

Some Frequent Questions Answered

Is this program fully online since I am unable to attend classes?

Yes, the course text, assignments, and materials are sent to you as email attached files, and all completed assignments are normally returned by email to the College.

Is instructor support available when I need it?

Yes, instructor support is available seven days per week and inquiries receive a response within 24 hours.

How long does it take to complete the course?

The course can be completed in 4 to 6 weeks depending on your individual learning pace. Time extensions are approved on request.

Is the training offered by this College recognized?

Yes, the quality of training provided by our program is recognized and prepares you for entry to the counselling profession throughout Canada and the US. For those who want to proceed beyond the foundation Mental Health Counsellor Training Course, we provide assistance to obtain a counselling position.

Why do you say students are always satisfied with the training?

As you can see from recent student comments below, the training and text are very practical, contribute to significant personal growth, and provide the knowledge of counselling skills and processes to actually do effective counselling. The course content exceeds student expectations, and the value of training received exceeds the cost of tuition.

What is the certificate received at the end of the foundation course?

The Certificate of Mental Health Counselling and Therapy

Recent Course Participant Comments

L.G., Cambridge, Ontario

The course content exceeded my expectation. It covers most of the cases that will be seen and allows for a good knowledge base. I believe the knowledge and skills learned in this course will definitely give me a great foundation for counselling. Very in-depth!!

The text was very easy to understand. I would recommend this course to anyone who is interested in this field; even seasoned counsellors would find this course to be a great refresher.

Gail M., MSW, St. Petersburg, Florida

In my sincere opinion I received value in counselling skills and knowledge exceeding the cost of tuition for this course.

Thank you for offering me this experience to take stock of my practice and add new understanding to the work I do. The course provides a workable schema to flow from present to past, to relate current dysfunctional behaviour and faulty belief systems to the original source.

The text provided me with useful practical skills that will enhance my practice. I would recommend this course to others who are interested in becoming professional counsellors, because it provides a nice foundation to build on.

D.N, Pickering, Ontario

This course was very insightful and educational. It did meet my expectations of acquiring the fundamental knowledge of effective

counseling skills. I now am more aware of what reflective statements and validating statements are, different types of interventions involved, how to conduct a counselling session and important ethical and relationship boundaries. The text was written in a very clear and understandable way. It provided many examples of different situations and counselling sessions.

I have already used some of the techniques I have learned in this course with my family. Everyone has conflicts, losses and unresolved or unfinished business. This is a good starting point in understanding how to deal with those losses and unfinished businesses. Also it helps knowing how to be an assertive individual and have effective communication skills to pass on to your family as well as using it to deal with people you interact with on a day to day basis.

This course provides many examples of using clear and effective communication and conflict resolution skills and allows the counsellor to have a list of appropriate reflecting and validating statements.

Velna B., Ft. McMurray, Alberta

The course has definitely more than met my expectations. The material was very clear, practical, and easy for me to understand. This course have given me a wealth of knowledge and skills to help me in counseling people. The knowledge about the family of origin and where it all begins for a person was like common knowledge for me, but the book reinforced that even more and sure let me see personally why we think and do the things we do.

I feel like the book covered everything you would need to know in order to do counseling. It will be a book that I'll always refer to for life while doing counseling. I am very grateful for having the opportunity to do this course. It has helped me considerably in every way.

The course has helped me personally to understand feelings and deal with issues in my own life. I quote the book as saying: “a counselor in training that is not willing to engage and accept his own pain and to integrate the parts of himself, may not believe in the importance of his client doing that.” This course have given me more confidence, and made me more confident when talking to people concerning their needs.

The text was written in a very clear and understandable way and it provided useful, essential skills and details for becoming a successful professional counsellor. The book has great essential skills and details to help people through life’s conflicts and losses.

I would highly recommend this course and already have recommended it because I believe it’s a great foundational course for anyone who is interested in professional counseling. This is a great course to keep building on. I know the course can benefit you personally as well as learning how to help someone else.

S.C., Calgary

I have already begun incorporating many of the skills and techniques from this course into my work as a Crisis Line Counsellor, particularly the use of the suicide contract. Prior to this course I did not see the benefit of looking too deeply at the family of origin and the parent’s communication styles however, I am now finding it is very useful in helping clients/callers understand their triggers and defenses and gain insight into their current dysfunctional behaviours.

The main benefit I received from taking this course was the flexibility it offered. I was able to study and work through the assignments at my own pace and when I had time. I very much appreciated receiving prompt answers to my questions from Daniel. The techniques introduced in the book were easy to follow, and the terms used were adequately explained for ease of understanding.

