

COUNSELLING PROGRAM SUMMARY

Using the latest technology to provide direct training and support to individual students, counseling skills training is now available to anyone wanting to acquire skills for helping and healing emotional and psychological challenges.

STEP ONE: The Professional Counselor Training Course

Enroll in the "Professional Counselor Training Course" in which the counseling process and wording of therapeutic statements are reviewed in detail. The student has the challenge of absorbing the text by creating and designing and also responding to 100 questions that cover the scope and depth of the text and course objectives. This assignment determines whether or not the student is able to comprehend the text content and fundamental aspects of counseling. The course ends with the Qualifying Examination that is a comprehensive review of the text and course components: clinical assessment and suicide prevention, the counseling process, grief counseling, conflict and communication skills, couple counseling, and ethics and professional relationships.

STEP TWO: Period of Counseling Supervision

On successful completion of the course, the "Certificate of Professional Counseling and Therapy" is awarded, and the student is ready to become an Intern member of the College and begin a year of counseling supervision. During supervision, the student will experience being a client and will: either 1) record and upload 10-minute segments of counseling sessions as private videos for supervisor review on Youtube or 2) email transcribed sessions to the Supervisor. The Supervisor will return feedback with suggestions for improving skills and approaches to use with the client. Clients will be volunteers or can pay a fee on an ability-to-pay basis. The Supervisor will assist the Intern to find and meet with clients by: 1) contacting service agencies where clients can be seen and /or 2) sending contact information of clients directly to the Intern. The number of sessions will be at the discretion of the Supervisor (RMHC-S) depending on skill development but usually a minimum of one session per week for 40 weeks.

STEP THREE: Professional Counselor Diploma

At the end of the one-year period of supervision and on recommendation, the "Professional Counsellor Diploma" is awarded. After an additional year of membership as an "Intern Counsellor," or Registered Mental Health Counselor-Intern (RMHC-I), you can become a "Full Counsellor" (RMHC-F).