



Australian Institute of Family Counselling

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10487NAT

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

Handbook Supplement

aifc Advanced Diploma Handbook supplement

Version 1.0

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COURSE OUTCOMES

The primary outcome of the Advanced Diploma of Counselling and Family Therapy (Christian) is that the student can evaluate and apply a specific model of family therapy in a clinical setting while providing therapy for a range of psychopathologic disorders under professional supervision.

At the Advanced Diploma (AQF6) level:

- competency involves the self-directed development of knowledge with substantial depth across a
- number of areas and/or mastery of a specialised area with a range of skills
- application is to major functions in either varied or highly specific contexts
- competencies are normally used independently and are substantially non-routine
- significant judgement is required in planning, design, technical or supervisory functions related to
- products, services, operations or processes
- competencies are likely to be applied under limited guidance in line with a broad plan, budget or
- strategy
- responsibility and defined accountability for the management and output of the work of others and for
- a defined function or functions may be involved.

Graduates from the Advanced Diploma will:

- have further increased personal development as a result of in-depth personal application
- demonstrate a deeper level of professional development
- demonstrate a self-directed development of knowledge through the evaluation of principles of family, marriage and parenting
- demonstrate a comprehensive understanding and evaluation of theories and models of family therapy
- analyse, evaluate and apply a specific model of family therapy in a clinical setting under supervision
- analyse, evaluate and apply family therapy ethics and professionalism in clinical practice
- demonstrate an in-depth understanding, evaluation and application of a broad knowledge base of counselling and family therapy incorporating theoretical concepts, with mastery of specialised areas
- demonstrate the ability to diagnose problems, evaluate, make appropriate assessments and therapy plans
- different counselling and family therapy interventions and apply them
- demonstrate accountability by counselling and family therapy under supervision and by being a member of a recognised counselling association and submitting to its standards

aifc's aim is to equip Christian counsellors who ethically and effectively integrate their faith and practice in order to fulfil our mission statement: Transformed lives, flourishing relationships and changed communities through Christian counselling and equipping people for life.

Advanced Diploma Graduates are not merely Christians doing counselling; rather they are conducting Christian Counselling.

ENTRY REQUIREMENTS

Candidates to the Advanced Diploma must meet admission requirements outlined in the Standards for VET Accredited Courses course application requirements, specifically they must have successfully completed the Diploma of Counselling (Christian) 10486NAT, and 2014 *PACFA Training Standards*. These state that students entering an accredited course of study need to demonstrate self-awareness, a relational capacity, ethical behavior and an ability to reflect on and learn from experience and feedback.

COURSE OUTLINE

The course structure of Advanced Diploma of Counselling and Family Therapy (Christian) is below. It is required that students complete 12 core and 4 elective units for a total of 16 units. Units are offered in 4 terms per year, each of approximately 9 or 10 weeks duration.

Your progress through the course

THE AIFC COURSES ARE DESIGNED TO TAKE YOU ON A VERY INTENTIONAL JOURNEY, COMPRISING OF 6 MONTH BLOCKS THAT WE CALL 'SEASONS'.

Seasons 1 and 2 are completed in the Diploma of Counselling (Christian). In the Advanced Diploma students, complete seasons 3 and 4.

3) Plunder (months 13-18)

We dig deep into the world of psychology including learning and personality development theories. We introduce you to stress management and a model of working with families. You start counselling a Diploma student under close supervision and learn the basics of case management. Our guiding text is Ex 12:35-36.

4) Sent (months 19-24)

Jesus had a season where He sent his disciples, so we have a transition season to prepare you for vocational work as a counsellor. You engage with external clients under external supervision. In this season, you start to explore specialised topics of interest as well as covering foundational work with addiction, grief, loss and with families. Our guiding text is John 20:21-23.

