

# Your Practical Assessment

## Diploma of Counselling AIPC - CDB (TR)

Practical Assessment Timetable Launceston 2020

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  
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 (CDB - TR)	Pre-requisite
The Counselling Process	Workbook 1
Communications Skills I	Workbook 2
Communication Skills II	Workbook 3
Counselling Therapies I	Workbook 8 + Counselling Process + Communication Skills I & II
Counselling Therapies II	Workbook 9 + Counselling Process + Communication Skills I & II
Legal & Ethical Frameworks	Workbook 11 + Counselling Therapies I & II
Brief Interventions and Loss & Grief Support	Workbook 13 + Counselling Therapies I & II
Individualised Support and Working with Mental Health	Workbook 15 + Counselling Therapies I & II
Advanced Counselling Techniques	Workbook 18 + Counselling Therapies I & II

## Here's what you'll learn in each of the Practical Assessments (or Alternative Assessment options)

The practical components of your course are designed to give you the opportunity to understand how the theory is applied in practice and to give you the opportunity to develop your counselling skills and techniques. The first three practical's can be completed in any order however you can't complete the other practical's until these first three are complete. Likewise you can complete Counselling Therapies II before Counselling Therapies I if you wish however you can't complete the final four practical's until both Counselling Therapies I & II are complete. The final four practical's (Legal & Ethical Framework, Loss & Grief Support, Working with Mental Health & Advanced Counselling Techniques) can also be completed in any order.

### The Counselling Process

The Counselling Process is an assessment providing you with the opportunity to practice the counselling process with a client. You will facilitate the counselling process commencing with the initial session and continuing on to finalising the counselling relationship with a client. You will also explore the process of client reviews.

### Communication Skills I

This assessment is an introduction to the fundamental basis of counselling – effective interpersonal communication skills. You will be asked to demonstrate the skills of open and closed questioning, observation, active listening, feedback & reflection of feelings of the client. The primary purpose of each of these skills to the counselling process will also be explored.

### Communication Skills II

This assessment offers you the opportunity to explore & practice the skills involved in conducting a counselling interview. This includes using the model of interview structuring using focusing & attending skills, confrontation skills & influencing skills. Each of these skills is explored as a technique for facilitating change for the client.

### Counselling Therapies I

In this practical assessment you will be asked to demonstrate a variety of counselling techniques specific to Person-Centred Therapy & Gestalt Therapy. You will also be asked to run some 'practice' counselling sessions, each of which will involve applying one of the therapeutic approaches. Counselling Therapies I is the first of two seminars that focuses on applying techniques from various counselling therapies.

### Counselling Therapies II

Counselling Therapies II is a practical assessment where you will have the opportunity to demonstrate counselling techniques specific to Cognitive Behaviour Therapy & Solution Focussed Therapy. You will also be asked to run two 'practice' counselling sessions, each of which will involve applying one of the therapeutic approaches.

### Legal and Ethical Frameworks

There are many issues to be aware of in the Client/Counsellor Relationship. This workshop reviews the important aspects of confidentiality, informed consent, appropriate referrals and other key issues relating to Unit 11. Specific case studies are reviewed and students are required to discuss and debate the appropriate and inappropriate nature of each case as it relates to the overall counselling process and client wellbeing.

### Brief Interventions and Loss & Grief Support

In this practical you will discuss and review how to apply brief interventions and issues associated with delivering loss & grief support in a broad range of settings. You'll also gain a clear prospective of boundaries and how they play a key part in the bereavement process.

### Individualised Support and working with Mental Health

This practical assessment offers you the opportunity to explore the techniques and skills involved in provided specialist care in Mental Health. Reviewing numerous case studies and understanding the triggers and links to mental health and wellness.

### Advanced Counselling Techniques

Review and apply advanced techniques learnt during your final workbook. Here you have the chance to bring together all you have learnt and apply your skills to a variety of challenge case examples, combining questioning, observation, reflecting & key therapeutic approaches.

# Practical Assessment Timetable

## Launceston 2020

Diploma of Counselling AIPC - CDB (TR)

	Counselling Process (wkb 1)	Comm Skills I (wkb 2)	Comm Skills II (wkb 3)	Counselling Therapies I (wkb 7 & 8)	Counselling Therapies II (wkb 6 & 9)	Legal & Ethical Framework (wkb 11)	Brief Interventions and Loss & Grief Support (wkb13)	Individualised Support and Working with Mental Health (wkb 15)	Advanced Counselling Techniques (wkb 18)
Jan									
Feb	29	29	29			8	8	8	
Mar				7	7				7
Apr	18	18	18			4	4	4	
May				16	16				16
Jun	27	27	27			13	13	13	
Jul	25	25	25	18	18				18
Aug									
Sep									
Oct	10	10	10			17	17	17	
Nov	28	28	28	7	7				7
Dec						5	5	5	

### 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 [brisstudentsupport@aipc.net.au](mailto:brisstudentsupport@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. **Each practical assessment day is \$140. For a private assessment please add \$20 for booking fee. Payment is required at the time of booking.** Cancellations can be 48 hours prior to the assessment. There will be no refund of fees paid if cancellation is made after this time.