



2017 COURSE GUIDE

Transforming lives to
transform communities

www.aifc.com.au

Australian Institute of Family Counselling



The aifc difference



Bible-based

Our courses integrate theology, psychology and spirituality. We train and equip Christian counsellors, rather than Christians who do counselling.



Taught by professionals

Our trainers and assessors are all experienced professionals in their field. High quality teaching, combined with one-on-one access to trainers makes the difference.



Flexible

Full time seminar students spend just 11 days a year on-site. Study fits into your lifestyle . Sydney students can study 2 days per week on campus. aifc also offers a Distance Education Program so you can study anytime, anywhere.



Accredited

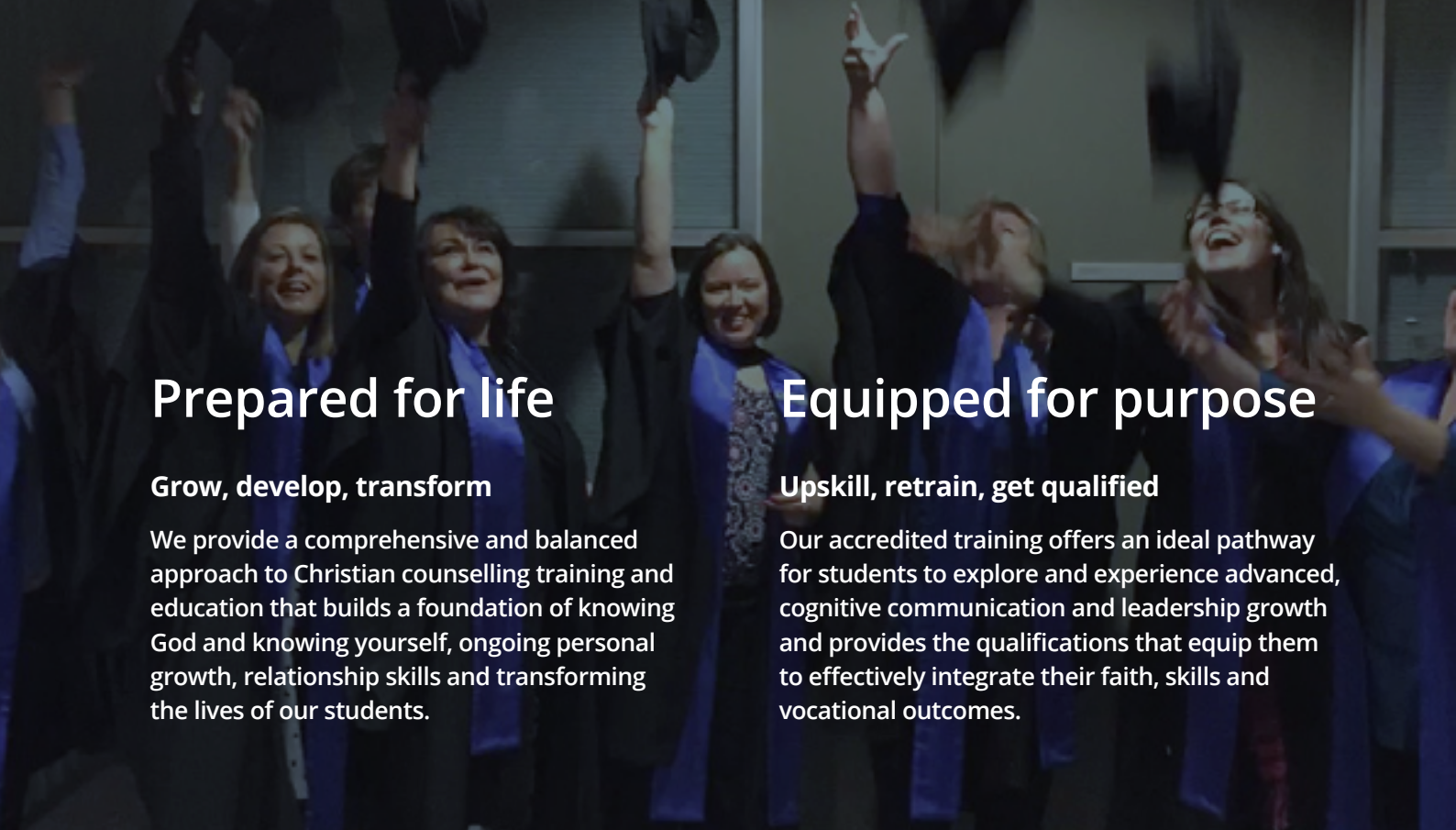
All our courses are nationally recognised. In fact aifc is the only Christian counselling vocational education institution to be accredited by ACA and PACFA. aifc is a member of ACEPT and is an approved provider for VET Student Loans.



Career pathways

You will experience incredible personal growth but more than that, you will get the training to build on your skills to support your current vocation and/or be equipped and qualified for a career as a Counsellor, Chaplain, Youth Worker or in Pastoral Care.





Prepared for life

Grow, develop, transform

We provide a comprehensive and balanced approach to Christian counselling training and education that builds a foundation of knowing God and knowing yourself, ongoing personal growth, relationship skills and transforming the lives of our students.

Equipped for purpose

Upskill, retrain, get qualified

Our accredited training offers an ideal pathway for students to explore and experience advanced, cognitive communication and leadership growth and provides the qualifications that equip them to effectively integrate their faith, skills and vocational outcomes.

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Who we are

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 were driven by their God-given passion for the health and restoration of families around the world. 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. Almost 25 years later, aifc has emerged as a leading training provider offering theological, psychological and spiritual training for people wanting to become professional counsellors.