UNIT DESCRIPTIONS

Unit Code and Name	Unit Description
Core Units	
CFTRFP610A Evaluate and apply models of relationships, family and parenting to therapy	A comprehensive approach looking at Biblical principles of family, marriage and parenting and applying and evaluating various family therapy models, and in particular Bowen's family systems theory.
CFTMFT625A Apply a specific model of family therapy	A specific model of counselling based on the aifc definition of Christian counselling. It also provides ethical and therapeutic uses of Christian counselling methods and opportunities for practical application of the model with an individual.
CFTSMT645A Apply stress management in therapy	A full understanding of the theories of stress, ability to relate to clients with this understanding and apply therapy.
CHCCSL504A Apply personality and development theories Co assessed with: CHCCSL004 Research and apply personality and development theories	Understand and apply a range of personality theories and human development to analyse and understand human behaviour.
CFTATC604A Apply theology in counselling and therapy	The skills and knowledge required to evaluate Old and New Testament theology to contemporary living and apply it to clients.
CFTCFT691A Conduct family therapy with an individual	Therapy is provided using the aifc Family Therapy Model (under supervision) to address relationship issues with an individual client.
CHCCM503C Develop, facilitate and monitor all aspects of case management Co Assessed with: CHCCSM005 Develop, facilitate and review all aspects of case management	Conducting practical client management beginning with client meetings, case management plan through to case termination.
CHCCSL505A Apply learning theories in counselling Co Assessed with: CHCCSL005	Applying behaviourism in counselling practice and learning to be able to analyse environmental modelling influences (reinforcement being one of the influences) and their outcomes, and then applying a plan for change.

Apply learning theories in counselling

CFTCFT692A
Conduct family therapy with families

Building on the skills and knowledge developed in CFTMFT625A and CFTCFT691A, the aifc Family Therapy Model is conducted with clients in the areas of family of origin, communication and conflict resolution.

CHCFCS803B
Provide grief and loss counselling

Providing understanding in Grief and Loss Therapy and the skills to build rapport and provide empathy so that clients may be helped to know what they are going through and coming to an acceptance of their circumstances.

CFTADD655A
Provide therapy for clients with addiction issues

A comprehensive coverage of Addiction Therapy from understanding the addictive behaviour and causes of it to recovery through the aifc General Model of Counselling which incorporates the steps of addiction recovery.

CHCCSL506A
Apply counselling therapies to address a range of client issues
Co Assessed with:
CHCCSL006
Select and use counselling therapies

Use techniques from a range of counselling therapies and confirm the stability of Counselling techniques in a range of situations.

Electives

CHCFCS802B
Provide relationship counselling

Learning to assess issues of domestic violence and safety risks with concerted effort being placed on the importance of the counselling relationship and the way the therapeutic relationship is conducted through identification of problems, questioning techniques and planning of sessions.

CHCFCS804B
Provide therapy to children and young people

Outlining the skills and knowledge needed to work with problems of children and youth.

CFTMDS650A
Evaluate and apply therapy for mental disorders

Undertake therapy or referrals for some common mental disorders along with researching and evaluating the DSM-5 and apply it to therapy.

CFTABS665A
Provide therapy for issues relating to abuse

Outlining the skills and knowledge needed to provide therapy to children and adults who have been victims of child abuse or any other form of abuse.

CFTSEX675A
Provide therapy for clients presenting with sexual problems

Sexuality and spirituality; normal and abnormal sexuality; sexually transmitted infections; homosexuality; prevention of sexual misconduct by therapists; sexual dysfunctions and sexual therapy; ethical issues.

