend? Anyone who desires to be equipped to help others through Christian Counselling and pastoral care, particularly Church leaders. Class sizes are limited to ensure effectiveness. Register Your Church Call 1300 721 397 or email nicholas.marks@aifc.com.au to find out about running a course for your church.

Distance Education Program / Online Learning

Now you can study with aifc from anywhere!

Our Distance Education / Online Learning Program is ideal for students who can't get to their nearest centre, due to distance, or work/family commitments.

You will still be eligible for Austudy/Abstudy. When applying for Austudy/Abstudy you should emphasise that you are doing an accredited full-time course and registered through the National Office in Canberra.

You'll be assigned a Tutor, who'll guide you every step of the way. You can live stream seminars, or download the videos to watch at a time that suits you. You can attend seminars if you like, but thanks

to Skype and our Online Learning Management System, there's no obligation to attend in person. The official commencement date our Distance Education/Online Learning Program is in early February and mid year, in July.

You will require:

- Access to a computer and a secure, reliable internet connection
- Basic computer and word processing skills
- Good written and spoken English

Our Distance Education/Online Learning Program is available in English & Korean.

International Student Program (ISP)

CRICOS 02400A

The International Student Program (ISP) is available to eligible international students who wish to study on campus in Sydney, Australia. It is a full time program which is made up of two courses:

1) Diploma of Counselling (Christian)

10486NAT CRICOS Code 085356B

2) Advanced Diploma of Counselling and Family Therapy (Christian)

10487NAT CRICOS Code 085357A

After completing the Advanced Diploma Students will receive a third national qualification at no extra cost: Diploma of Counselling

CHC51712 CRICOS Code 085358M

Weekly Studies involve 20 hours a week which is made up of 15 hours of on- campus training and 5 hours online. The ISP offers a rich, multicultural learning experience for students from all over the world. It is fully accredited with the Australian government and with other accreditation agencies.

In addition to best-practice Vocational Education training in counselling, a deliberate purpose of the ISP program is to restore, equip and mobilise students for the great commission: discipling nations. Students from a wide range of Christian and cultural backgrounds enrol in the ISP program to develop personal and professional skills that help make them healthier, more effective ministers of reconciliation in a needy world (2 Cor 5:18).

The program involves:

Teaching delivery, tutorials, demonstration, skills practice and assessment work – held on campus in Sydney Australia for 15 hours each week

Discussion forums, where students wrestle with the learning material and explore it with each other and with their tutors – a 5 hours online component each week.

Learning Partner – during the first and second year (Diploma and Advanced Diploma level), students work with a learning partner for group work and to provide peer support

Assessment Tasks – including journaling, written assessments, counselling skills assessments

Counselling practice – throughout the program, students have the opportunity to apply the counselling skills they have been learning.

For more information or to enrol online for the ISP program, go to our website www.aifc.com.au .

To apply for (and obtain) a Vocational Education and Training Sector Visa (Subclass 572). Refer to our International Student Pack for further information .

The ISP will be available in English from mid 2016 and will also cater for Korean speaking students.

Both programs have two annual intakes: one in February and one in July each year.

Our Graduates are very employable

Our Graduates are amongst the most employable in the industry, with accreditation from the two major Associations, the Australian Counselling Association (ACA) and the Psychotherapy and Counselling Federation of Australia (PACFA) and a

strong emphasis on Christian theology and the best therapies available in Psychological research.

Our Graduates are equipped for work in a Christian and secular context.

Career Options

Want to know where aifc's nationally accredited Christian Counselling courses can take you?

Here are some of the vocational options you may consider:

Pastoral Care

Youth Work

Chaplaincy (in schools, prisons, Defence Force etc)

Private practice

Family support services

Women's health centres

Not-for-profit ministries/organisations

Government agencies

Sexual or Community health services

Refugee support services

Indigenous community service organisations



I had not engaged in formal study for more than 22 years, since leaving year 10, where I went straight into the workforce and then established a family of four wonderful boys with my husband.

Through the challenges of this course I saw myself grow not only in Christian discipleship, but also in confidence and ability.

Not only has aifc well equipped me with the qualifications and knowledge for a fulfilling career, with a network of support.

I am immensely thankful to aifc and its staff for their contribution to the person I have become and continue to develop into.

Elizabeth Preston, aifc Graduate
Professional Counsellor, Hills Family Support
Centre and in Private Practice

Programs Overview

10486NAT Diploma of Counselling (Christian)

Nurturing the discipleship journey of the student and prepares them to be called to assist others

Australian Qualifications Framework Level

Diploma (Level 5)

Objective

Pastoral Carer

10487NAT Advanced Diploma of Counselling and Family Therapy (Christian) including CHC51712 Diploma of Counselling

Being equipped with the best psychological and theological approaches leading to 20 hours of 1 on 1 client counselling

Australian Qualifications Framework Level

Advanced Diploma (Level 6)

Objective

Counselling Practitioner

10134NAT Graduate Diploma in Counselling and Integrated Psychotherapy (Spiritual)

Learning advanced cognitive, technical and communication skills and apply all known psychotherapies

Australian Qualifications Framework Level

Graduate Diploma (Level 8)

Objective

Psychotherapist

96%

of aifc students said aifc has greatly increased their knowledge and understanding of the counselling profession.

85%

of aifc students said their communication skills have improved while studying.

88%

said their study with aifc has increased their faith.

80%

of students rated the aifc teachers as very good / outstanding

80%

students rated the quality of the aifc courses as very good / outstanding

aifc has a Net Promoter Score (NPS) of over

50

points from its students

(A score over 0 is considered a positive score)

mccrindle
FORECASTS • STRATEGY • RESEARCH



'I entered the Diploma of Counselling (Christian) with the intention of equipping myself to do God's work, strongly urged by a calling to help those with emotional wounds. Yet, very soon into the course I realised that I was on a personal spiritual journey of growth. Currently enrolled in the Advanced Diploma, I'm continuing this journey and really enjoying applying the sound and practical framework of the aifc model.'

Charmaine, aifc student



Education Excellence in Christian Counselling

Contact Details and Course Locations

National Office

7/92 Hoskins Street
MITCHELL ACT 2911
AUSTRALIA

Mail to:

P.O. Box 396
MITCHELL ACT 2911 AUSTRALIA
Tel: 02 6242 5111 or 1300 721 397
Fax: 02 6242 5333
Email: aifc.info@aifc.com.au

aifc Training Centres

Adelaide
Brisbane
Canberra
Melbourne
Perth
Sydney

Sydney Korean

Distance Education Program
Korean Distance Education Program
International Student Program

Sydney Korean

Korean Distance Education Program

International Student Program

PO Box 2345
North Parramatta NSW 1750
Mob: 0416 069 812
Tel: 02 9867 2828 or 070 9747 9247
Email: Esther.Kim@aifc.com.au

www.aifc.com.au

