



Counselling & Family Studies Programmes



BACHELOR OF COUNSELLING

DIPLOMA OF COUNSELLING

GRADUATE DIPLOMA OF FAMILY STUDIES

DIPLOMA OF FAMILY SUPPORT

GRADUATE CERTIFICATES OF COUNSELLING

COUNSELLING & FAMILY STUDIES PROGRAMMES

ONE DEGREE - THREE DIPLOMAS – THREE GRADUATE CERTIFICATES

Bachelor of Counselling - Graduate Diploma of Family Studies

Diploma of Counselling - Diploma of Family Support

In these programmes we equip students for future work in counselling, individual and family care roles. Graduates from the degree will be equipped to take up professional counselling and therapy roles in churches and community agencies, and eventually in private practice.

Depending on the programme you choose, you have full-time or part-time study options. It is normally possible for students to move between diploma and degree as circumstances change or your sense of vocational direction is clarified. All papers are available by flexi delivery (online learning with a computer, study guide and CD of readings plus 2-3 days onsite per paper).

Students from the Bachelor of Counselling may apply for provisional membership of the NZ Association of Counsellors or the NZ Christian Counsellors Association on completion of their programme.

We will help you develop in three key areas:

Knowledge and Understanding (*Head*)

You will learn the latest, as well as longstanding strategies, for counselling and family strengthening. Current research from around the world will be coupled with biblical insights to develop a sound understanding of the field.

Character (*Heart*)

You will interact with lecturers on issues of life and faith. We aim to nurture teachability, graciousness and personal security, believing that we live and work out of who we are.

Skills (*Hands*)

You will gradually develop the skills of relating to people in need and helping them grow and change, step by step. You will be helped to develop confidence, first in general counselling and care, and then in more specific counselling approaches and leadership. We are here to help you plan and undertake effective preparation for your future career.

There are Two Kinds of Courses in the Programmes:

Counselling Perspective (CPS) Courses

These courses will give insights into helping roles and functions and to the nature of society. You will explore ideas about Christian faith, cultural issues and the family. These will give you foundation stones on which to build professional practice.

The Practice of Counselling (TPC) Courses

These courses introduce a range of current issues in the helping field as well as a range of agencies and ministries seeking to address current needs. These courses will also develop your specific skills for counselling and will include significant practical time both in class and out in the field to develop confidence and competence in your chosen field.

ABOUT THE PROGRAMMES

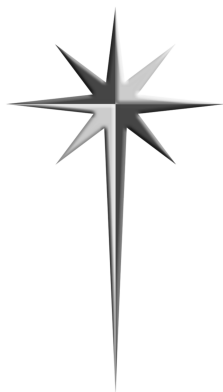
We are aiming for a relational community of learners who will interact, support and journey together as a group. For students at a distance, studying by flexi mode, this will be achieved by:

- Interaction and communication by e-learning through emails and discussions via internet
- Telephone conversations
- Study groups of students (where possible)
- Self-study course material and readings
- Face-to-face teaching in an intensive onsite block (2-3 days for each paper) in Tauranga EACH SEMESTER (dates are announced semester by semester). Attendance at this block week is a programme requirement.

Please note:

1. Students from any programme enrolled in the Maori Studies paper have a 2-night marae experience as a required part of the paper.
2. Students from any of the programmes enrolled in the Family Strengthening paper have a required 5-day field experience in Palmerston North in order to gain first-hand experience in a leading NZ counselling and community development agency. A koha is required.
3. 15 hours of personal counselling must be completed by the end of the three years at the student's own cost (an average of 5 hours per year).
4. Students in the Degree and Diploma of Counselling Years Two and Three, both onsite and flexi, contract with an external supervisor of their own choice as part of their practicum experience. This is at their own expense and is additional to programme costs.