I would recommend this course to anyone wanting to acquire essential counselling skills for application in a practical setting, particularly to those students who are currently studying psychology. I would also recommend the text to anyone who is considering going into therapy themselves or is recommending counselling to a loved one and would like to gain a better understanding of what to expect when entering into a counselling relationship with a therapist.

W.A., Mississauga, Ontario

Looking forward to pursuing a career in mental health counseling, I believe that the course, based on the book's contents, has covered all issues that one could encounter in practice. It has exceeded my expectations.

It has set up clear guidelines and provided simple well-phrased statements and questions that cover all aspects in counseling. I feel confident that what I have learned so far has given me a solid foundation for professional counseling.

The text was very clear and understandable and was presented in a simple language which I think is the same language a counselor would use in practice.

Gina S., Nova Scotia

I found that this course thoroughly touched upon all the counselling skills that a counsellor would need to begin a counselling career. There was a lot of information, but the more I read the more I understood, and the way the assignments were developed allowed me to go over the information again and again so I could learn it more. This course has definitely exceeded my expectations. It has challenged the way I think about my own life.

By breaking down the counselling process step by step it has made it easy to process the information and to see how it applies to everyone. The course didn't only explain the process but took me through the most common emotional problems and demonstrated a pattern for dealing with each one so that anyone with a problem can be helped. Not only were the major personality disorders discussed but also the basic problems of everyday people and everyday life.

The text was very easy to understand. The skills were demonstrated in such a simple manner that it sounded like common sense. I feel like I could talk to anyone now and give them some sort of positive useful information, not only about major life trauma but about simple, everyday problems.

I would like to further my knowledge of the counselling process. I would like to practice my counselling skills and possibly open my own practice someday. I would like to learn more about the specific areas of counselling such as addictions, abuse, and working with children.

Not only would I recommend this course to others who want to be counsellors, I would recommend it to anyone who is in any kind of helping position. This course has given me an understanding of how emotions work and how to deal with them. It has also taught me things about myself that I never realized and how to communicate better. This course would be beneficial to everyone and would give everyone stepping stones for dealing with life's problems, big and small.

N.K., Australia

The course was very thorough and very interesting. I immensely enjoyed reading the text book and its in-depth discussions of how to conduct a counselling session, the things to look for and what to say. It definitely went beyond my expectations because I was thinking the course would

only involve a theoretical view of counselling. Instead it was quite hands-on with many great practical examples.

I definitely think the knowledge and skills I learned in this course have given me a solid foundation for counselling my future clients. Beginning with a clinical assessment is a great way to build a counselling relationship and something that I think is unique to the author of the text book, and is definitely a beneficial skill I have learned.

I understand now that one must be gentle with people when they are recounting their childhood and relationship issues. I have also learned an important lesson about how to use limited time effectively and how to encourage someone to talk about their most private and difficult issues without scaring them away. These skills if perfected with repeated practice, will allow me to become a counsellor who clients will want to talk to, even about their most difficult issues. I know this is an important skill to have because being able to encourage a person to link the past with the present is key in aiding clients become healthier and happier people.

Similarly it was extremely useful to learn exactly what to say in some of the more difficult situations clients may discuss, and I definitely feel ready to begin to help people.

With regards to the wording of the text, I think it was written very well. All the explanations were simple and easy to understand which was great. In terms of providing me with the essential skills for becoming a successful counsellor, I think it did provide many practical skills especially with ways to help the sessions begin, progress and close. However I think it would have also been useful to have been provided some more information about how to characterise disorders and how to specifically deal with them (which will come in later individual subject courses).

I would like to learn how to characterize and work with client's with different disorders. I will also need to learn, through practice, how to be

Careful yet effective when dealing with particularly painful issues. I will probably also have to work on my listening skills.

I would recommend this course to others because of its practical approach to delivering great knowledge and tips on how to be an effective counsellor. The text is clear, simple to understand, and very informative about how to begin your counselling career. I just wanted to thank the author very much for writing this course and giving me the wonderful opportunity to learn what it takes to be a counsellor.

M.P., Alberta

This course exceeded my expectations with the thoroughness of the [textbook](#), and the depth of the exam was intense, but after completing it, I feel even more assured in my counselling abilities.

