

# Your Practical Assessment

## Diploma of Counselling AIPC CDC – CHC51015

Practical Assessment Timetable Launceston 2019

To complete your Diploma of Counselling you will need to undertake several practical elements, each of which forms a part of a Unit or Units. As you work through your course you will notice that a number of your workbooks include a reference to a “Practical Component”. Whenever you see this reference, a practical component must be completed as a part of that unit.

The practical components of your course form an important part of your skill development as a Professional Counsellor and are designed to give you the opportunity to apply the theory in counselling practice.

*You have three choices for completing each of the practical components.*

### **Option 1: Practical Assessment Attendance (with small group)**

Attendance at practical assessment (with small student group) is the most popular method of completing the course practical components. At each assessment you will work with fellow students whilst you practice and refine your counselling skills in a supportive environment under the guidance of a qualified counsellor. These assessments are regularly scheduled throughout each year; a timetable for the upcoming assessments is included below. You can book by either phoning or email your student support centre (see details below) or posting on our local FB group (Aipc Carina) The normal attendance fee outline upon your course enrolment applies. Please note that pre-requisites apply before you can book attendance.

Students who are unable to attend these small group sessions due to distance, disability or family or work commitments have the choice of either of the “Alternative Assessment” options below.

### **Option 2: Alternative Assessment – Record a Demonstration of your Counselling Skills**

If you are unable to attend the practical assessment this alternative requires you to record yourself conducting a series of activities where you demonstrate practical counselling skills. You’ll require the assistance of someone to play the ‘client’ during your role plays.

### **Option 3: Alternative Assessment – Practical Assessment of Counselling Skills with a Private Assessor\***

This alternative to working with other students allows you to complete your practical assessment on an individual basis with an Institute private assessor. The assessor will watch you while you work with a friend/s conducting a series of activities demonstrating practical counselling skills. The Private Assessor Assessments can be completed either in person or by distance via Skype. Please note there is an additional \$20 fee to complete assessment by this option.

Note: Whilst the Institute has private assessors in rural areas of Australia. If you live in a particularly remote location or overseas please contact your Support Centre to discuss whether this option will be viable for you.

**AUSTRALIAN  
INSTITUTE OF  
PROFESSIONAL  
COUNSELLORS**



*Brisbane Support Centre  
PO Box 425  
Carina Q 4152*

*Phone: 07 3843 2772  
Fax: 07 3843 3599  
1800 353 643*

## Practical Component Pre-requisites

Each of the practical components relates very closely to the practical application of the theory that you complete in your workbooks. So that you can derive maximum benefit from your practical components, you must have already completed the relevant theory and have been marked competent before applying it in practice. To ensure you have covered the relevant theory before you complete a practical element there are pre-requisites that you must first meet. Each of the practical elements can be completed by attendance at a practical assessment or either of the two alternative assessment options. Each practical is referred to by a topic name.

*These are the Workbooks that you must have received back as “Competent” before you can complete each of the practical components:*

Practical Component Title (CDC – CHC51015)	Pre-requisite
Counselling Practical 1A	Assessment Books 1 & 2
Counselling Practical 2A	Assessment Book 3 + Counselling Practical 1A
Counselling Practical 3A	Assessment Book 4 + Counselling Practical 2A
Counselling Practical 4A	Assessment Book 5 + Counselling Practical 3A
Counselling Practical 5A	Assessment Books 7 & 8 + Counselling Practical 4A
Counselling Practical 6A	Assessment Book 9 + Counselling Practical 4A
Counselling Practical 7A	Assessment Book 10 + Counselling Practical 6A
Counselling Practical 8A	Assessment Books 11 & 12 + Counselling Practical 7A
Counselling Practical 9A	Assessment Books 13 & 14 + Counselling Practical 7A
Counselling Practical 10A	Assessment Book 16 + Counselling Practical 7A

## Here's what you'll learn in each of the Practical Assessments

The Practical Assessments are designed to provide students with an opportunity to practise and demonstrate the knowledge and skills required to conduct a range of key counselling tasks and fulfil the requirements for the Diploma of Counselling. In order to help students develop the skills required for effective counselling practice, students will engage in a number of different role-plays with three different ‘clients’ during the first seven practicals of the course. By simulating counselling with these three ‘clients’ over a number of different role-plays students will gain a better understand the counselling relationship and processes. These first seven practicals need to become completed in order. The final three practicals will explore more specific areas of counselling practice and can be completed in any order as long as the pre-requisite assessment books are complete.

**Counselling Practical 1A** - Counselling Practical 1A provides students with the opportunity to practise and demonstrate the knowledge and skills required to conduct an introductory counselling session with one ‘client’ and utilise appropriate communication skills to establish the counselling relationship. Students will apply skills in building rapport, contracting, developing counselling plans, and assisting the client in decision-making processes.

