

# Counselling & Family Studies Programmes



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**GRADUATE CERTIFICATES OF COUNSELLING**

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**Couple and Family Counselling**  
**Narrative Counselling**

## Graduate Certificates in specialist areas of counselling

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### ❖ Each Programme:

- 60 credits
- 2 specialist courses, 1 practicum course and 1 research course in the specialty chosen
- A range of specialist endorsements
- Flexibility to study part or full time
- Ability to staircase from a counselling diploma and step up beyond this award to our bachelor degree in counselling
- Flexibility to study online at a distance so people anywhere in NZ or Australia can extend their knowledge and skills in specialist areas.

These Graduate Certificates are for already qualified counsellors only. You would join a relational community of learners who may be at a distance geographically, but who will interact, support and journey together as a group. This is achieved by:

- Interaction and communication by e-learning through emails and online discussions
- Telephone conversations
- Study groups
- Self-study course material and readings
- Face-to-face teaching and workshops in an on-site intensive of 2-3 days per course in Tauranga each semester.

### ❖ The Specific Purpose of the Graduate Certificate programme is:

To increase the level of knowledge and skill of existing counselling practitioners in a specialised field of practice, through advancing the integration of their spiritual and personal awareness with their values and the attitudes and skills of their professional practice so that they might contribute more effectively to the care, support and development of individuals, couples, families and communities through therapy, leadership and innovation in their field of specialisation.

### ❖ The Benefits of this Qualification

On completion of this qualification, graduates will have a sound philosophical and skill base in one specialised area of counselling, resulting in enhanced professional counselling practice. They will have a broad repertoire of theory-informed interventions enabling practice with their specialist client group that is responsive and transformative. Graduates will also have a clear view of the values and attitudes that support and inspire their work. The qualification can lead to study at post-graduate level.

❖ **Potential Graduate Destinations:**

Dependent on the specialisation, graduates will be able to work in the following fields:

- marriage and family therapy
- child and adolescent counselling
- school guidance counselling
- parent education
- relationship and family strengthening
- chaplaincy / workplace support
- employee assistance programmes
- community agency work
- family support services
- health and disability support roles
- community agency co-ordination, leadership and management
- counselling supervision
- agency, local and national government research
- post-graduate study in social work or research.

❖ **Entrance Requirements:**

A diploma or degree in counselling or a counselling related field, some practice experience and access to a computer with email and internet capability, preferably broadband.

❖ **A Usual Paper Pattern for Part-time study:**

The intention is to offer this programme for professional development. Because of this, it is envisaged that students would undertake the courses over at least one year and more likely a two-year period. The maximum length for completion is specified in the Programme Regulations as being 4 years. People joining mid-year will have a slightly different sequence of papers. The following chart illustrates a two-year programme progression:

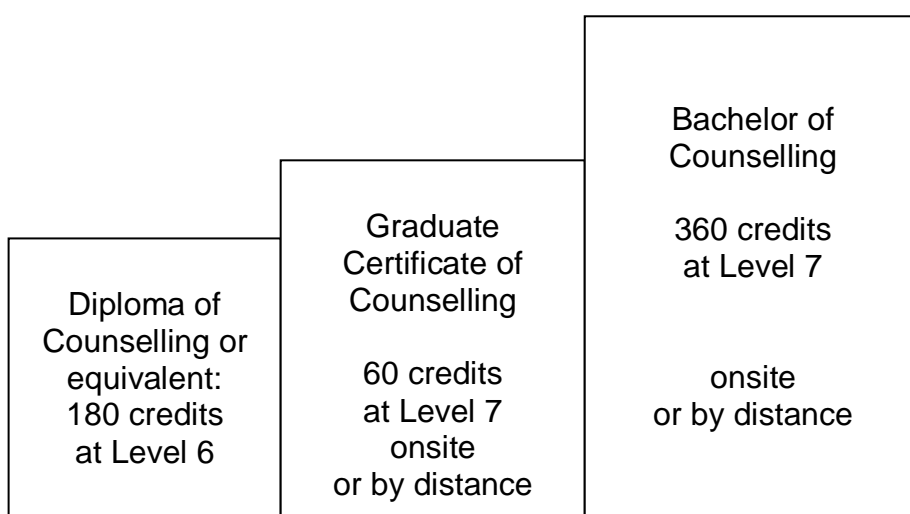
1 <sup>st</sup> Semester	2 <sup>nd</sup> Semester	3 <sup>rd</sup> and 4 <sup>th</sup> Semesters
<p><b>First specialist knowledge course</b></p> <p>(15 credits = 10 hours per week over 12 teaching weeks and 3 independent study weeks)</p>	<p><b>Second specialist knowledge course</b></p> <p>(15 credit = 10 hours per week over 12 teaching weeks and 3 independent study weeks)</p>	<p><b>Action research course</b></p> <p>(Subsequent to completion of pre-requisite specialist knowledge courses)</p> <p>(15 credits = 5 hours per week over 24 teaching weeks and 6 independent study weeks)</p>
<p><b>Practicum</b></p> <p>(Set up during 1<sup>st</sup> Semester of study, undertaken during 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Semesters)</p> <p>(15 credits = 2 ½ hours per week over approximately 45 weeks or as the particular placement context and arrangement allows.)</p>		