Since enrolling in the course I have already found myself listening to my friends' "problems" in a different way. Before the course I always used to have suggestions for what was wrong in the current situation, but after reading the text and completing the assignments, I have learned that these problems could be recurring issues or unresolved conflicts from the past. I think this especially will help me dig deeper in my counselling sessions to find underlying meanings of different issues.

I found the textbook very enjoyable. I found it especially helpful that Mr. Keeran provided so many first-hand accounts. I thought that this textbook provided the fundamental building blocks to becoming a skilled counsellor.

I have already referred a friend to enrol in this course. I did so because I found the course to be very flexible with my schedule. I found the textbook to be an enjoyable read, and I particularly enjoyed assignment #2, completing the Clinical Assessment on myself. I found that assignment to be essential in my personal and professional development as a counsellor.

UPDATE: M.P. was offered a counselling position in a local family and social services agency shortly after completing the initial course.

L.M., Canada

I was apprehensive that I would learn to professionally counsel somebody effectively without any other previous training. I was definitely wrong. The [textbook](#) was packed with all the information that I would need. I learned the clinical assessment, numerous interventions, conduct expectations and ethics, and got an inside look at the counselling profession by hearing about first hand experiences. The question and answer assignment was brilliant. By making up questions I got to know what was truly important surrounding the counselling assessment, session, and relationship. This course exceeded my expectations by far.

This course has given me a solid foundation for counselling people who are seeking help. I have the knowledge of personality types, common mental health disorders, and defenses that I will need to work with. I have the skills to teach problem-solving skills to couples as well as a one-on-one client. This course has given me the knowledge of the importance of client-lead counselling. This is crucial to a client's self awareness and if not done properly does not benefit the client at all.

When first reading the text I was nervous about remembering everything that I was reading. The more I read the more it made sense and linked all together. I liked how it took you step by step into the situations that you may encounter. It was quite incredible how I would pause to ask a question, to have it answered only a few sentences later. While writing the exam I found the text and excellent reference guide and it was easy to remember exactly where I had read something. The text also clearly outlines interventions like the gestalt awareness and empty chair exercises. It is a book that I will continuously go back to in my career.

I have already looked into the continuing studies courses provided with the college and am excited to gain more knowledge in certain areas such as adult survivors of childhood abuse. I am hoping to volunteer at a local woman's shelter to gain experience with counselling.

I would highly recommend this course to others who are interested in becoming professional counsellors. I am a very hands-on learner so I really enjoyed the assignment of making questions and then answering them. It got me to look at what was really important. I enjoyed the practice clinical assessment with a volunteer. It built my confidence in knowing that this is definitely something I could see myself doing. I could already see the relevance of what I had learned and what I was hearing from the volunteer.

This course allowed me to do some more work on myself in preparation for helping others. A lot of knowledge could be applied to my own life patterns and made become more aware of my own behavior. I feel like I have a great foundation of necessary knowledge and skills. I am left feeling confident that I can successfully counsel someone and help them live a happier life.

The structure of the course was perfect for my lifestyle. I am a very busy Mom of a toddler and work full-time. I was able to do all of the work during nap time and after he went to bed. If you are motivated, you will have no problem getting this course done because you get to set the hours at which you study.

I would definitely recommend this course to someone who has been out of the classroom for a while and is very independent and motivated.

D.L., Canada

The course exceeded my expectations in that it was more intense than I expected. However, it was very insightful and informative. It covered counselling in a way that was easy to read and understand. I found it very beneficial to me. I believe the skills I learned in the course are basic, essential and effective for developing a therapeutic relationship with a solid foundation for counselling people.

In my opinion the text was written in a clear understandable way, for providing useful, essential skills and details for becoming a successful professional counsellor. If I were to develop further as a professional counsellor I feel I have acquired the kinds of skills, knowledge and experiences to further my development.

I would recommend this course to others who are interested in becoming a professional counsellor because it gives you the kinds of skills, knowledge and experiences that you need to become a professional counsellor. It's the 'bible' for professional counselling.

G.P., Alberta

The course has exceeded my expectations in that I was expecting to learn different techniques and interventions. However, I was not expecting there to be such a focus on proper wording and statements, and I see how this is imperative to the counselling process.

The knowledge and skills learned has given me a solid foundation for counselling people who are seeking help by giving practical methods of connecting people with their feeling and relating their current issues to their past. I think the practical wording of statements given throughout the text was very helpful in providing how to effectively communicate with clients.

The text was written in a very practical way and the essential skills and interventions were well written and laid out in a way that was not too complex to grasp.

To further my development I am interested in learning how to communicate and pass on very practical tools that will help clients in their issues. I can see myself as more of an encourager and a coach.