**Counselling Practical 2A** - In Counselling Practical 2A students will build upon the skills they developed in Counselling Practical 1A. Because these skills are fundamental to effective counselling practice, students will be provided with an opportunity to explore different techniques for meeting these fundamental counselling requirements and demonstrate these skills in additional role-plays with two more ‘clients’.

**Counselling Practical 3A** - Counselling Practical 3A provides students with the opportunity to practise and demonstrate the knowledge and skills required to continue the counselling relationship and process with two of their ‘clients’. Students will apply skills in building the therapeutic relationship, drawing out the client’s story, and developing case conceptualisations based on various counselling, personality, and development theories.

**Counselling Practical 4A** - In Counselling Practical 4A students will build upon the skills that they have developed in earlier practicals and be provided with an opportunity to apply middle phase counselling skills such as continuing the counselling relationship and developing behavioural change programs that can meet a client’s specific counselling goals.

**Counselling Practical 5A** - Counselling Practical 5A provides students with the opportunity to practise and demonstrate the knowledge and skills required to use two of the most commonly used approaches in counselling – cognitive behavioural therapy and solution focused therapy. Students will apply techniques from each of these approaches to their on-going counselling work with two of their ‘clients’.

**Counselling Practical 6A** - Counselling Practical 6A provides students with the opportunity to practise and demonstrate the knowledge and skills required to use another commonly used approach in counselling – acceptance and commitment therapy. Students will apply techniques from acceptance and commitment therapy to their on-going counselling work with one of their ‘clients’.

**Counselling Practical 7A** - In Counselling Practical 7A students will practise and demonstrate the knowledge and skills required to bring the counselling process to an end, or to re-contract as appropriate, with their three ‘clients’.

**Counselling Practical 8A** - Counselling Practical 8A provides students with the opportunity to demonstrate skills in more specific areas of counselling practice including providing brief interventions and providing loss and grief support.

**Counselling Practical 9A** - Counselling Practical 9A provides students with the opportunity to demonstrate skills in more specific areas of counselling practice including providing individualised support to a client as part of a larger case management plan and providing appropriate support to a client experiencing mental health issues.

**Counselling Practical 10A** - Counselling Practical 10A provides students with the opportunity to demonstrate skills in more specific areas of counselling practice including responding effectively to clients who are in a state of crisis.

# Practical Assessment Timetable

## Launceston 2019

Diploma of Counselling AIPC – CHC51015

	Counselling Practical 1A	Counselling Practical 2A	Counselling Practical 3A	Counselling Practical 4A	Counselling Practical 5A	Counselling Practical 6A	Counselling Practical 7A	Counselling Practical 8A	Counselling Practical 9A	Counselling Practical 10A
	Unit 1&2	Unit 3	Unit 4	Unit 5	Unit 7&8	Unit 9	Unit 10	Unit 11&12	Unit 13&14	Unit 16
Feb	16	16	16	23				23	23	
Mar	23	23	23	2	2	2	23			23
Apr	13	13	13	27				27	27	
May	18	18	18	4	4	4	18			18
Jun	15	15	15	22	15	15	15	22	22	
Jul	27	27	27	20	20	20	27			27
Aug										
Sep										
Oct	19	19	19	26	19	19	19	26	26	
Nov	23	23	23	9	9	9	23			23
Dec	7	7	7	14				14	14	

### Practical Assessment Venue

Jane Oakley-Lohm's Private Practice Retreat: 77 Bayview Drive, Blackstone Heights, TAS, 7250

### Practical Assessment Times:

Registration is from 10:15 a.m. for a 10:30 a.m. start and will finish at approx 4:00pm (depending on size of group)

### Lunch:

Morning Tea is provided. Please bring your own lunch as there are no nearby cafes.

### How to Register for the Practical Assessment:

Simply select the practical assessment you wish to attend and either call our Student Support Centre on 07 38432772 or email [bristudentsupport@aipc.net.au](mailto:bristudentsupport@aipc.net.au) or post a message on our local Facebook group 'Aipc Carina'. Please note that practical assessment fees apply to attendance of all practical assessments as confirmed in your course enrolment.

**\*Important points to remember!** Practical Assessment nominations will only be accepted once a student has met the required pre-requisite. Please refer to page 2 of this handout to confirm required pre-requisites.

Students are required to pay for the practical assessment upon booking their place. Bookings will not be confirmed unless payment is made. Cancellations will only be accepted 48 hours prior to the assessment. There will be no refund of fees paid if cancellation is made after this time. Practical Assessment nominations will only be accepted once a student has met the required pre-requisite. Please refer to page 2 of this handout to confirm required pre-requisites.

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