

School of Counselling

course information



NEW ZEALAND

visioncollege

School of Counselling

Introduction

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

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.

The programme consists of three years' full-time study. Or students may choose to study part-time for Year One, spreading it over two years, followed by a further two years full-time to complete the degree.

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

Students who do not complete the full degree can still achieve a Level 5 or 6 qualification. Students who finish after Year One can achieve the Certificate in Interpersonal Skills (Level 5)**. Students who exit at the end of Year Two can achieve the Diploma of Counselling (Level 6).

* The Bachelor of Counselling has provisional accreditation.

** The Certificate in Interpersonal Skills is subject to NZQA approval.

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 Bachelor 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)

Programme Aims

The Bachelor of Counselling will develop Christians who wish to become professional counsellors with specialised knowledge and skills in 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 completed the practical requirements for provisional membership with relevant professional organisations such as New Zealand Association of Counsellors (NZAC) and New Zealand Christian Counsellors Association (NZCCA) and will be eligible to pursue post-graduate study in counselling.

Graduates will have acquired the key transferable skills necessary to practise professionally in the following areas and participate effectively in the professional counselling community:

- Counselling
- Case Workers
- School counsellors
- Community agency work and advocacy roles
- Family and health support services
- Mental Health services

Graduate Profile

GRADUATES FROM THE BACHELOR OF COUNSELLING WILL:

- Be skilled and knowledgeable in Person-Centred counselling practice to competently engage in and maintain a therapeutic relationship and process with clients.
- Integrate Person-Centred counselling with a working knowledge of a second modality.
- Possess the understanding and key transferable skills that will enable them to participate professionally and effectively in the professional social services community and develop a sustainable career.
- Have the ability to analyse and evaluate new information, concepts, and evidence from a wide range of sources and be competent in application to practice or for further inquiry and higher levels of study.
- Have well developed self-awareness including awareness of interpersonal processes.
- Critically evaluate counselling theories and interventions in the light of Biblical principles and Christian doctrine.
- Be competent to work with the client positively, ethically and authentically, respecting the spiritual, religious, and cultural values, beliefs and choices of the client.
- Integrate a clear understanding of Te Tiriti o Waitangi, Māori perspectives and the ethnic diversity in Aotearoa New Zealand into culturally appropriate counselling practice.
- Have specialised knowledge about people, group systems, family/whanau, iwi, society, and cultures that relates to wellness and mental health that informs appropriate assessment, case formulation and processes.
- Practice critical thinking together with intellectual curiosity and integrity, and engage with and integrate knowledge from counselling research.
- Be ethical and principled practitioners who utilize supervision and maintain professional and personal development.

It is expected that students will enter the counselling profession at a level appropriate to provisional status, whether or not they have applied for provisional membership, and will develop their professional knowledge, skills and identity in a supported environment.

Entry Requirements

ALL APPLICANTS MUST:

- Be at least 24 years of age when the programme begins.
- Complete a New Zealand Ministry of Justice 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. Credits in English-rich subjects from New Zealand educational institutions are also acceptable. If you have no evidence of your English language skills, contact us for an assessment.

DISCRETIONARY ADMISSION

In exceptional cases, 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
COU101	Person-Centred Counselling 1	5	30
COU102	Counselling Approaches 1	5	15
COU105	Introduction to Psychology & Assessment	5	15
COU106	Introduction to Theology	5	15
COU107	Personal and Professional Formation	5	15
COU108	Aotearoa New Zealand Society	5	15
COU109	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
Personal and Professional Formation		Person-Centred Counselling 1	
Counselling Approaches 1	Lifespan Human Development	Aotearoa New Zealand Society	Introduction to Psychology & Assessment
	Introduction to Theology		

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 8 block courses on campus, complementing the practical placement with a deepening theoretical development.

Code	Year One	Level	Credit
COU201	Person-Centred Counselling 2	6	15
COU202	Counselling Approaches 2	6	15
COU203	Supervised Professional Practice 1	6	45
COU204	Working with Contextual Issues	6	15
COU208	Cultural Competency for Counselling in Aotearoa NZ	6	15
COU209	Family, Relationship and Group Systems	6	15

Total: 120 credits

FULL-TIME STUDY

It is highly recommended that students complete Year Two through full-time study, due to the practicum focus, and the theoretical learning that integrates with the 100 hours of face-to-face counselling practise.

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).

Year Three Structure

The third year extends the supervised practicum, with students completing a further 100 hours of face-to-face counselling. Eight more block courses enhance the theoretical depth of students, unpinning the practical counselling experience. Students also choose 2 elective papers in this year, enabling exploration of more specialised topics.

A maximum of 6 years can be taken to achieve the Bachelor of Counselling.

Code	Year One	Level	Credit
COU301	Integrative Counselling	7	15
COU303	Supervised Professional Practice 2	7	45
COU305	Mental Health and Disorders	7	15
COU306	Working with Contemporary Issues	7	15
Elective papers: Students choose 2 elective papers in the 3 rd year			
COU331	Introduction to Research	7	15
COU332	Creative Therapies	7	15
COU333	Counselling Children and Young People	7	15
COU334	Grief and Loss Counselling	7	15
COU335	Alcohol, Drugs and Addictions	7	15
COU336	Abuse and Trauma Counselling	7	15
COU337	Working with Couple Relationships	7	15

Total: 120 credits

Availability of subjects listed may vary.

FULL-TIME STUDY

It is highly recommended that students complete Year Three through full-time study, due to the practicum focus, and the theoretical learning that integrates with the 100 hours of face-to-face counselling practise.

A maximum of 6 years can be taken to achieve the Bachelor of Counselling.

