

School of Counselling

Introduction

The Bachelor of Counselling programme at Vision College develops professional counsellors with a strong Biblical foundation.

We also offer the Certificate in Interpersonal Skills and the Diploma of Counselling as stepping stone qualifications towards the degree.

This degree programme is designed to train ethical, professional counsellors, skilled and knowledgeable in counselling practice. Our graduates are well-developed in self-awareness and strongly competent in engaging in and maintaining a therapeutic relationship and process with clients.

Certificate in Interpersonal Skills: 1 year full-time study, or 2 years part-time.

Diploma of Counselling: 2 years' full-time study, or up to 4 years part-time.

Bachelor of Counselling: 3 years' full-time study, or up to 6 years part-time.

If third year students are in paid counselling practice it is recommended to do this final year over two calendar years.

Graduates of the Bachelor of Counselling may become provisional members of New Zealand Christian Counsellors Association (NZCCA) and / or New Zealand Association of Counsellors (NZAC).

About Vision College

The School of Counselling commenced in 1994 offering the first Christian-based Counselling Diploma in New Zealand. Hundreds of graduates now outwork their professional qualification in a wide range of people-helping industries including professional counselling practice, Government agencies and churches.

Vision College is part of ATC New Zealand (est. 1984), now one of the largest private tertiary institutions in New Zealand. The Bachelor of Counselling is delivered at our Hamilton and Christchurch campuses.

Values and Philosophical Themes

The programme is underpinned and strengthened by three core values and philosophical themes of learning which are embedded throughout all courses: self-awareness, cultural sensitivity and Christian worldview. All courses incorporate these perspectives.

Programme Philosophy

The following beliefs, views and attitudes are the guiding principles for the School of Counselling:

- Vision College offers programmes in counselling because we believe that God, through His Son Jesus Christ, loves every person and desires to bring every person to maturity and wholeness, and to reach their full potential.
- The Vision College Bachelor of Counselling integrates this belief with the Person–Centred philosophy of counselling which focuses on the formation of the person of the counsellor and their capacity to facilitate empathic, congruent and respectful therapeutic relationships in which the client’s innate potential for growth is developed.
- Formation of the counsellor integrates intrapersonal and interpersonal awareness with counselling theories and practice enabling the counsellor to work with the client in increasing depth.
- Integrating awareness with spiritual and cultural dimensions enables the counsellor to work with the client ethically and authentically, respecting the values, beliefs and choices of the client.
- Integrating awareness with respect for cultural diversity, the unique cultural context of Aotearoa New Zealand, and the principles of the Treaty of Waitangi enables a culturally appropriate approach to counselling.
- Teaching and developing a Christian worldview enables the student to evaluate counselling theories and interventions in the light of biblical principles and Christian doctrine.
- In growing personally and professionally the counsellor will develop critical thinking, intellectual curiosity and integrity, and the capacity to engage with and integrate knowledge from research.
- In developing personally and spiritually the counsellor will, “...grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and forever!” (2Pe 3:18)

Certificate in Interpersonal Skills: Programme Aims

The Certificate of Interpersonal Skills will develop Christians who wish to apply helping skills in a range of support roles with theoretical knowledge and skills of an integrative Person-Centred approach to counselling. Students who are not Christian are welcome to enrol in the course and need to be informed, understand and accept that the Christian aspects of the course are quite extensive, far-reaching, and required.

On completion of the programme graduates will have acquired the key transferable skills necessary to practise in the following areas and participate effectively in the social sector:

- Parishes and churches
- Family and health support services
- Community agency work and advocacy roles

Certificate in Interpersonal Skills: Graduate Profile

GRADUATES FROM THE BACHELOR OF COUNSELLING WILL:

Graduates from the Certificate in Interpersonal Skills will:

- Be skilled and knowledgeable in Person-Centred counselling practice to engage in pastorally supportive helping relationships
- Possess the understanding and key transferable skills that will enable them to participate in the social services community.
- Have developed an increased self-awareness including awareness of interpersonal processes.
- Evaluate counselling theories and interventions in the light of Biblical principles and Christian doctrine.
- Be competent to work with people positively, ethically and authentically, respecting their spiritual, religious, and cultural values, beliefs and choices.
- Integrate a clear understanding of Te Tiriti o Waitangi, Māori perspectives and the ethnic diversity in Aotearoa New Zealand into a culturally appropriate approach to helping.
- Have an understanding of people, group systems, family/whanau, iwi, society, and cultures that relates to wellness.