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 will 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

aifc have integrated 17 units from the Industry CHC51015 Diploma of Counselling into the 10486NAT Diploma of Counselling (Christian) and the 10487NAT Advanced Diploma of Counselling and Family Therapy (Christian). This

flows into aifc's post graduate courses (10134NAT Graduate Diploma of Counselling and Integrated Psychotherapy and the Masters of Counselling, which is accredited by the University of Divinity).

Our Curriculum

A number of internationally renowned ministry leaders and psychology and counselling experts have influenced the content of aifc's courses, including Mark McMinn (Professor of Psychology at George Fox University), Gerald Corey (Professor Emeritus of Human Services at California State University at Fullerton) and Murray Bowen (Pioneer of Family Therapy) to name a few.

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 trainers are highly experienced professionals and they are just as passionate about your success as you are!

Our Fees

Yes, we are leaders in Christian counselling training, yet we go beyond that. We heal and restore, people and families. We have made our courses accessible to everyone, making our training organisation one of the most affordable in the country. With funding options available to eligible students, it continues to be affordable to become a qualified Counsellor with aifc.



"aifc's approach harmonises theology, psychology and spirituality to give an excellent foundation for providing counselling to the general community as well as to those with Christian faith, while the Graduate Diploma enables the student to hone their advanced skills and focus upon an area of speciality."

Ross LeCras, aifc Graduate Diploma Student, Graduate in aifc Graduate Diploma, Trainer, Counsellor in private practice

aifc in numbers

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 trainers 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

Our Flexibility

It is hard to believe, but full-time seminar students spend just 13 days a year at their study centre. That is, you attend 4x3 day intensives, 1x1 day intensives and then one final day at the end of your course. In between seminars you will complete your work mainly via correspondence. This approach to studying allows you to study from wherever you are, with easy access to your trainers and assessors, who will guide you through your course. We also offer a Distance Education Program, which makes it possible to become a qualified counsellor without setting foot inside a study centre.

Our Support Network

As a student, you will be personally supported, coached and mentored throughout your training by a dedicated assessor.

Our assessors are practising Christian counsellors who completed aifc training and understand how intense studying can be. They know how to care for students and recent research has applauded aifc for higher than industry standard support and encouragement.

aifc also have Regional/Program Directors and National Office staff who are available to provide you with support and advice.

Twice per term, you will meet with a learning partner and participate in a peer study group. You are also encouraged to discuss issues during seminars with your assessors and other aifc staff.

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. Our staff encourage all students to develop their gifts and abilities to the fullest possible extent.

If you have a disability that may affect your studies, you will be required to indicate so in your Online Application for Enrolment. aifc will then do everything within reason to accommodate your disability to provide you with a safe and supportive learning environment. Personal information about your disability will be kept confidential, as far as possible.



"Studying with aifc has given me a broad understanding of all the different elements that are involved in counselling. I came out of my training with a real confidence to engage with clients, establish rapport; I learnt how to conduct a counselling session and how to develop a therapy plan. I felt well equipped with resources which I have been able to use as a starter tool-kit. Many of the tutors I worked with during the time of my training had worked in this industry for many years; modelling to us strong counselling ethics and professional practice."

**Vicky Robertson, Family Counsellor
Uniting Care Community
aifc Graduate Diploma Student**

"As soon as I came across aifc I knew straight away that it is where God wanted me to be. Being able to learn about my passion and being able to learn so much about myself and about my faith is something I will never take for granted."

Amberlie Evans, aifc student

Study Pathways

There are three entry points into study with aifc:

Entry Point

1

10486NAT Diploma of Counselling (Christian)

The majority of aifc students commence with Diploma study. Students who complete the Diploma are able to become Level 1 members with the ACA. Students who successfully complete the Diploma and are recommended for continued study are able to progress into the Advanced Diploma. Over 80% of Diploma students continue to the Advanced Diploma Course. Students who successfully complete the Advanced Diploma and are recommended for continued study are able to enter the Graduate Diploma course.

Entry Point

2

CHC51015 Diploma of Counselling

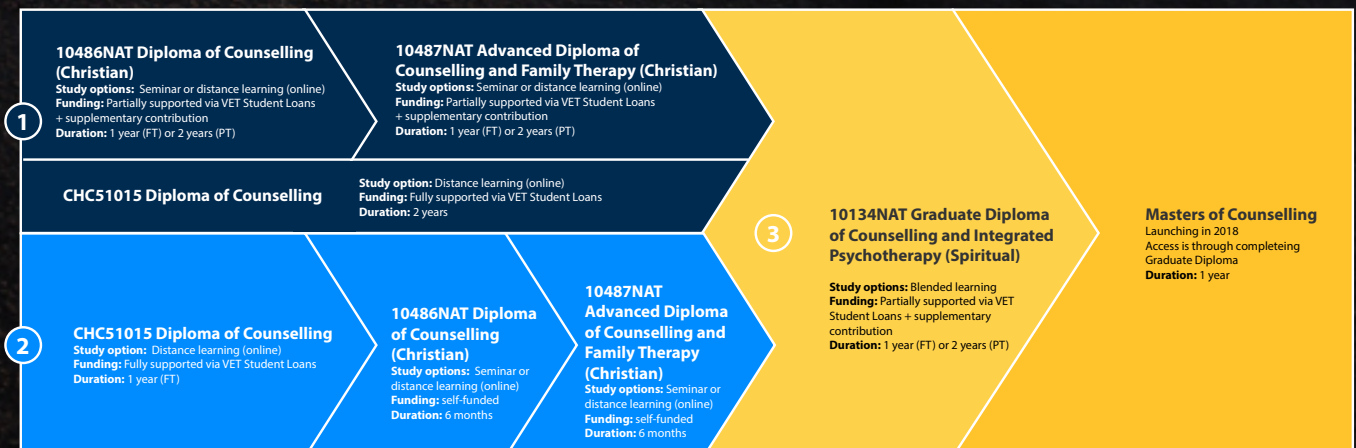
For students looking for a pathway to an industry recognised counselling qualification with the opportunity to continue studying through the aifc diploma and advanced diploma.

