

Program Outline: Wellness Counsellor Diploma

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	Life Coach, Counsellor
Learning Objectives	<p>Upon completion of this program the successful student will have reliably demonstrated the ability to:</p> <ul style="list-style-type: none"> • 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	<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"> • Students must meet Rhodes Wellness College's Attendance Policy.
Program Duration	1,227.50 Hours; 55 weeks
Homework Hours	5 Hours averaged over each week

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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.

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
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

*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.

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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.

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- 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

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