

## Program Outline: Life Skills Counselling Certificate

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### **Brief Program Description**

This comprehensive program is designed to train life skills counsellors in a variety of counselling skills and techniques. Upon completion, students will be able to provide basic counselling, assessment, and intervention to a variety of counselling needs.

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### **Career Occupation**

Life Coach, Counsellor

### **Learning Objectives**

This program provides students intending to enter the helping professions with knowledge of theory and practice skills related to client problem management and opportunity development. Through a structured professional curriculum divided into academic and experiential components, students will be able to demonstrate a wide range of counselling theories and skills. This program stresses the importance of the student's personal development as a counsellor and provides opportunities for assessment of clinical abilities.

Upon completion, students will be qualified to provide basic counselling, assessment, and referral in the following areas: Basic Counselling, Addictions Counselling, Sexual Abuse and Trauma Counselling, Family and Couples Counselling, Youth Counselling, and Employment Counselling.

In addition, students will acquire the skills necessary to conduct intake interviews, maintain case files and session notes. Clinic weeks provide additional opportunities to practice counselling skills under supervision, investigate case studies, conduct research, and read course reference materials.

Upon certification, students will have conducted a minimum of 30 client counselling hours.

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<b>Method(s) of Evaluation</b>	<ul style="list-style-type: none"> <li>● Written exams</li> <li>● Oral examinations</li> <li>● Papers</li> <li>● In-class presentations</li> <li>● Supervised field work</li> </ul>
<b>Completion Requirements</b>	<ul style="list-style-type: none"> <li>● Attendance of no less than 80% of within each course of the program</li> <li>● Passing grade of 50% in all courses</li> </ul>
<b>Program Duration</b>	<p>Full-Time: 270 Hours; 12 weeks</p> <p>Part-Time: 270 Hours; 45 weeks</p>
<b>Homework Hours</b>	5 Hours averaged over each week
<b>Delivery Method(s)</b>	<ul style="list-style-type: none"> <li>● In-person</li> <li>● Online</li> <li>● Blended Delivery: In-person and synchronous online class</li> </ul>
<b>Required course materials</b>	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.

### Program Organization

Title of Course	# of Hours
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 Clinical Practice and Assessment	67.5

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### Admissions Requirements

- Grade 12 graduate or equivalent or mature student status – 19 years or older with an established work history or relevant experience.
- Submit a Personal Statement on why you would like to pursue an education with Rhodes Wellness College and what you hope you to achieve upon graduation.
- Submit two references.
- Successfully complete an Admissions Interview.
- Demonstrate spoken and written proficiency in the English language consistent with the proficiency of a high school graduate, as evidenced by a written personal statement and a one-on-one screening interview (see also the Language Proficiency Assessment Policy listed below).
- Provide an International study permit/student visa, if applicable
- A minimum of 12 months prior sobriety\*\* is required to be verified during the interview. The College’s representative may require the applicant to provide a letter to the College confirming the applicant’s sobriety from a counselor.

\*\*[Please see our Sobriety Policy for more details.](#)

**Rhodes Wellness College reserves the right to deny any candidate admission into this program if Admissions does not believe the applicant will be a potential fit or adequately benefit from taking the program.**

### Language Requirements

All students, whether they be Canadian or International students, must prove sufficient English proficiency through one of the following methods:

1. Grade 12 completion in an English-based school system (or the equivalent of Grade 12 education in an English-based school system that does not call high school completion “Grade 12”, e.g., O-Level or A-Level certification in the UK or other Commonwealth school system).
2. GED (General Education Development) completion in an English-speaking country\*.
3. Two completed full-time semesters at a post-secondary where the program of study is taught in English.
4. Successful completion of one of the following English proficiency exams, achieving the minimum required score indicated below:
  - a. International English Language Testing IELTS (academic or general version): minimum score of 6.0 overall, and no individual category score less than 5.5.
  - b. Test of English as a Foreign Language (TOEFL): minimum score 78 (internet based).  
Canadian Academic English Language Assessment Test (CAEL): minimum score of 50 in each category.

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- c. Canadian English Language Proficiency Index Program (CELPIP): minimum score of 7 in each category.
- d. Cambridge English Scale: minimum score of 169.
- e. Duolingo: minimum score of 105.
- f. Pearson Test of English: minimum score of 46

**English-speaking countries include the following:**

- Australia
- American Samoa
- Anguilla
- Antigua and Barbuda
- Bahamas
- Barbados
- Belize
- Bermuda
- Botswana
- British Virgin Islands
- Brunei
- Canada
- Cayman Islands
- Cook Island
- Dominica
- Falkland Islands
- Fiji
- Gambia
- Ghana
- Gibraltar
- Grenada
- Guam
- Guyana
- Hong Kong
- Ireland
- Isle of Man
- Jamaica
- Jersey
- Kenya
- Liberia
- Mauritius
- Micronesia
- New Zealand
- Nigeria
- Norfolk Island
- Pitcairn Islands
- Philippines
- Saint Kitts and Nevis
- Saint Lucia
- Saint Vincent and the Grenadines
- Sierra Leone
- Singapore
- Sint Maarten
- Solomon Islands
- South Africa
- South Sudan
- Trinidad and Tobago
- Turks and Caicos Islands
- U.S. Virgin Islands
- Uganda
- United Kingdom
- United States