Entry Point

3

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

The Graduate Diploma is designed as a professional development platform for those practising in people helping professions like counselling, social work, psychology, medical general practice and pastoral ministry. It is not only the ideal pathway for those students who have completed the aifc Advanced Diploma but it can also be undertaken by people with relevant undergraduate degrees and as such is the third possible entry point. It is anticipated that students who have completed the Graduate Diploma and are recommended for continued study will be able to undertake Masters level studies from 2018.



aifc Courses

1) Diploma of Counselling CHC51015 / ANZSCO 411700 Welfare support workers NFD



aifc's CHC51015 Diploma of Counselling is the industry standard, nationally accredited Diploma that equips you with the basic knowledge and people helping skills required in professional counselling.

This qualification reflects the role of those who work with clients on personal and psychological issues using established counselling modalities. They use communication, micro-counselling and interviewing skills and draw on varied counselling therapies to assist clients. At this level, the graduate will be working in defined and supported roles in established agencies rather than in independent practice.

2) Diploma of Counselling (Christian) 10486NAT / ANZSCO 272199 Counsellor NEC integrating CHC51015 Diploma of Counselling



The training you will receive during aifc's Diploma of Counselling (Christian) forms an essential foundation for further counselling training. You will be exposed to theological, psychological and spiritual approaches to counselling. You will also grow in your discipleship journey.

The Diploma prepares you to informally assist others. You will learn to fulfil the primary command of Jesus, which is to love God and love others. You won't just grow in your knowledge of counselling skills, Diploma graduates are also equipped to be a well-trained friend and discerning listening ear. Many students also go through transformational change personally and in their relationship with Jesus. You will learn that reconciliation through forgiveness and understanding Christian identity is essential. Applying these principles in your personal life enables you to understand how to provide this for others. These foundational characteristics enable Diploma students to be of enormous assistance in church communities, provide family relationship assistance, and the skills developed are transferable to any workforce. The Diploma is essential in equipping students in the helping ministry and is a pre-requisite for the Advanced Diploma.

3) Advanced Diploma of Counselling and Family Therapy (Christian) 10487NAT / ANZSCO 272113 Family and Marriage Counsellor integrating CHC51015 Diploma of Counselling

The Advanced Diploma deepens the work already completed in the Diploma and leads to over 20 hours of one-on-one counselling, where essential skills in listening, empathy and building trusting relationships are taught and assessed.

We develop a specific model of counselling, including systems theory, working with families and several electives that are essential for a well-rounded and comprehensive counselling qualification. Individual therapy, family therapy, stress management, case management, grief and addictions are explored and assessed in practical and easy to understand ways, whilst being incorporated into the aifc Family Therapy Model.



You will begin your outward focussed journey in counselling via one-on-one sessions with clients and you can explore a number of elective units to suit your personal circumstances and calling. Depending on your Association membership at the successful completion of the Advanced Diploma, you can begin attracting clients and be paid according to PACFA and ACA guidelines. You will have completed the required 17 industry units (including the units completed in your Diploma) which makes you eligible to receive the CHC51015 Diploma of Counselling.

We recommend that students complete the Advanced Diploma, as very important topics relevant to counselling and a range of client needs are covered. Students are given comprehensive knowledge and skills throughout the course and opportunities to work with clients under professional qualified supervisors.

4) Graduate Diploma of Counselling and Integrated Psychotherapy (Spiritual) 10134NAT / ANZSCO Code – 272314 Psychotherapist



The Graduate Diploma provides an environment where students will develop in exercising influence and leadership in counselling and therapy, becoming experts in their field. aifc's aim is to train Christian counsellors who ethically and effectively integrate their faith and practice.

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

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

Students who have completed the aifc Advanced Diploma or hold another undergraduate (or higher) qualification in a theology (e.g. Theology, Ministry, Christian Studies, Divinity) or mental health (e.g., Psychology, Counselling, Social Work) field, demonstrating competence in counselling skills, grief and ethics, are eligible for the Graduate Diploma.

You will learn advanced cognitive, technical and communication skills and enhance your ability to evaluate and apply well known empirically tested therapies. The units provide an opportunity to develop in previously learned areas and investigate new avenues of learning. Workshop interactions are a source of rich peer learning in addition to receiving teaching from experts in relevant fields.

Areas of focus such as self-care, supervision, and specialty electives ensure you receive advanced therapy skills and are equipped to build and maintain a healthy vocational life.

5) Master of Counselling

aifc's 1 year Master of Counselling commences in 2018 and is offered in partnership with Stirling Theological College. The course includes 6 units at AQF level 9 (Masters) made up of 2 units in Supervised Counselling Practicum and 4 elective units including theology/biblical studies, pastoral care, counselling, clinical pastoral education and supervision.

Students will only be able to enter into the Master of Counselling upon successful completion of aifc's Graduate Diploma course.

Diploma of Counselling

CHC51015 / ANZSCO 411700 WELFARE SUPPORT WORKERS NFD / ONE YEAR (FULL-TIME) VIA DISTANCE

The **CHC51015 Diploma of Counselling** is the industry standard, nationally accredited Diploma that equips you with the basic knowledge and people helping skills required in professional counselling.