Please note that at least one specialist knowledge paper must be taken before the Research paper is commenced.

### ❖ Links to Other Programmes:

Students can staircase into and out of this programme to other programmes offered at BTI in one of three ways (see the illustration below).

- 1) Enter this programme with the equivalent of our 180 credit Diploma of Counselling and then step up with this Graduate Certificate of Counselling.
- 2) From this Graduate Certificate, step up to the Graduate Diploma of Family Studies, by taking 60 more credits at Level 7.
- 3) Alternatively, step from the Graduate Certificate in Counselling up to the Bachelor of Counselling by completing a further 120 credits. (This degree is available by distance learning):



### ❖ Elements of this Programme:

- Study Guide: this introduces the paper, provides details of activities and assignments and guides you step by step through the course. Links to other resources and to online activities, fieldwork or other activities and preparatory work for the onsite intensive are all detailed.
- Readings: this is an electronic collation of required and supplementary readings to support the learning in each paper and to provide beginning resources for assignment work.
- Online Activities: using the MOODLE platform entitled "BTI Online" you will have a range of compulsory and enrichment activities including journals, wikis, chats, discussion forums and resource links to support and assess your learning. (Broadband connection is required).

- Onsite intensive: this is the component of a paper that is delivered face to face here in Tauranga during a visit to the campus of 2-3 days per course. This is usually skills-based work that cannot be learned at a distance.
- Practicum: this refers to a placement which provides the context for learning to be integrated into practice in a focussed way under regular supervision, both from within the agency and from a qualified external supervisor.
- Contracted Local Supervisor: this supervisor is usually external to the placement agency and who must be a member of a professional association (NZAC, NZCCA, NZAP, NZASW or the Psychologists Board). This person reviews and monitors your clinical practicum work and assists you in making the links between your study and your practice.
- Site Visit by BTI staff: this is the visit that one of the Counselling and Family Studies Team from BTI makes to you in your placement setting around the country. This can be a liaison visit and/or an assessment of your work, depending on where you are up to in your practicum. This visit develops the link between BTI and the local agency and the local supervisor and helps make sure the placement is as useful for you as possible.
- Fieldtrip residential intensive: within the Family Strengthening paper, this is a visit to a leading New Zealand community development agency and involves living together for a 5-day intensive facilitated by one of our longstanding contract staff members. Observation, reflection and teaching components are interspersed with student conversation and interviews with agency staff. This has been a valuable part of our Bachelor of Counselling programme annually from its inception.

❖ **Summaries of Programme Content:**

**GRADUATE CERTIFICATE OF COUNSELLING  
(COUPLE AND FAMILY COUNSELLING)**

**Grad.Cert.Cg. (Couple & Family)**

*Specialist Knowledge Strand*

**GCC6421 Family Strengthening**

**Level 6      15 Credits**

This course will give students field observation of one of NZ's foremost family strengthening and community development agencies. They will hear from and reflect on experienced practitioners' guiding philosophies and resulting practices and develop an awareness of the strategies that contribute to individual, relationship, family and community transformation. As a result, students will undertake a series of strength-based conversations with a couple or family to increase the awareness of their own guiding philosophy and develop their own strength-based practice skills.