Term	Part Time Year	Unit Code	Unit Title	Nominal Hours	Counselling Hours
		Core Units			
1	A	CFTRFP610A	Evaluate and apply models of relationships, family and parenting to therapy	90	
1	A	CFTMFT625A	Use a specific model of family therapy	60	3
1	B	CFTSMT645A	Apply stress management in therapy	30	
1	B	CHCCSL504A CHCCSL004	Apply personality and development theories Research and apply personality and development theories	50	
2	A	CFTATC604A	Apply theology in counselling	60	
2	A	CFTCFT691A	Conduct family therapy with an individual	60	4
2	B	CHCCM503C CHCCSM005	Develop, facilitate and monitor all aspects of case management Develop, facilitate and review all aspects of case management	75	
2	B	CHCCSL505A CHCCSL005	Apply learning theories in counselling Apply learning theories in counselling	50	
3	A	CFTCFT692A	Conduct family therapy with families	60	6
3	A	Elective			
3	B	CHCFCS803B	Provide grief and loss counselling	40	10
3	B	Elective			
4	A	CFTADD655A	Provide therapy for clients with addiction issues	90	
4	A	Elective			
4	B	Elective			
4	B	CHCCSL506A CHCCSL006	Apply counselling therapies to address a range of client issues Select and use counselling therapies	60	

		Elective Units (select four)			
3	A	CHCFCS802B	Provide relationship counselling	60	4
3	B	CFTMDS650A	Evaluate and apply therapy for mental disorders	60	
4	A	CHCFCS804B	Provide therapy to children and young people	60	10
4	B	CFTABS665A	Provide therapy for issues relating to abuse	60	
4	A	CFTSEX675A	Provide therapy for clients presenting with sexual problems	60	

PRACTICAL HOURS

To complete the Advanced Diploma, a certain number of counselling hours must be completed. These hours relate to specific units. Some elective units also require counselling hours, thus students may be required to complete more than the minimum, depending on the electives that are undertaken.

For aifc purposes, counselling is defined as an intentional, professional relationship between two people, one of whom is the helper and the other is seeking help, which includes an expectation of confidentiality and therapeutic benefit.

All counselling hours in the Advanced Diploma must be conducted face to face with the counsellor and client present in the same room. Under special circumstances the Regional Director may grant some sessions to be conducted face to screen, however this should be avoided where possible.

aifc does not provide student placements or internships for these hours. However, we do have relationships with some organisations and counselling clinics that are often willing to take aifc students as counsellors during their training. Local staff members may provide the details of these organisations.

To fulfil ethical requirements all counselling hours must be accompanied by professional supervision. For every **4 hours** of client counselling, students must complete **1 hour** of Professional Supervision. In addition, current working with children check, professional counselling indemnity insurance and membership of a counselling association are required **before** counselling may commence in semester one. WWCC, supervision, insurance and association membership will be obtained at the student's own cost.

Working With Children Check

Students must hold a valid current Working with Children Check for the entire course. Evidence of the WWCC must be uploaded to Moodle.

Professional counselling indemnity insurance

Students are required to have your own professional indemnity and public liability insurance **before** any therapy is undertaken. There are no restrictions to the insurance broker that you use and some companies are listed below.

Fenton Green & Co	www.fentongreen.com.au
Focus Insurance	www.focusinsurance.com.au
ANON	http://www.aon.com.au

Note that some insurance policies are limited to your level of counselling association membership and this should be investigated before purchasing any policy.

Membership of a counselling association

All students are required to register with one of the counselling governing bodies, either the Australian Counselling Association (ACA) or a member organisation of the Psychotherapy and Counselling Federation of Australia (PACFA) such as the Christian Counsellor's Association of Australia (CCAA) at the start of the Advanced Diploma **before** you conduct any counselling. There are no restrictions on the Counselling Association that students can join.

Christian Counsellor's Association of Australia (CCAA) <http://www.ccaa.net.au>

Australian Counselling Association (ACA) <http://www.theaca.net.au>

Upon successful completion of the Diploma of Counselling (Christian) you are eligible to apply for Level 1 Membership with the Australian Counselling Association (ACA) and any external counselling hours that you complete in the second semester will go towards your PACFA recognition.

Alternatively, you may choose to join as a student, however your external hours of counselling may not be included towards your PACFA recognition.

Students are encouraged to attend Professional Developments throughout the course. The CCAA offers Christian based training in each state and information can be found on their website.

Supervision

1. Internal and External Supervision

In Semester one, Advanced Diploma Tutor will supervise students for units CFTMFT625A and CFTCFT691A, provided they have received training in clinical supervision.