This qualification reflects the role of those who work with clients on personal and psychological issues

using established counselling modalities. They use communication, micro-counselling and interviewing skills and draw on varied counselling therapies to assist clients. At this level, the graduate will be working in defined and supported roles in established agencies rather than in independent practice.

CORE UNIT CODE AND NAME	TOPIC
CHCLEG001* Work legally and ethically	The skills and knowledge needed to identify and work within the legal and ethical frameworks that apply to counsellors, community services and health workers.
CHCCSL001* Establish and confirm the counselling relationship	A structured approach to Christian counselling to help determine, establish and confirm the counsellor-client relationship.
CHCCSL002* Apply specialist interpersonal and counselling interview skills	Advanced and specialised communication skills in the client-counsellor relationship, including principles of effective verbal and non-verbal communication.
CHCCCS019* Recognise and respond to crisis situations	The skills and knowledge required to recognise situations where clients and others may be in imminent crisis, and then to work collaboratively to minimise any safety concerns and make plans to access support services.
CHCCSL007* Support counselling clients in decision-making processes	Helping clients clarify their goals and requirements, exploring options with clients, and supporting clients to facilitate change that lasts.
CHCDIV002 Promote Aboriginal and/or Torres Strait Islander cultural safety	The skills and knowledge required to identify Aboriginal and/or Torres Strait Islander cultural safety issues in the workplace, model cultural safety in own counselling and work practice, and develop strategies to enhance cultural safety.
CHCDIV001* Work with diverse people	Respectful and effective counselling with people from diverse social and cultural groups and situations.
CHCCSL003* Facilitate the counselling relationship and process	Enabling clients to identify and work through their concerns in a structured way, organising referrals where appropriate, and ways to bring the counselling process to an end.
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.
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.

CORE UNIT CODE AND NAME	TOPIC
CHCCSL005** Apply learning theories in counselling	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.
CHCPRP003** Reflect on and improve own professional practice	The skills and knowledge required to evaluate and enhance own practice through a process of reflection and ongoing professional development.
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.
COCALS595A* Apply active listening skills from a Christian perspective	The knowledge and skills required to implement active listening from a Christian perspective, with a focus on the foundational skills of attending, respect and empathy.
CHCCCS017 Provide loss and grief support	The skills and knowledge required to recognise and respond to the needs of people who are experiencing loss, grief and bereavement.
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.
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.



*This unit can be used towards the completion of 10486NAT Diploma of Counselling (Christian)

**This unit can be used towards the completion of 10487NAT Advanced Diploma of Counselling and Family Therapy (Christian)

Diploma of Counselling (Christian)

10486NAT / ANZSCO 272199 COUNSELLOR NEC / ONE YEAR (FULL-TIME) OR TWO YEARS (PART-TIME)

The **Diploma of Counselling (Christian)** covers topics such as Christian discipleship, legal and ethical issues in counselling, biblical interpretation, practical counselling skills, Christian restoration and reconciliation, working with

cultural diversity, cognitive behaviour therapy, and common psychopathologies including depression and anxiety. Students also learn the aifc general model of counselling during the Diploma course.

CORE UNIT CODE AND NAME	TOPIC
COCCDF501A Apply Christian discipleship foundations	The study and application of foundational biblical concepts to promote discipleship in the life of a Christian counsellor. The focus is on the development of personal discipleship.
COCALS595A Apply active listening skills from a Christian perspective	The knowledge and skills required to implement active listening from a Christian perspective, with a focus on the foundational skills of attending, respect and empathy.
COCTPS502A Integrate theories of theology, psychology and spirituality relevant to counselling	An introduction to the nature and general problems of humanity, the nature of God, and the role of psychology. The focus is on developing a balanced integration of theology, psychology and spirituality.
HLTWH300A Contribute to WHS processes	The workplace activities necessary to contribute to occupational health and safety processes.
COCTMP505A Evaluate theories and models of psychotherapy	An introduction to psychodynamic, experiential and cognitive behavioural streams of psychotherapy and to the role of prescribed medication in counselling and therapy. Integrating the compatible benefits of each stream, a definition of Christian counselling is proposed, and the theoretical framework of the aifc's general counselling model is explored.
CHCCS514B* Recognise and respond to individuals at risk	The skills and knowledge required to recognise situations where clients and others may be in imminent crisis, and then to work collaboratively to minimise any safety concerns and make plans to access support services.
CHCCSL502A* Apply specialist interpersonal and counselling interview skills	Advanced and specialised communication skills in the client-counsellor relationship, including principles of effective verbal and non-verbal communication.
COCRED530A Apply redemptive truth in counselling	Analysis, evaluation and application of the role of rejection and its effects, together with God's redemptive restoration process, within a contemporary counselling context.
CHCCSL508B* Apply legal and ethical responsibilities in counselling practice	The skills and knowledge needed to identify and work within the legal and ethical frameworks that apply to counsellors, community services and health workers.
CHCCSL512A* Determine suitability of client for counselling services	Establishing respectful, hopeful relationships; clarifying client needs; and working together with people who are living with mental health issues including anger, guilt and shame, anxiety and depression to determine their suitability for counselling services.

