

# COURSE INFORMATION

... 2010 ...

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## Director of Training

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## THE LUX COLLEGE

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## Certificate in Personal Counselling

*"This is both a vocational and personal development course in Person-Centred counselling skills that is solidly built on empathy, and as such is a first in Australia. I believe that this course will succeed or fail by the reputation its students engender. You will need to be good at what you do, and to know your own limitations. If you are committed and passionate, respectful and compassionate, and enthusiastic to learn, then I am delighted to be your coach"*

Sam Luxemburg

### Option 1: Integrating core learning with personal growth and development

This course is intended to produce counsellors who are skilled and self-aware. The emphasis is on the Rogerian (client-centred) style of counselling which emphasises "being with" the client. The course itself is conducted in the Rogerian style, which means that students are treated with respect, and expected to take responsibility for their own learning. The client-centred core of the course (now usually referred to as person-centred) is integrated with the student's own growth and development. Students are also encouraged to explore and develop their own style of counselling within the framework of accurate empathy and compassion.

### Option 2: Personal growth group

Personal growth groups are available to anyone, and are often held in parallel with the counselling classes. The group may also be a gentle introduction to counselling so that changing to option 1 is available at any time.

### Core Values

*The core values to be expressed in the learning environment are:*

- ◆ Openness and honesty (*with compassion*)
- ◆ Treating people with respect and compassion (*whether you believe they deserve it or not*)
- ◆ Being open, flexible, creative and enthusiastic (*most of the time*)
- ◆ Being congruent and in integrity (*all of the time*)
- ◆ Non possessive love
- ◆ Embracing challenge, mystery, diversity and fear
- ◆ Active learning with fun and fulfilment
- ◆ Having the courage to trust self and others

*Some of the ways that we expect to express these core values are by being transparent, open to negotiation, speaking up when something needs to be said, aiming for consensus, prepared to apologise for self, willing to forgive others, and always endeavouring to keep a sense of humour.*

### Fees for 2010

*(payment on terms may be negotiated to suit needs)*

For Certificate in Personal Counselling – inc GST	Attending Personal Growth Group – GST free
\$1,540 per semester* fee	\$70 weekly session fee
\$880 concession fee per semester*	\$40 concession fee per week
\$110 1 day workshop – FREE early bird bonus	\$140 1-day workshop – FREE with full semester*
Other likely costs are: Textbook(s) and Electives	No further commitment is expected

*\*N.B. At The Lux College each semester runs for 20 weeks*

## The following information applies to students of the Certificate in Personal Counselling

### Accreditation

This course exceeds the minimum requirements of the *Counselling and Psychotherapy Federation of Australia* (PACFA). Graduates of this course, who also have sufficient supervised experience, will be qualified to apply for clinical membership of the *Counsellors' and Psychotherapists' Association of Victoria* (CAPAV). This professional body is a member organisation of PACFA and thus Lux College graduates are able to gain professional accreditation. However, there is currently no professional registration of counsellors in Victoria.

### Entry Requirements

Prospective students need to complete an introductory training in counselling skills of approximately 20 hours, plus an intake interview. They are expected to demonstrate basic skills, to be willing to engage in self-exploration, and to have an attitude of respect and compassion for others. Students may be admitted without prior training or experience in which case needs will be assessed by faculty and agreed with the student on an individual basis.

### Assessment

Students will be assessed continuously throughout the course, via classroom activities, videoed practice sessions and written assignments. There are no written examinations and there is no grading. Students are assessed in order to reach the level of competence required to complete each semester of the course. Assessments are made by the consensus of faculty and students. Students may need (or choose) to repeat a semester in order to achieve the required standard by agreement between faculty and student.

### Course Structure

The course is four semesters over at least two years, with a minimum of 300 classroom hours. The emphasis will be on practical skills, with about 30% theory and 70% practice. Students will have regular assignments, which will be mainly counselling practise sessions. Some of these will be video taped for feedback and assessment.

- ◆ The **first** year is about building a solid foundation of self awareness and practising counselling.
- ◆ The **second** year focusses on becoming a skilled and effective counsellor, while incorporating one's own personal individual style.

*Each semester will include:*

- ◆ 60 hours classroom attendance (*3 hours x 20 weeks*)
- ◆ Electives workshops 2 days (*one provided by TLC, the other as agreed*)
- ◆ Personal development schedule and/or goals as agreed with faculty
- ◆ Written assignment for core units and some\* electives
- ◆ Private or group supervision sessions with faculty member(s)\*
- ◆ Practice sessions out of class times (*approx 20 hours*)\*

\*Required for second year students only, optional for other students

### Application to Enter this Course

Entry to this course is available each semester starting in January or July.

Application should be made on the form provided together with a non-refundable deposit of \$350

### Text Book

**Person-Centred Counselling in Action** (third edition) by Dave Mearns and Brian Thorne, SAGE Publications, London, 2006.

This gives a thorough grounding in Person-Centred Counselling which is the heart and soul of this course. The philosophy of this book is very much in tune with the core values of TLC which is of course, a joy and delight.

### Curriculum

There are five sections to the curriculum.

1. **Person-Centred Skills** – the absolute core of this course
2. **Personal Development** - lifelong learning and personal growth
3. **Ethical Practice** – with emphasis on the positive
4. **Theoretical Studies** - psychological theories relevant to counselling
5. **Electives** – other areas selected by each student

### Faculty

Sam Luxemburg (Director of Training) is the current faculty, assisted by graduates of The Lux College.