In the second semester of the Advanced Diploma course, it is strongly preferred that clinical supervision be provided by a non-aifc trained supervisor. However, students can receive individual clinical supervision from any accredited aifc staff member provided that staff member is NOT their Tutor or Coach AND has the Regional Director's approval.

2. Group Supervision

Group supervision sessions run on behalf of aifc in the second semester and will be charged to students at the rate of \$50 per student for 1.5 hours. Staff running group supervision must be accredited supervisors.

3. Supervisor qualifications

In Second Semester of the Advanced Diploma, all individual supervisors must meet the following qualifications:

- Having completed at least three years' clinical practice with a minimum of 300 client hours AND
- Level 2 or above with ACA for two years OR graduate member of CCAA or PACFA for two years OR equivalent AND
- Completed an ACA OR PACFA approved supervision course OR equivalent AND
- Member of ACA supervision college OR CCAA or PACFA approved supervision register OR equivalent and having regular supervision of their supervision and PD on supervision every year

Students will need to ensure that they have found a suitable Supervisor by the end of semester one and completed the Supervisor Contact which is located on Moodle.

4. Ratio of client hours to supervision hours

Students must maintain a supervision hours to client hours ratio of 1:4 per term. Advance Diploma students must not undertake more than 6 client hours between supervision sessions.

5. Mandated clinical supervision hours over the duration of each course

In the second semester of the Advanced Diploma, regardless of full time or part time, students must have monthly supervisory sessions, or a minimum of 5 individual clinical

supervision with the same supervisor. This starts in July and ends in November. Other supervisory hours necessary to maintain a 1:4 ratio can be completed through additional individual or group sessions.

6. Supervision hours in units requiring counselling hours

For every 10 counselling hours, there will also be required 2.5 clinical supervision hours. These can be made up of a combination of individual and group supervision according to these guidelines:

- A maximum of 1.5 hours can be group supervision
- A maximum of 1 hour can be telephone consultation for supervision
- Skype as a medium for supervision is considered the same as person to person

A LOG OF COUNSELLING HOURS

In order to facilitate students to track their counselling and supervision hours, students will keep an aifc log available to download off moodle. It is also recommended that students use their member associations log to record their hours and professional development every year.

STUDENT SUPPORT

There is a Tutor assigned to each student. Additionally, the Undergraduate Coordinator and Regional Director is there to assist with navigating enrolment in units, recognition of prior learning (RPL), and numerous practical matters that arise as well as provide personal encouragement and pastoral support.

For enquiries related to VET Student Loans and other administrative details concerning accounts, certificates and record keeping, contact the student support services in national office at studentservices@aifc.com.au.

ASSESSMENTS

It is important that all courses offered under the Australian Qualification Framework have specific stages to assess Skills, Knowledge and Application of Skills and Knowledge. The Advanced Diploma will assess knowledge through a combination of approaches such as:

- Short answer questions
- Multiple choice questions
- Journals
- Written papers

Skills and application of skills and knowledge will be assessed by practical work with clients, providing evidence such as:

- Therapy reports
- Video recordings
- Role Plays and demonstrations
- Supervision assessments
- Client feedback

The information regarding the number and kind of assessments for each subject unit will be presented in a Learning and Assessment Guide (LAG). The LAG contains information on the performance criteria used in the assessment process, resources needed to complete assessments, and any pre-requisites to be completed before enrolling in that subject.

Students upload assessments to the moodle according to the Survival Guide for each term.

Students will submit assessments according to the requirements outlined in the Student Handbook, ensuring all work is their own and referenced correctly.

Cost:

Course fees invoiced on a per unit basis and eligible students will be able to access the VET Student Loan. For unit cost refer to the Student Handbook.

In addition to the course cost, Students will need to budget for additional costs such as:

- Accommodation and/or catering at seminars
- Computer software licenses such as Vimeo and Handbrake
- Text books and other resources
- Working with children check, professional supervision, insurance and association membership
- Professional Development