Graduates could move into jobs in the following fields:



Counselling, marriage and family therapy, child, youth, marriage and family pastoring, parent education, relationship and family enrichment, chaplaincy, workplace support, employee assistance programmes, community agency work, family support services, health support fields, justice system, community agency co-ordination or leadership, local and national research, agency-based research, Masters level study programmes, family strengthening programmes, post-graduate study in social work or research

The following **Graduate Certificates** in specialist areas of counselling are also available to already qualified counselling practitioners:

- Child and Adolescent Counselling
- Couple and Family Counselling
- Narrative Counselling

These 60 credit certificates include two specialist knowledge courses, a research project and a practicum all in the field of specialty chosen. They will be offered by flexi delivery so people anywhere in NZ or Australia can extend their knowledge and skills in specialist areas. Not all Certificates will be available in any one year. Please enquire for details.

BACHELOR OF COUNSELLING

Onsite or by Flexi Learning anywhere in Australasia

This 360 credit professional qualification focuses on counselling skills for work with individuals, couples and families across a wide range of issues. It is also designed to equip students to eventually co-ordinate or lead community agencies.

The components are designed to build a foundation for an application to join a professional counselling association. It is available onsite or by flexi from home. The usual pattern of study is as follows – but this can be varied related to individual needs and people joining mid-year have a seven semester programme with a slightly different sequence of papers:

	SEMESTER ONE	SEMESTER TWO
YEAR 1 (120 credits)	<ul style="list-style-type: none"> ▪ Maori Studies (15 credits) ▪ Foundations of Christian Faith (15 credits) ▪ Personal & Professional Integration 1 (15 credits) ▪ NZ Social Contexts (15 credits) 	<ul style="list-style-type: none"> ▪ Personal & Professional Integration 2 (15 credits) ▪ Human Development (15 credits) ▪ Families: Yesterday, Today & Tomorrow (15 credits) ▪ Biblical Mandate for Social Concern (15 credits)
YEAR 2 (120 credits)	<ul style="list-style-type: none"> ▪ Common Issues in Counselling (15 credits) ▪ Journeying 1 (15 credits) ▪ Family Strengthening (incl. 5 day field trip) (15 credits) ▪ Practicum 1 (15 credits) 	<ul style="list-style-type: none"> ▪ Practicum 2 (15 credits) ▪ Journeying 2 (15 credits) ▪ Multicultural Studies (15 credits) ▪ Working with Children & Young People (15 credits)
YEAR 3 (120 credits)	<ul style="list-style-type: none"> ▪ Research Project (15 credits) ▪ Working with Practice Issues (15 credits) ▪ Journeying 3 (15 credits) ▪ Practicum 3 (15 credits) 	<ul style="list-style-type: none"> ▪ Integrated Practice (15 credits) ▪ Working with Couples and Families (15 credits) ▪ Journeying 4 (15 credits) ▪ Practicum 4 (15 credits)

The Bachelor of Counselling is taught over two semesters each year. In Years 2 and 3, time is allocated each week for ongoing Practicum experiences.

This Programme may be studied onsite in Tauranga or at a distance.

All courses, both onsite and flexi, will contain an online component and a face to face component, the amount of each will depend on the course, the mode of delivery and student numbers. Some onsite papers therefore still have an online component.

DIPLOMA OF COUNSELLING

Onsite or by Flexi Learning anywhere in Australasia

This 180 credit programme can be studied as a three-year, part-time programme either onsite in Tauranga or by Flexi Learning. It is an entry-level qualification designed to equip students for counselling ministry roles in the church or community. The Diploma is aimed at people who want to study while retaining their employment in the workforce. Applicants are advised that if registration of counsellors proceeds in NZ, this qualification will be a stepping stone, but not sufficient to gain full professional recognition. Other roles in the community will still be possible however. The courses are a subset of those offered in the degree programme.

