

## Program Outline: Wellness Counsellor Diploma

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### **Brief Program Description**

This program is designed to provide occupational training for wellness counsellors. The program consists of certification in both life skills coaching and counselling, as well as comprehensive training and experience facilitating services for individuals and groups in the area of physical, mental, emotional, and spiritual wellness.

### **Career Occupation**

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Life Coach, Counsellor

### **Admission Requirements**

- Successful completion of admissions assessment process.
- Written personal statement.
- Personal and/or professional reference.
- Grade 12 graduate or equivalent or mature student status – 19 years or older with an established work history or relevant experience.
- International study permit if applicable.
- In addition to the program admissions requirements, applicants must also meet the Rhodes Wellness College's General Admissions Policy requirements detailed [here](#).

### **Learning Objectives**

**Upon completion of this program the successful student will have reliably demonstrated the ability to:**

- Provide assessment of physical, mental, emotional and spiritual wellness
- Assist individuals to identify blocks to personal wellness
- Provide clients with basic information on nutrition and exercise
- Provide comprehensive counselling assessment to clients
- Assist clients to identify and adjust belief systems
- Offer Life Coaching
- Provide basic counselling in the areas of addictions, sexual abuse and trauma, employment, family and couples, and youth
- Facilitate life skills workshops

### **Method(s) of Evaluation**

- Written exams
- Oral examinations
- Papers
- In-class presentations
- Supervised field work



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### Completion Requirements

- Students must meet Rhodes Wellness College's attendance policy as detailed [here](#)
- Attendance of no less than 80% of all classes
- Attendance of no less than 80% of any one course within the program
- Passing grade of 50% in all courses

### Program Duration

1,227.50 Hours; 55 weeks

### Homework Hours

5 Hours averaged over each week

### Delivery Method(s)

- In-person
- Online
- Blended Delivery: In-person and synchronous online class

### Required course materials

A variety of materials including textbooks and packages of readings will be made available to the students. Specific textbooks are detailed on individual course outlines.

Title of Course	# of Hours
COAC 100 Life Skills Coaching	270
COUN 100 Basic Counselling	45
COUN 101 Employment Counselling	22.5
COUN 102 Youth & Family Counselling	45
COUN 104 Trauma Counselling	45
COUN 105 Addictions Counselling	45
COUN 109 Clinic Weeks (Counselling)	67.5
PRAC 110 Career Planning I	22.5
WELL 110 Physical Wellness	135
WELL 120 Spiritual Wellness	135
WELL 130 Emotional Wellness	135
WELL 140 Mental Wellness	135
PRAC 101 Supervised Practicum	80
PROF 242 Personal & Professional Development	45



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\*Because courses do not have prerequisites, Rhodes Wellness College reserves the right to re-organize the courses in a different structure according to the student and college's needs.