CORE UNIT CODE AND NAME	TOPIC
CHCCSL501A* Work within a structured counselling framework	A structured approach to Christian counselling to help determine, establish and confirm the counsellor-client relationship.
CHCCSL507B* Support clients in decision-making processes	Helping clients clarify their goals and requirements, exploring options with clients, and supporting clients to facilitate change that lasts.
COCCBT520A Evaluate and apply Cognitive Behaviour Therapy	Analysis and evaluation of the development of cognitive behaviour therapy, and a practical method of cognitive restructuring that learners apply in a counselling context. The focus of the unit is the relationship between core beliefs, self-talk, feelings and behaviour and its relevance to the biblical concept of renewing the mind.
HLTHIR403C* Work effectively with culturally diverse clients and co-workers	Respectful and effective counselling with people from diverse social and cultural groups and situations.
CHCCSL503B* Facilitate the counselling relationship	Enabling clients to identify and work through their concerns in a structured way, organising referrals where appropriate, and ways to bring the counselling process to an end.
COCGCM512A Apply the aifc General Counselling Model	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.



**These units are co-assessed with units in the CHC51015 Diploma of Counselling.*

Advanced Diploma of Counselling and Family Therapy (Christian)

10487NAT / ANZSCO 272113 FAMILY & MARRIAGE COUNSELLOR / ONE YEAR (FULL-TIME)
OR TWO YEARS (PART-TIME)

The Advanced Diploma of Counselling and Family Therapy (Christian) covers topics such as family therapy, stress management, application of theology in therapy,

marriage and sex therapy, therapy with children and youth, therapy for addiction, grief and loss, abuse and trauma, and case management.

CORE UNIT CODE AND NAME	TOPIC
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	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	Conducting practical client management beginning with client meetings, case management plan through to case termination.
CHCCSL505A* Apply learning theories in counselling	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.
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.
CHCFC803B 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.

CORE UNIT CODE AND NAME	TOPIC
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	Use techniques from a range of counselling therapies and confirm the stability of Counselling techniques in a range of situations.

Students must complete 4 electives.

ELECTIVE UNIT CODE AND NAME	TOPIC
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.
CHCGROUP807B Implement group interventions	Implement a range of interventions in a counselling group environment through a leadership role; develop a therapeutic alliance for change; maintain a consistent change process; create and maintain a safe environment for group work; use evaluation tools to improve group processes.
CHCCH522B Undertake outreach work	Outlining the skills and knowledge required to work in an outreach capacity with vulnerable or at risk groups such as those experiencing homelessness, mental health, alcohol or other drugs (AOD) issues.
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.



"I chose to do the aifc course as a step toward regaining personal direction and purpose. After almost a year, I have grown so much both on a personal level and in my relationships. Although the content is challenging, the environment is supportive, encouraging and uplifting"

Sam Wundke, aifc Student

**These units are co-assessed with units in the CHC51015 Diploma of Counselling.*

Graduate Diploma in Counselling and Integrated Psychotherapy (Spiritual)

10134NAT / ANZCO 272314 PSYCHOTHERAPIST / ONE YEAR (FULL-TIME) OR TWO YEARS (PART-TIME)

The Graduate Diploma in Counselling and Integrated Psychotherapy (Spiritual) covers topics relevant to counselling and therapy at an advanced level such as leadership, complex ethics, evaluating modalities and models of psychotherapy, clinical supervision, conducting

research, and a variety of speciality electives. The course requires a minimum of 30 hours of person to person client counselling hours and 7.5 hours of clinical supervision.

CORE UNIT CODE AND NAME	TOPIC
MTMBUS702A Provide strategic leadership	Analyse and improve personal leadership style and professional competence; lead organisational strategic development and deployment; implement transformational practices; cultivate collaborative practices; and provide strategic leadership in a changing context.
IPSCTM801A Evaluate and apply a variety of counselling or psychotherapy modalities in counselling practice	A variety of therapy modalities are explored, evaluated, and applied in counselling practice. This is an opportunity to compare and contrast prominent models of therapy from a spiritual and philosophical perspective.
IPSNMC802A Evaluate, synthesise and apply a new model of counselling or psychotherapy	The theoretical framework and practical application of a particular counselling, psychotherapy and/or therapy model is evaluated and applied. aifc Advanced Diploma graduates will be required to find a model other than the aifc General Counselling Model (AGCM) and the aifc Family Therapy Model (AFTM). Students who enter without previous aifc experience will be required to select the AGCM and AFTM as their “new” model. In order to do this they will be given access to relevant readers and video lectures.
BSBRES401 Analyse and present research information	Describe and apply the basic principles of collecting information and the objectives of research; evaluate various research strategies for suitability to the counselling context; organise and deliver research findings; and identify the ethical issues associated with research in the counselling context.
IPSSCP803A Manage own self-care in professional practice	Identify contemporary ethical issues that may present in the counselling, psychotherapy and/or family therapy context, including those relating to integration of faith and practice; analyse possible strategies to address ethical dilemmas; specify legal requirements relating to these issues

CORE UNIT CODE AND NAME	TOPIC
BSBRES801 Initiate and lead applied research	Construct an applied research strategy; use a range of applied research techniques; analyse and present findings.
IPSETH804A Work with complex contemporary and ethical issues in integrated psychotherapy	Identify contemporary ethical issues that may present in the counselling, psychotherapy and/or family therapy context, including those relating to integration of faith and practice; analyse possible strategies to address ethical dilemmas; specify legal requirements relating to these issues.
IPSSUP805A Provide professional supervision to supervisees	Define professional supervision; discuss ethics and risks of providing supervision; requirements of professional bodies; address common supervision issues. This unit has three prerequisites: IPSSCP803A, IPSETH804A, and MTMBUS702A.

Students must complete 4 electives.