The Diploma will be taught:

- Onsite as a part-time programme over two semesters involving approximately 8 hours a week in class at the Institute and another 6-8 hours on average per week at home

OR

- by Flexi involving a 2-3 day intensive onsite course for each paper to cover mostly practical work in Tauranga each semester and the remainder studied at home. Home study requires approximately 15 hours per week.
- Actual timetabling for Tauranga-based onsite study and Flexi intensive weeks is reviewed each year.

The usual pattern of study is as follows – but this can be varied related to individual needs and is in a slightly different sequence for those joining mid-year:

	SEMESTER ONE	SEMESTER TWO
YEAR 1 (60 CREDITS)	<ul style="list-style-type: none"> ▪ Personal & Professional Integration 1 (15 credits) ▪ Foundations of Christian Faith (15 credits) 	<ul style="list-style-type: none"> ▪ Personal & Professional Integration 2 (15 credits) ▪ Human Development (15 credits)
YEAR 2 (60 CREDITS)	<ul style="list-style-type: none"> ▪ Common Issues in Counselling (15 credits) ▪ Journeying 1 (15 credits) ▪ Practicum 1 (15 credits) 	<ul style="list-style-type: none"> ▪ Journeying 2 (15 credits)
YEAR 3 (60 CREDITS)	<ul style="list-style-type: none"> ▪ Maori Studies (15 credits) ▪ Working with Practice Issues (15 credits) ▪ Practicum 2 (15 credits) 	<ul style="list-style-type: none"> ▪ Integrated Practice (15 credits)

All courses, both onsite and flexi, will contain an online component and a face to face component, the amount of each will depend on the course, the mode of delivery and student numbers. Some onsite papers therefore still have an online component.

DIPLOMA OF FAMILY SUPPORT

Onsite or by Flexi Learning anywhere in Australasia

The **Diploma of Family Support** (120 credits) enables volunteers in non-professional roles to be active in ministries to individuals, couples and families. These roles could include pastoral care, home groups, study groups, mentoring, family pastoring and running family programmes in churches and the wider community.

This Diploma comprises a subset of papers from the counselling degree programme. Some people may therefore opt to apply to complete the degree on completion of this programme. Others may already be working in the community and desire upskilling for couple and family support roles. This Diploma can be studied either full-time or part-time, in Tauranga or from home. The pattern of courses and length of study can be adjusted to suit individual needs. The set of courses are as follows:

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| ▪ Foundations of Christian Faith (15 credits) | ▪ Families: Yesterday, today and tomorrow (15 credits) |
| ▪ Personal & Professional Integration 1 (15 credits) | ▪ Family Strengthening (incl 5-day fieldtrip) (15 credits) |
| ▪ Personal & Professional Integration 2 (15 credits) | ▪ Maori Studies (15 credits) |
| ▪ Human Development (15 credits) | ▪ Practicum (15 credits) |

GRADUATE DIPLOMA OF FAMILY STUDIES

Onsite or by Flexi Learning anywhere in Australasia

The **Graduate Diploma of Family Studies** (120 credits) is designed for professionals who already work with couples and families in some way and who want to take some time to study the dynamics and processes of building family life. While papers from the counselling degree comprise this graduate diploma, it is not intended to prepare counsellors per se, rather to equip professionals for more effective work in their current field of practice. Applicants with a previous degree or Level 6 diploma are eligible for this graduate diploma. The diploma can be studied part-time, or full-time depending on timetabling. Courses for this award are:

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| ▪ Family Strengthening (incl 5-day fieldtrip) (15 credits) | ▪ Families: Yesterday, today and tomorrow (15 credits) |
| ▪ Journeying 3 (Narrative Therapy) (15 Credits) | ▪ Working with Couples and Families (15 credits) |
| ▪ Research Project (15 credits) | ▪ Journeying 4 (Narrative Therapy continued) (15 credits) |
| ▪ Practicum (15 credits) (over a whole year) | ▪ One other course of choice (15 credits) |

A SAMPLING OF PAPERS

COURSE DESCRIPTION

This course aims to assist training counsellors (and teachers) to grow in their understanding of the foundations of the Christian faith and the implications of these for the task of people-helping in any given context.