I would recommend this course to others as it is written in very practical terms. I found that the counsellor response exam was very useful in being able to apply the different wording and therapeutic statements and interventions that were taught throughout the book.

R.R., Canada

This course has exceeded my expectations. It has taught me many useful techniques and methods of counselling individuals, and I have been enlightened in many ways as a professional counsellor.

There is more to counselling than simply listening to a client talk about emotional issues; a counsellor must be able to demonstrate a wide variety of skills. These include empathy, compassion, understanding, challenging skills, motivational ability, creative thinking and much more. A counsellor must also be able to listen to a client's problems and concerns and translate these into goals that the client can work towards in order to reach resolution. This course has provided me with additional skills and it has increased my knowledge significantly.

The text was written in a clear and understandable way. It taught me a variety of subjects such as respect and dignity for all clients. It showed ways of dealing with supporting and alleviating distress. I appreciated the information about the differences in culture and human experience, and the importance of remaining non-judgmental. It taught me how to adequately provide counselling services and to maintain client confidentiality and ethical principles.

The kinds of skills, knowledge, and experiences that I want to acquire are: the ability to assist individuals with the process of being freed from negative emotional distress and mental confusion; to provide the opportunity for clients to gain control of their fears and manage the issues which are causing adverse stress in their life; to guide the individual to make positive changes that they desire to experience in their life; the ability to skillfully encourage and support the client throughout the course of their healing journey.

I would recommend this course to others who are interested in becoming professional counsellors mainly because I believe it provides a well balanced and thorough counselling program. It is very informative and it helps the counsellor to better understand the client. It provides practical pointers in a non-complicated manner. It teaches a variety of ways how to deal with various scenarios one will encounter in their counselling ministry.

T.P., Canada

This course has exceeded my expectations by far. I did not expect to complete the course and be ready to begin counselling. However, I believe that I have been given the foundation and fundamentals for a future counselling career.

This course has provided an insight into the ultimate goals of the counselling relationship, the background for various types of issues and concerns that people are facing, and the skills to assist them in working through the process of identifying their personal issues and moving beyond them into new healthy behaviours.

The text was very clear and easy to read. Of all the courses that I have completed, it was no doubt the most clear and comprehensive and useful that I have ever experienced.

I would definitely recommend this course to others who are interested in becoming professional counsellors.

T.J., Canada

This course has been a God-send for me. I have been dealing with my own feeling of grief and loss, and this course has helped me to make sense of it all, all my emotions and feelings. All of my thoughts any why I feel the way I do. It has also helped me to avoid making unhealthy patterns and decisions. So thank you.

I have found that I learned that behind every action, there's a reason for it. We all have our crosses to bear; it's how we deal with them that gets us up and going again. I want more than anything to take my own life experiences and the knowledge this course has given me to help people move past their grief and into all that life has to offer, to make a difference in this world, to leave a mark.

Considering this was my first counselling course, I did find some of the wording to kind of go over my head little. But the more I got into the book the more terms I understood. And the references in the back of the book were a tremendous help. I also liked how the exam was laid out and not all over the book. There was a pattern to it all which I found made it much easier.

This course has laid the foundation for me to continue my education and become a social worker. This has given me the boost I needed!!! I would recommend this to ANYONE wishing to become a counsellor because it covers such a broad range of issues and allows you to understand why people act and react the way they do. It gives you a great knowledge to build upon.

H.L., Professional Counsellor, Canada

I have a Master's Degree in religion, concentration in Christian Counselling. I am the Counselling Pastor at FCC. Besides offering professional counselling services, my role is to develop, implement and administer a counselling program for the church. We envision a counselling centre offering counselling services to the faith community and the community at large. I would love for my leadership team to do your course. Of all my studies, the one I found the most helpful and useful to this day was [Effective Counselling Skills](#) by Daniel Keeran, MSW (President of the College).

UPDATE: H.L. enrolled nine individuals in the program and is preparing to provide much-needed counselling services to the community where he lives.

J.G., Vancouver, BC

Thank you for the studies that you have instituted that brought me an education that I have used to further my career in counselling and in life. Studying my copy of the course text, I can't say enough of how well written and easy learning because of how you wrote it. It's the foundation of my counselling skills.

W.H., professional counsellor, San Diego, California

I must say that I am truly honored and impressed by your genuine humble way to share such valuable clinical information for all to use. I have read most of your work and have used them in my counseling. I just wanted you to know that I appreciate you and your work. Thank you.