Entry Requirements

ALL APPLICANTS MUST:

- Be at least 24 years of age when the programme begins.
- Complete a Police check. (International students must provide a Police Check from their home country).
- Provide evidence of good character and personal attributes via referee reports.
- Provide evidence of ability to succeed at undergraduate study level. The application process requires applicants to submit two essays which will be evaluated for literacy and comprehension levels as well as the ability to clearly articulate original thought.
- Attend an interactive group selection process and an individual interview as part of the application process.
- Provide evidence of computer literacy. This will be evaluated during the selection process.
- Be free from addictions, debilitating illness, or personal problems that might impair full participation in the programme. Applicants may be required to provide verification at their own cost. A period of two years recovery or clearance is a guide considered a minimum for those with past difficulties in these areas.

ENGLISH LANGUAGE

If English is not the applicant's first language they will be required to provide evidence of English language skill. An IELTS 7.0 Academic (with no individual band score lower than 6.5), or equivalent will be required.

DISCRETIONARY ADMISSION

In exceptional cases, domestic applicants who do not meet the general admission requirements, including age, may be considered for discretionary admission.

Programme Structure

Year One Structure

The first year of the degree helps students develop a strong understanding of theory, including counselling process, self-awareness, human development, boundaries and principles of psychology. Person-Centred counselling skills are developed within the class environment, in preparation for agency placement in Years 2 and 3. Students attend regular classes on campus.

Code	Year One	Level	Credit
CIS101	Person-Centred Counselling 1	5	30
CIS102	Counselling Approaches 1	5	15
CIS105	Introduction to Psychology & Assessment	5	15
CIS106	Introduction to Theology	5	15
CIS107	Personal and Professional Formation	5	15
CIS108	Aotearoa New Zealand Society	5	15
CIS109	Lifespan Human Development	5	15

Total: 120 credits

PART-TIME STUDY STRUCTURE FOR YEAR ONE (SPREAD OVER TWO YEARS)

We recommend completing Year One as a full-time student, as this helps with integrating the theory and skill development. However, you can study part-time if you wish. If you do so, the papers need to be studied in this prescribed order. A maximum of 2 years can be taken to achieve this year of study.

1st Year Sem A	1st Year Sem B	2nd Year Sem A	2nd Year Sem B
Aotearoa New Zealand Society	Introduction to Theology	Person-Centred Counselling 1	
Counselling Approaches 1	Lifespan Human Development	Introduction to Psychology & Assessment	
		Personal and Professional Formation	

The prescribed order of papers remains subject to change at the college's discretion.

Year One Structure cont.

PERSONAL COUNSELLING

During Year One students must engage in a minimum of ten hours of personal counselling in order to develop themselves, experience the role of the client, and to be supported through the personal challenges that arise through the study of counselling.

FINAL INTEGRATIVE ASSESSMENT

Year One ends with an Integrative Assessment in which students must demonstrate competency in all aspects of the course in order to be accepted into Year Two.

QUALIFICATION

Students who exit study after Year 1, including students who pass all papers but not the Integrative Assessment, can achieve the Certificate in Interpersonal Skills (Level 5).

Year Two Structure

The second year shifts to a supervised practicum focus, combined with on-campus block courses. Students complete a minimum of 100 hours of face-to-face supervised counselling practice within an approved setting. (At least 80 hours must be focussed on working with adults.) Students attend weekly classes or block courses on campus, complementing the practical placement with a deepening theoretical development. (Check with your campus as to whether weekly classes or block courses are being offered.)

Code	Year One	Level	Credit
D6COU201	Person-Centred Counselling 2	6	15
D6COU202	Counselling Approaches 2	6	15
D6COU203	Supervised Professional Practice 1	6	45
D6COU204	Working with Contextual Issues	6	15
D6COU208	Cultural Competency for Counselling in Aotearoa NZ	6	15
D6COU209	Family, Relationship and Group Systems	6	15

Total: 120 credits

FULL OR PART TIME STUDY

Students can study Year Two full-time in one year, or part-time over two years.

If you need to take a break between Years One and Two, a maximum of 4 years can be taken to achieve Year One & Two of study.

PERSONAL COUNSELLING

During Year Two students must engage in a minimum further ten hours of personal counselling.

FINAL EXTERNAL ASSESSMENT

Year Two ends with an External Assessment in which students must demonstrate competency in all aspects of the course in order to be accepted into Year Three.

QUALIFICATION

Students who exit study after Year 2, having passed all papers and the External Assessment, will achieve the Diploma of Counselling (Level 6).

Paper Descriptions

Year One Papers

CERTIFICATE OF INTERPERSONAL SKILLS

Person-Centred Counselling 1

AIM

Introduce the theory and develop the practice of Person-Centred counselling, counselling process and micro-skills, and self-awareness. Explore the relationship between Person-Centred counselling, Tangata Whenua and Tangata Tiriti, and Christian spirituality.

COUNSELLING REQUIREMENT

Students must engage in a minimum of ten hours of personal counselling in order to develop themselves (the person of the counsellor), experience the role of the client, and to be supported through the personal challenges that arise through the study of counselling.