**GCC7422 Working with Couples and Families**

**Level 7      15 Credits**

This course aims to equip students to work therapeutically with couples, members of a family, nuclear, intergenerational and blended families. An introduction to the history of family therapy is given but the applications of systemic and narrative processes of family therapy are prioritised within the course.

*Practicum Strand*

**GCC7423 Couple and Family Counselling Practicum      Level 7      15 Credits**

This practicum gives students the opportunity to apply the knowledge, understanding and skills gained in the coursework papers to their work with their specialist client group – couples and/or families. The hands-on experience with this client group enables the development of practice skills under the guidance of an experienced supervisor. The course fosters students' reflection on the effectiveness of their practice in the facilitation of change and calls for clear identification of the values and attitudes underpinning their work.

*Research Strand*

**GCC7424 Research for Couple & Family Counselling      Level 7      15 Credits**

This research project gives students the opportunity to explore the nature and role of research for the Christian counsellor. The course is designed to support students, not just learning *about* but also in *experiencing* the research process through undertaking research into their own practice effectiveness in their field of specialisation, and reporting on the process and findings. This will better equip students to read and process research literature as well as contribute further research to the field. The course also provides an opportunity for students to explore the impact one's world and life view has on the process, described by Bouma as a 'disciplined process of coming to know something about our world and ourselves' (2000, p. 5).

## GRADUATE CERTIFICATE OF COUNSELLING (NARRATIVE COUNSELLING)

### Grad.Cert.Cg. (Narrative)

#### *Specialist Knowledge Strand*

GCC7441 Journeying 3: Using Narrative Therapy      **Level 7**      **15 Credits**

This course explores the philosophical underpinnings of narrative ideas and practice and how they relate to Christian worldviews. It will introduce students to narrative skills and strategies and give students the opportunity to develop narrative practice. It will then extend students beginning narrative practice to include an awareness of the effect of language on power relations, in particular how this relates to exploring with people their sense of faith/spirituality.

GCC7422 Working with Couples and Families      **Level 7**      **15 Credits**

This course aims to equip students to work therapeutically with couples, members of a family, nuclear and blended families. An introduction to the history of family therapy is given but the applications of systemic and narrative processes of family therapy are prioritised within the course.

OR

GCC7423 Journeying 4: Continuing with Narrative Therapy      **Level 7**      **15 Credits**

Journeying 4 continues the emphasis explored in Journeying 3 of understanding people as produced by social contexts and using skills of deconstruction and development of alternative storying to enable people to live out preferred realities. Further to this introduction to Narrative Therapy, Journeying 4 considers the detail of clinical practice in relation to the political context of therapy, power relations within language, using relational language and creating agentic narratives through various therapeutic processes.

#### *Practicum Strand*

GCC7443 Narrative Counselling Practicum      **Level 7**      **15 Credits**

This practicum gives students the opportunity to apply the knowledge, understanding and skills gained in the coursework papers to their work using Narrative Therapy in their placement setting. The hands-on experience with this modality enables the development of practice skills under the guidance of an experienced supervisor. The course fosters students' reflection on the effectiveness of their practice in the facilitation of change and calls for clear identification of the values and attitudes underpinning their work.

#### *Research Strand*

GCC7444 Research in Narrative Counselling      **Level 7**      **15 Credits**

This research project gives students the opportunity to explore the nature and role of research for the Christian counsellor. The course is designed to support students, not just learning *about* but also in *experiencing* the research process through undertaking research into their own practice effectiveness in their field of specialisation, and reporting on the process and findings. This will better equip students to read and process research literature as well as contribute further research to the field.

The course also provides an opportunity for students to explore the impact one's world and life view has on the process, described by Bouma as a 'disciplined process of coming to know something about our world and ourselves' (2000, p. 5).