GENERAL ELECTIVES	TOPIC
IPSTRA806A Provide counselling support in response to trauma reactions and critical incidents	Identify normal vs extreme trauma reactions in an individual and how to respond appropriately; use a structured approach to a critical incident; conduct pre-incident training.
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.
CHCFCS802B Provide relationship counselling	Differences in the sexes; personality and marriage tests; intimacy; sexuality in marriage; basic needs of husband and wife; other marriage therapy issues; marital unfaithfulness; divorce and remarriage; marriage therapy procedure; premarital counselling; phases of marriage.
CHCGROUP807B Implement group interventions	Implement a range of interventions in a counselling group environment through a leadership role; develop a therapeutic alliance for change; maintain a consistent change process; create and maintain a safe environment for group work; use evaluation tools to improve group processes.
CHCCCS027 Visit client residence	Work in client's home or in any temporary or permanent community residence with vulnerable or at risk groups such as those experiencing homelessness, mental health, alcohol or other drugs (AOD) issues; conduct visit in a safe manner for the worker and in line with organisational policies; respect boundaries of client; use client-centred approach.
CFTMDS650A Evaluate and provide therapy for mental disorders	Classification of mental disorders; use of the DSM-5 and ICD-10; schizophrenia, somatic symptom disorders, DID, insomnia disorder, personality disorders.
CFTABS665A Provide therapy for issues relating to abuse	Family violence and abuse; childhood abuse; spouse/partner abuse; abuse of the elderly.

MENTAL HEALTH ELECTIVES	TOPIC
<p>IPSPTS807A Determine client need and provide complex case management services</p>	<p>Assessment and therapy for common emotional disorders; check for and respond to risk of harm; determine case management approach and confirm client suitability for proposed services; develop an appropriate case management plan; manage case work activities and processes.</p>
<p>IPSPSY808A Evaluate and apply common psychotherapeutic approaches integrating psychology and spirituality</p>	<p>Evaluate psychodynamic, cognitive behaviour therapy, and experiential therapy models from a spiritual perspective; discuss the value of an integrative approach to psychotherapy; evaluate the use of medication in psychotherapy; and apply enhancements from a model of psychotherapy.</p>

THEOLOGY ELECTIVES	TOPIC
<p>IPSCSP809A Apply Christian counselling to common spiritual issues</p>	<p>Identify redemptive truth and discipleship principles appropriate for integrative psychotherapy, including forgiveness; facilitate therapy for rejection, identity and self-acceptance; apply redemptive truth and discipleship principles in a cross-cultural context.</p>
<p>IPSIST810A Synthesise a relevant biblical theology perspective into the counselling process</p>	<p>Evaluate key doctrines of the Old and New Testaments and how these apply in counselling, psychotherapy and/or family therapy; explore the character of God and the Holy Spirit, nature of humanity and the nature of God and the implications of this in psychotherapy; explain why the Bible's final authority in matters of faith is relevant in counselling, psychotherapy and/or family therapy; explore the implications of spirituality and psychology in psychotherapy; apply biblical principles of healing in psychotherapy within one's culture and across cultures.</p>

“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 a way that I was able to offer pastoral counsel within a broad spectrum of contexts, from church members to students, staff and parents at government schools.”

Steve Poisat, aifc Student, Church Planter, Community Chaplain, aifc Staff



EQUIPPED

as a qualified counsellor



ONE YEAR (FULL-TIME) | TWO YEARS (PART-TIME)

The **Master of Counselling** is an award accredited by the University of Divinity, delivered through a partnership with Stirling Theological College. The backbone of the program is a full year of Supervised Practicum and Advanced Counselling Strategies. These are supported with a set of prescribed electives for those students seeking peak body accreditation. Students who are already accredited with PACFA or ACA have a wide variety of electives to choose

from to engage in areas of personal interest and specialty. Students may also replace the core units with a research option if they plan to undertake further (PhD) studies.

The course commences in 2018. Entry into the Master of Counselling Program is based on an entry interview and successful completion of aifc's *10134NAT Graduate Diploma of Counselling and Integrated Psychotherapy (Spiritual)*.

CORE UNIT CODE AND NAME	TOPIC
XP9076S* Supervised Counselling Practice Integration (Practicum)	This unit allows students to build on the counselling hours previously acquired during their Graduate Diploma. It will consider the demands of their placement setting in terms of intake and assessment, note taking, report writing and documentation. It will require a minimum of 70 hours of supervised client work.
XP9077S* Advanced Counselling Theories, Processes and Strategies	Taken concurrently with XP9076S, students will need to explore a variety of advanced counselling approaches and strategies for application during their practicum. Various approaches to eclecticism are explored.

*These two units are undertaken through the whole year, with half of each unit being completed in each Semester.

Students must complete 4 electives

Counselling Accreditation Stream

Students who have entered the Graduate Diploma with a prior undergraduate degree will need to complete a particular set of electives in order to meet PACFA's accreditation requirements.

ACCREDITATION STREAM ELECTIVES	TOPIC
DP9778S Human Development	An exploration of the process of normal physical, social, cognitive and spiritual development. Identification and support for those who are not experiencing normal development.
DP9779S Critical Incident Counselling, Trauma and Suicide	An exploration of responding as a counsellor to critical incidents that are likely to be traumatic for some involved with a particular consideration of the assessment and management of suicidal ideation.
DP9730S The Art of Reconciliation	An exploration of growth into agents of reconciliation in Australia today. It will consider theological foundations, causes of relational dysfunction, gifts and challenges in engaging with First Nation Australian and the fostering of justice, truth, mercy and peace.
CT8702S** Interpreting Christological presence within the vicissitudes of life	The challenges and issues of life are explored considering the interface of the Christian testimony, faith, community, hope, ethics and freedom

**This is a recommended unit that has been developed for the Master of Counselling course. However, it is not required by any peak body and may be replaced with an alternate theology unit by negotiation with Course Coordinator.

