

Mental Wellness Hub

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Introduction to Counselling: The Basics Online Course

Cost: \$800

Part 1: Lectures 1 - 3 inclusive of additional reading, activities and professional worksheets

Part 2: Lectures 4 + 5 inclusive of additional reading, activities and professional worksheets

Lecture	Details	Activities + Additional Readings
1. Counselling Basics	<ul style="list-style-type: none">- What is Counselling?- The Role of the Counsellor- Basic Counselling Models- The Counselling Room- Non-Verbal Communication	Yes
2. Counselling and Teenagers	<ul style="list-style-type: none">- Popular Issues Teens experience from ages 13-19- Self-Esteem- Procrastination- Relationships- Body Image	Yes
3. Couples Counselling	<ul style="list-style-type: none">- Emotionally Focused Therapy- Conflict Resolution- Romantic Attachments	Yes

4. Introduction to Group Counselling	<ul style="list-style-type: none"> - The Process - Effective Group Counselling - Group Counselling: Children - Group Counselling: Adults 	Yes
5. Dealing with Emotional and Behavioural Issues	<ul style="list-style-type: none"> - Counselling for Depression & Anxiety - Different Therapy Techniques - What is the Diagnostic and Statistical Manual of Mental - What is the International Classification of Diseases 	Yes
Part 1: Assessment at End		
Part 2: Assessment at End		

Certificate Information

- Upon successful completion, certificates and transcripts will be mailed to the student. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

Assessment

- 2 assessments must be completed and passed in order to obtain your certificates and transcripts. Both assessments must be passed.

Payment Procedures

- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)
 - Online via Credit Card (via Wipay)

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.