Paper Descriptions

Year One Papers

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	COU101	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	COU102	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

Introduce the concepts and principles of psychology and their application to human behaviour and health disorders; process of assessment in counselling including case formulation; goal setting; risk assessment and planning with clients within a theoretical ethical, and cultural context that is applicable to the counselling context.

Code	COU105	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	COU106	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	COU107	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	COU108	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	COU109	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	COU201	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	COU202	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	COU302	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	COU204	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	COU208	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	COU209	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

Year Three – Bachelor of Counselling

Integrative Person-Centred Counselling

AIM

Develop an integrative Person-Centred Counselling model, including personal, cultural and spiritual dimensions. Integrate Person-Centred counselling with a foundational working knowledge of a second modality.

Code	COU301	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	COU303	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Supervised Professional Practice 2

AIM

Further extend the integration of counselling theory and practice within an approved setting, and to develop a professional practice and identity.

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.

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

Code	COU303	Level	7
Credits	45	Class contact hours	42
Prerequisites	None	Self-directed hours	378
Co-requisites	COU301	Counselling/Supervision	30
Status	Compulsory	Total learning hours	450

Mental Health and Disorders

AIM

Develop holistic knowledge of mental health and disorders, identifying appropriate approaches and interventions for these presentations, applying this knowledge to counselling practice, and explore ethical, cultural, and spiritual perspectives on mental health care.

Range: including, but not limited to, mood disorders, anxiety disorders, somatoform and dissociative disorders, sleep and eating disorders, personality disorders, substance-related disorders, cognitive and developmental disorders, and psychotic disorders

Code	COU305	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Working with Contemporary Issues

AIM

Develop professional competencies around contemporary issues in counselling integrating ethical, legal and Biblical knowledge and understanding.

Code	COU306	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Compulsory	Total learning hours	150

Introduction to Research

AIM

Equip students with an informed understanding of the benefits of research for the purpose of focused and intentional professional development, the planning and preparation of a literature-based research project, relevant research methodologies, and to develop a capacity to critically analyse research literature.

SPECIAL NOTE

No mathematical experience is presumed and no prior research exposure is expected.

Code	COU331	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Creative Therapies

AIM

Explore the theory and practice of a range of creative therapies that can enhance counsellor self-awareness and counselling practice, extending opportunities to work in wider ways with clients.

Range: may include, but are not limited to, the use of art, creative writing, poetry, , movement, music, drama, and symbol work.

Code	COU306	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Counselling Children and Young People

AIM

Explore the attributes and knowledge and skills required to be an effective counsellor with children and young people in Aotearoa NZ, and develop foundational skills in working with children and young people.

Code	COU332	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Grief and Loss Counselling

AIM

Examine, apply and critique major theoretical models of grief and loss counselling for working with individuals and family/whanau systems. Consider the nature of attachment and loss and distinguish between normal and complicated grief responses

Code	COU333	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Alcohol, Drugs, and Addictions

AIM

Present key theories, research, and clinical practices related to alcohol and drug problems and addictions in Aotearoa and integrate these into counselling practice.

Code	COU335	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Abuse and Trauma Counselling

AIM

To analyse the application of theories, models, research and clinical practice related to abuse and trauma in Aotearoa NZ, and demonstrate an integrated approach into counselling practice.

Code	COU336	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Working with Couple Relationships

AIM

Explore the concept of intimate couple relationships from systems, cultural, and Christian perspectives; develop appropriate therapeutic approaches and interventions in working with intimate couple/dyadic dynamics.

Code	COU337	Level	7
Credits	15	Class contact hours	42
Prerequisites	None	Self-directed hours	98
Co-requisites	None	Counselling/Supervision	0
Status	Elective	Total learning hours	150

Fees and Costs

Fees 2012

NZ (Domestic) Students Tuition Fee per full-time year **\$5,920**

For NZ & Australian Citizens & Permanent Residents.

Part-time option is only available to domestic students.

International Students Tuition Fee per full-time year **\$15,995**

Fees include GST

Student Loans

Fees can be paid by a StudyLink student loan (StudyLink eligibility criteria apply).

Important Note: From 2012 part-time students are not eligible for course-related costs to be put on their StudyLink student loan. This means part-time students can only pay for the compulsory fees with their Student Loan.

See www.studylink.govt.nz for more details.



Course-Related Costs

Course-Related Costs are approximate costs to expect that are not included in Tuition Fees.

Year 1

Personal Counselling (minimum 10 hours) (\$50 - \$90 per hour) \$ 900
(individually negotiated with Counsellor of choice)

Textbooks – Approximate cost if purchased brand new. \$900-\$1200
This pricing is approximate and subject to change. A full list of required textbooks will be available in November.

Other costs you will need to allow for include stationary, photocopying, etc.

Year 2

Personal Counselling (minimum 10 hours) (\$50 - \$90 per hour) \$ 900
(individually negotiated with Counsellor of choice)

Supervision (minimum 20 hours) (\$50 - \$120 per hour) \$1000-\$2400
(individually negotiated with Counsellor of choice)

Textbooks – Approximate cost if purchased brand new. \$400-\$700
This pricing is approximate and subject to change. A full list of required textbooks will be available in November.

Other costs you will need to allow for include stationary, photocopying, etc.

Year 3

Supervision (minimum 20 hours) (\$50 - \$120 per hour) \$1000-\$2400
(individually negotiated with Counsellor of choice)

Textbooks – Approximate cost if purchased brand new. \$300-\$500
This pricing is approximate and subject to change. A full list of required textbooks will be available in November.

Other costs you will need to allow for include stationary, photocopying, etc.



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