Professional Development Stream

Students who have entered the Graduate Diploma following completion of aifc's Advanced Diploma will be able to choose from a wide range of electives as they will have already met the accreditation requirements of PACFA.

PROFESSIONAL DEVELOPMENT STREAM ELECTIVES (Indicative only**)	TOPIC
CT8702S** Interpreting Christological presence within the vicissitudes of life	The challenges and issues of life are explored considering the interface of the Christian testimony, faith, community, hope, ethics and freedom.
DP9070S Pastoral and theological issues in aging	Students will explore topics such as dementia, society's view of aging, disability, chronic illness and well being as they relate to an understanding of, and care for, the aging.
DP9033S Palliative and end-of-life care	Narrative therapy and its link with story telling will be explored in the context of working with individuals at end of life and their loved ones. A particular focus will be on forgiveness and grief and death as a spiritual journey.
DP8015S Supervision of Spiritual Care Practitioners	Exploration of the support for practitioners in a pastoral and spiritual care context. Through group and individual reflection, issues of spiritual reflection within a preferred tradition, power, ethics and transference will be discussed.
DP9100S Clinical Pastoral Education	Using a method of action/reflection learning students will be expected to reflect on their practice in a counselling setting (their 'clinic'), considering the spiritual and theological dimensions at play.
DP9022S Spiritual care in multi-faith settings	Through a one day immersion experience in 6 faith communities, students are challenged to consider the provision of care in hospitals, healthcare facilities and other faith communities.

** This is a recommended unit that has been developed for the Master of Counselling course. However, it may be replaced with an alternate theology unit by negotiation with Course Coordinator.

NOTE: A full list of elective options can be found by visiting the website of Stirling Theological College (www.stirling.edu.au). A limited set of elective options will be available to students who cannot undertake studies at Stirling's Campus in Mulgrave, Victoria.

Research Formation Stream

Students who have entered the Graduate Diploma following completion of aifc's Advanced Diploma and would like a pathway into further (PhD) studies will need to:

1. Replace the Core units with a Research Essay (12,000 words) in Pastoral Theology and Ministry Studies (relevant to counselling).
2. Include RQ9029C Research methodologies as one of their Electives

NOTE: the exclusion of the Supervised Practicum may impact the recognition given to the Master of Counselling by professional bodies.

On Campus International Program

The **On Campus Program - International** offers a rich, multicultural learning experience for students. It is accredited with the Australian Government and with other accreditation agencies, including the Australian Skills Quality Authority (ASQA).

Come and experience all that Australia has to offer, while studying on campus in Sydney, Australia.

This is a full-time, three-year program comprising three sequential courses:

1) Diploma of Counselling (Christian) (Year 1)

10486NAT CRICOS CODE 085356B

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

10487NAT CRICOS CODE 085357A

3) Graduate Diploma of Counselling and Integrated Psychotherapy (Spiritual) (Year 3)

10134NAT CRICOS CODE 091740K

Who's eligible?

You are considered to be an international student if you are NOT:

- an Australian citizen; or
- a New Zealand citizen; or
- a dual citizen of any country with Australia or New Zealand; or
- a permanent resident of Australia.

The On Campus program is also available to Australian students who live in Sydney and wish to study on campus in a multicultural setting.

Studying in Australia

Australia is one of the most popular student destinations in the world. International students benefit from engaging in an education system with a strong global reputation, while enjoying the friendly, relaxed outdoor lifestyle that Australia offers. aifc offers a wonderful mix of international students and staff who work together to make the study experience inspiring, rewarding and life-transforming.

In addition to best-practice vocational education training in counselling, a deliberate purpose of the international program is to restore, equip and mobilise students for the great commission: discipling the nations. Students from a diverse range of Christian and cultural backgrounds enrol

in the program to develop personal and professional skills that help make them healthier, more effective ministers of reconciliation in a needy world (II Corinthians 5:18).

The program involves:

- Training, tutorials, demonstration, skills practice and assessment work – held on campus in Stanmore, Sydney, Australia for 15 hours each week with appropriate student support.
- Discussion forums, which provide a space where students can engage more deeply with the learning material and explore it with other students and trainers. Discussion forums make up 5 hours of online component each week.
- Learning partners – during the Diploma and Advanced Diploma, students work with a learning partner for group work and to provide peer support.
- Assessment tasks – include journaling, written assessments, and counselling skills assessments
- Counselling practice – throughout the program, students have the opportunity to apply the counselling skills they have been learning.
- Excursions and visits to counselling centres and other organisations.

Eligibility criteria for international students

International students who wish to study in Australia must apply for a study visa and are legally obliged to enrol for full-time study.

The Australian Government has instituted major reforms to the procedures of student visa applications. Under these reforms, each country has been assessed at different levels, which determine the requirements for a successful application.

If you are interested in our international program, you should begin the process of obtaining your student visa as early as possible by contacting the Australian Embassy in your city, as it can take a few months to process a visa. The

Australian Embassy in your own country can help you with these details. For information on your country's assessment level, as well as student visa requirements, please visit the Australian Department of Immigration and Border Protection website at www.border.gov.au/

In addition to a study visa, prospective applicants must demonstrate that they are high quality candidates who are likely to complete their chosen course. aifc requires that On Campus Program - International applicants hold a minimum

International English Language Test Score (IELTS) overall band score of 5.5 (or equivalent), with no individual band below 5.0. Applicants must also have achieved a score of 60% or higher in their core high school subjects (such as English (if taken), Mathematics, Humanities and Sciences).