LEARNING INTENTIONS

In keeping with the above rationale the learning intentions are to:

Foundations of Christian Faith

1. Discuss the philosophical and theological foundations of key elements in the Christian faith, including the Meta-narrative of Creation, the Fall and Redemption as the basis for an exploration into biblical principles for life.
2. Consider how Biblical foundations translate into practical implementation of the Christian faith in our personal and professional lives.

ASSESSMENT TASKS

1. Journaling the Journey – Seven journal entries up to one A4 page (40%)
2. Group Seminar (60%)

COURSE DESCRIPTION

The human life span is studied from conception to death within a Biblical, social and cultural context. The focus is on traditional Western perspectives of physical, intellectual, emotional, social and spiritual development and on inherent genetic and environmental influences. These perspectives are related to the issues for which people seek to address in counselling and therapy. Knowledge gained leads to valuing the sanctity of life and directs decision making in terms of life, context, scholarship, service, accountability and learning and teaching approaches.

LEARNING INTENTIONS

In keeping with the above rationale this course intends to:

Human Development

1. Provide a basic introduction to main theory groups and selected theorists in human development in order to critique their contributions from a Biblical perspective.
2. Focus on the main characteristics of various stages of development from conception through to death and the related counselling issues that arise.
3. Foster a personal response as a transformative process in personal development.

ASSESSMENT TASKS

1. Essay (50%)
2. Group Seminar Presentation (50%)

Personal and Professional Integration 1	<p><u>COURSE DESCRIPTION</u> The purpose of this course is to begin the development of core counselling skills. It will examine counselling as a Christian activity and the core attitudes needed for therapeutic work. It will also show the link between personal and professional development.</p> <p><u>LEARNING INTENTIONS</u> In keeping with the above Rationale the Learning Intentions are to:</p> <ol style="list-style-type: none"> 1. Establish the nature and purpose of counselling. 2. Develop the core skills for therapeutic conversation. 3. Through the application of core skills, develop awareness of the patterns that influence reactions to current situations. <p><u>ASSESSMENT TASKS</u></p> <ol style="list-style-type: none"> 1. Essay 1200 -1800 words (40%) 2. Ten Minute tape (30%) + with a written reflection (30%)
Biblical Mandate for Social Concern	<p><u>COURSE DESCRIPTION</u> Workers in the people-helping professions need to look at their motivation for involvement as well as the practice. From a Christian perspective the reason why is rooted in their understanding of the heart of God and in what God asks of his people individually and corporately. This involves looking at the process whereby we seek to understand God's heart as expressed in the Bible. Secondly, since we do not work in an historical vacuum, the course explores both historical and contemporary social concern initiatives.</p> <p><u>LEARNING INTENTIONS</u> In keeping with the above rationale the learning intentions are:</p> <ol style="list-style-type: none"> 1. Students will understand exegetical tools for studying scriptures related to social concern. 2. Students will explore possible personal and social transformation processes from a Christian perspective. 3. Students will examine Biblical passages relating to God's heart for social concern as a foundation for their own motivation for working in this area. 4. Students will investigate the historical and contemporary role of Christians in social initiatives. <p><u>ASSESSMENT TASKS</u></p> <ol style="list-style-type: none"> 1. Essay 2000 – 2500 words (50%) 2. Mission Experience – poster presentation, discussion service and reflections (50%)

We take care in interviewing applicants as to suitability and likelihood of successfully completing their programme. It is our usual practice to only accept younger applicants with university entrance plus two years post-school experience because challenges exist for younger people in getting practicum placements and eventual employment. We request that applicants under 25 come in person for an interview and in some cases we may require study onsite in Tauranga.

FURTHER ENQUIRIES ARE WELCOME

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