Code	CIS101	Level	5
Credits	30	Class contact hours	160
Prerequisites	None	Self-directed hours	130
Co-requisites	COU102	Counselling	10
Status	Compulsory	Total learning hours	300

Counselling Approaches 1

AIM

Introduce major contemporary approaches to counselling from historical and theoretical perspectives.

Code	CIS102	Level	5
Credits	15	Class contact hours	72
Prerequisites	COU101	Self-directed hours	78
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Introduction to Psychology and Assessment

AIM

To introduce the concepts and principles of psychology and their application to human behaviour and counselling. To enable students to describe and assess psychological disorders. To familiarize students with the application of assessment, including case formulation, goal setting and risk assessment. To enable students to apply critical thinking to reading , interpreting and reporting on research. This to be done within a multi-cultural context.

Code	CIS105	Level	5
Credits	15	Class contact hours	72
Prerequisites	None	Self-directed hours	78
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Introduction to Theology

AIM

Introduce a basic Christian theology and identify strategies for integrating theology into Person-Centred counselling

Code	CIS106	Level	5
Credits	15	Class contact hours	72
Prerequisites	None	Self-directed hours	78
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Personal and Professional Formation

AIM:

Develop awareness of personal and professional boundaries, personality, Christian spirituality and holistic wellbeing, including cultural dimensions of each.

Code	CIS107	Level	5
Credits	15	Class contact hours	72
Prerequisites	None	Self-directed hours	78
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Aotearoa New Zealand Society

AIM

To introduce sociological and cultural perspectives for understanding Aotearoa New Zealand society, including the significance of the Treaty of Waitangi, issues of social and cultural diversity, and questions of power and justice

Code	CIS108	Level	5
Credits	15	Class contact hours	72
Prerequisites	None	Self-directed hours	78
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Lifespan Human Development

AIM

Describe human development across the lifespan from a holistic perspective, introduce attachment theory, and explore their relevance to counselling practice in Aotearoa New Zealand

Code	CIS109	Level	5
Credits	15	Class contact hours	72
Prerequisites	None	Self-directed hours	78
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Year Two

DIPLOMA OF COUNSELLING

Person-Centred Counselling 2

AIM

Develop personal awareness and apply Person-Centred theory and practice in placement work with clients, including integration of Christian spirituality, cultural sensitivity, and awareness of personal processes in relationships with clients and others.

COUNSELLING REQUIREMENT

Students will need to engage in a minimum of ten hours of personal counselling in order to facilitate further self-development (the person of the counsellor) particularly as they begin to work with clients and learn to deal with transference and counter-transference issues.

Code	D6COU201	Level	6
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	COU202, 203, 204	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Counselling Approaches 2

AIM

Introduce and integrate processes and interventions from major counselling models with the Person-Centred model. The student will begin to integrate Person-Centred counselling with a foundational working knowledge of a second modality.

Code	D6COU202	Level	6
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	COU201, 203, 204	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Supervised Professional Practice 1

AIM

Develop professional competency by integrating theoretical learning into supervised counselling practice within an approved agency context; to gain knowledge and experience of the function of clinical supervision in the integration of theory and ethical counselling practice.

SUPERVISION REQUIREMENT

Students need to complete a minimum of 100 hours of face-to-face supervised counselling practice within an approved setting. The counselling setting will need written approval from the Course Coordinator. At least 80 hours must be focussed on working with adults.

Students need to engage in a minimum of one hour of external clinical supervision for every five hours of counselling practice.

Code	D6COU302	Level	6
Credits	45	Class contact hours	42
Prerequisites	None	Self-directed hours	378
Co-requisites	COU201, 202, 304	Counselling/Supervision	30
Status	Compulsory	Total learning hours	450

Working with Contextual Issues

AIM

Evaluate and apply therapeutic models and interventions, and develop professional competencies, around contextual issues.

Range: including but not limited to grief, loss, alcohol, drugs, addictions, abuse and trauma, relationship issues, ethical dilemmas, gender issues, life transitions, health and disability, violence and society, spiritual abuse, working with children and youth, counselling and the aged, multi-cultural issues.

Code	D6COU204	Level	6
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	COU201, 201, 203	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Cultural Competency for Counselling in Aotearoa New Zealand

AIM

Develop competency and ethical cultural practices in working with Māori and other cultures in Aotearoa New Zealand

Code	D6COU208	Level	6
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Family, relationship, and group systems

AIM

Explore the concept of family and relationships from historical, cultural, and Christian perspectives; introduce theoretical perspectives and approaches in understanding family, relationship, and group structures and dynamics; identify appropriate therapeutic approaches and interventions in working with systems

Code	D6COU209	Level	6
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150