More information

Visit www.aifc.com.au for more information, including the application process, frequently asked questions, and contact details for the On Campus Program - International team.



The purpose of aifc's international program is to restore, equip and mobilise students for the great commission: discipling the nations.

Distance Education Program

Now you can study with aifc from anywhere in Australia, or even overseas!

Our Distance Education Program is ideal for students who cannot get to their nearest centre, due to distance, or work/family commitments.

Full-time and part-time options are available with our Distance Education Program for both our Diploma and Advanced Diploma courses. Assuming you meet the eligibility criteria, you may be able to receive Austudy/Abstudy and VET Student Loans.

You will be assigned a specialised Distance Education Program assessor, who will guide and support you during your training journey. Training is delivered live online where you can engage and participate, or you can choose to view the training videos at a time that suits you. Through the use of online methods, including online conferencing and our Online Learning Management System, there is no requirement for you to attend a

seminar in person. However, if you are available to attend our seminars offering the units you are enrolled in, let us know and you would be more than welcome. The official commencement dates for our Distance Education Program are early February and mid-year, in July. Enrolments open online a couple of months prior to commencement.

You will require:

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

Our Distance Education Program is currently available in English. Bilingual tutors may be available to support other languages.



“aifc provides Bible-based counselling courses. I know the value of implementing God’s word in the counselling process. I also have a number of friends who have completed studies with aifc and have witnessed firsthand the fruit of their efforts. As I haven’t studied for over 20 years, the support I receive from my tutor and other students along with a variety of resources has made completing assessments much more achievable. As a husband and father of three children, the flexibility of Distance Education hasn’t stopped me finding the recommended 20 hours to complete study and assessment requirements.

**Les Daly, aifc student
Distance Education Program**

Our Graduates' Employability Skills

aifc graduates are equipped for work in a Christian and secular context.

aifc graduates are amongst the most employable in the industry, with accreditation from the major Associations, the Australian Counselling Association (ACA) and the Psychotherapy and Counselling Federation of Australia (PACFA), combined with a strong emphasis on Christian theology and the best therapies available in psychological research.

aifc graduates are equipped for work in a Christian and secular context. The training will enable you to build on your skills to support your current vocation.

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



“The Graduate Diploma course has been fundamental in my development, honing what was taught in the foundational years. It has integrated theory, knowledge and skills, to broaden these foundational counselling proficiencies, giving an added dimension of depth and enhancing the abilities previously taught, furthering and facilitating a passion for marriage therapy into a speciality area. The practical nature of the course has enabled me to successfully achieve work in clinical practice. The staff and trainers inspire and motivate a seamless transition of the education into professional application. This has been a thoroughly enjoyable journey into a new career and I would highly recommend this course.”

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

Open Days 2017

This is your opportunity to meet aifc trainers and students to find out about our nationally accredited Diploma, Advanced Diploma and Graduate Diploma courses and discuss your study options. You can also discuss our study options at the study centre and online.

Brisbane

Saturday 9th September 2017
Springlife
178 Springwood Road,
Springwood QLD

Sydney

Saturday 16th September 2017
Stanmore House
53 Harrow Road
Stanmore NSW

Canberra

Saturday 23rd September 2017
Telstra Tower
100 Black Mountain Drive
Acton ACT

Melbourne

Saturday 16th September 2017
Box Hill Town Hall
1022 Whitehorse Road
Box Hill VIC

Adelaide

Saturday 23rd September 2017
Education Development Centre
4 Milner Street
Hindmarsh SA

Perth

Saturday 16th September 2017
Technology Park Function Centre
2 Brodie Hall Drive
Bentley WA

Find out more at
aifc.com.au/OpenDay
or call our friendly
team on 1300 721 397

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to walk in God's calling



Australian Institute of Family Counselling

Locations and Contact Details

Our head office is located at 7/92 Hoskins Street, Mitchell, ACT 2911.
You can reach us on 02 6242 5111 or 1300 721 397 or by email info@aifc.com.au

Our seminar-based programs are offered at the following locations:



Australian Capital Territory

Regional Director:
Max Schneider
0416 090 914
max.schneider@aifc.com.au

Seminar Venue:
Telstra Tower
100 Black Mountain Dr
Acton ACT 2601



South Australia

Regional Director:
Stephen Poisat
0413 613 889
steve.poisat@aifc.com.au

Seminar Venue:
Education Development Centre
4 Milner St
Hindmarsh SA 5007



Queensland

Regional Director:
Susan Daniel
0412 004 482
susan.daniel@aifc.com.au

Seminar Venue:
Springlife
178 Springwood Rd
Springwood QLD 4127



New South Wales

Regional Director:
Max Schneider
0416 090 914
max.schneider@aifc.com.au

Seminar Venue:
Stanmore House
53 Harrow Rd
Stanmore NSW 2048



Victoria

Regional Director:
Sally Goldsmith
0439 890 023
sally.goldsmith@aifc.com.au

Seminar Venue:
Box Hill Town Hall
1022 Whitehorse Rd
Box Hill VIC 3128



Western Australia

Regional Director:
Stephen Poisat
0413 613 889
steve.poisat@aifc.com.au

Seminar Venue:
Technology Park Function Centre
2 Brodie Hall Dr
Bentley WA 6102

International Student Program

Stanmore House, 53 Harrow Road, Stanmore NSW
PO BOX 396, MITCHELL, ACT, 2911
+61 2 6242 5111 | international@aifc.com.au

Distance Education Program

Program Director: Robyn Phillips
0427 708 008
robyn.phillips@aifc.com.au

www.aifc.com.au

