

Program Outline: Professional Counsellor Diploma

Brief Program Description

This comprehensive diploma program is designed for those who want to master their own personal and professional development. The program consists of certification in both life coaching and counselling as well as comprehensive training and experience facilitating counselling services for individuals and groups in the area of physical, mental, emotional and spiritual wellness. Students engage in professional and practical community and workplace-based projects, building experience and career networks. This program also includes extensive support and supervision for students who wish to obtain the *Registered Professional Counsellor* designation. *

* The *Registered Professional Counsellor* designation is regulated and granted by the Canadian Professional Counsellors Association (CPCA), an unaffiliated self-regulating non-profit organization. Rhodes Wellness College does not grant this designation.

Career Occupation

Life coach, Counsellor

Learning Objectives

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

- Apply coaching, counselling, and wellness theory with a variety of populations
- Assessment of physical, mental, emotional, and spiritual wellness
- Assist individuals to identify blocks to personal wellness
- Provide comprehensive counselling assessment to clients
- Provide counselling in the areas of addictions, sexual abuse and trauma, employment, family, couples, and youth
- Facilitate life skills workshops
- Provide individual success coaching
- Demonstrate competency in a wide range of presentation strategies and group leadership
- Understand Basics of Human Development
- Advanced Counselling skills
- Can develop and evaluate programs
- Demonstrate knowledge of practice ethics

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Method(s) of Evaluation	<ul style="list-style-type: none"> • Written exams • Oral examinations • Papers • In-class presentations • Supervised field work
Completion Requirements	<ul style="list-style-type: none"> • 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	1,725 Hours; 80 weeks
Homework Hours	5 Hours averaged over each week
Delivery Method(s)	<ul style="list-style-type: none"> • 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.

Program Organization

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

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COUN 109 Clinic Weeks (Counselling)	67.5
WELL 110 Physical Wellness	135
WELL 120 Spiritual Wellness	135
WELL 130 Emotional Wellness	135
WELL 140 Mental Wellness	135
PRAC 110 Career Planning I	22.5
COUN 210 Grief & Loss Counselling	48
COUN 260 Counselling Theories & Methods	48
COUN 220 Human Development – Theory and Practice	48
COUN 230 Mental Health Counselling	48
COUN 240 Advanced Counselling: Trauma Counselling 2	48
COUN 250 Relationship Counselling	48
PROF 210 Professional Practice and Ethics	48
PROF 220 Group Leadership	48
PRAC 210 Career Planning II	22.5
PROF 230 Supervised Clinical Practice I	48
PROF 231 Supervised Clinical Practice II	48
PRAC 201 Supervised Practicum	120

Professional Designation Support

This program includes support for those students working towards the Canadian Professional Counsellors Association's (CPCA) *Registered Professional Counsellor* designation (RPC).

Relevant curriculum in the Professional Counsellor Diploma program meets the CPCA's rigorous academic criteria, and students may write the RPC examination after completing their program.

The Professional Practice and Ethics includes examination specific information and preparation. Rhodes Wellness College schedules and provides testing facilities for students to write the RPC examination at the end of this unit.

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Graduates who successfully write their RPC examination must also complete a period of supervised practice before receiving their full RPC designation. To help students receive their professional designation sooner, Rhodes Wellness College provides free practice supervision* for students up to 12 months after their end date.

**To qualify for free supervision, students will be assessed and approved by the supervisor and meet other CPCA or ACCT supervision criteria. Contact the Admissions Department for more information.*

About the Registered Professional Counsellor Designation

The Canadian Professional Counsellors Association (CPCA), a Canadian non-profit Society registered in accordance with the National Corporate Registry of Canada, regulates Registered Professional Counsellors.

Since its founding in 1990, the CPCA has been dedicated to the promotion of public confidence and trust in the counselling profession in Canada. The CPCA serves the public from coast to coast.

Registered Professional Counsellors attend to the emotional wellbeing of people by applying principles and skills from the disciplines of mental health, psychology or human development, through the use of cognitive, affective, behavioural or systemic interventions. Through these interventions the RPC can address wellness, personal growth, or career development, as well as pathology. In preparation for this challenging career, an RPC must undergo extensive education and training. This includes both academics and field training. RPC's serve in all levels of our communities where the helping profession is required - at schools and universities, in hospitals, mental health agencies, rehabilitation facilities, business and industry, correctional institutions, religious organizations, community centres and private practice.

www.epca-rpc.ca

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.](#)



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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.
 - 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

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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