

Specialist Diploma in Counselling

Introduction

The impact of globalisation and rapid development of the regional economies have created a more affluent and complex Singapore society. Work and family-related stresses have increased significantly. Coupled with potential psycho-social problems associated with an ageing population, there is an increasing demand for professionally trained counsellors to help individuals deal with the sometimes overwhelming concerns of everyday living.

The Specialist Diploma in Counselling program was developed by Nanyang Polytechnic in collaboration with the Social Service Training Institute of the National Council of Social Service. It aims to provide a comprehensive understanding of the theories and practice of counselling in the Singapore setting and is intended for personnel working or planning to work in the Social Service sector. This course is recognised by the Singapore Association for Counselling. The course design is in line with the recommended pre-employment training pathways for social service counsellors drawn up by the Singapore Association for Counselling. For more info on developing a career in counselling, visit <http://www.sac-counsel.org.sg/career.html>.

The Specialist Diploma in Counselling programme is fully recognised by SAC as a programme that prepares individuals to be registered counsellors in Singapore.

Course Objectives

On successful completion of the course, participants will be able to:

- discuss the theories, assessment and intervention methods associated with different approaches to counselling;
- understand how to create therapeutic conditions in counselling and how to counsel clients from different cultural backgrounds;
- know how to work with children, adolescents, families, couples, the elderly; integrating theories and techniques that would be useful in working with these client groups; and
- know how to work with groups and special populations e.g. persons with specific needs like addictions and disabilities.

Target Audience

People who are currently working or are interested to work in the area of counselling in the future.

Course Outline

The course comprises the following 7 modules:

HS6031 Theories and Models of Counselling (60 hours)

This module will introduce the history of counselling and also look at the spectrum of models of counselling. Participants will gain an understanding of the theories, assessment and intervention methods associated with different approaches to counselling and the debate about integration and eclecticism of theory and practice. Participants would also look at professional ethics and its application in practice.

HS6032 Counselling Skills and Multi-cultural Issues (60 hours)

This module will enhance participants' understanding of creating therapeutic conditions in counselling. Emphasis will also be placed on enhancing the self-awareness of the counsellor in the therapeutic process. It also aims to increase participants' awareness and understanding of counselling clients from different cultural backgrounds and in a variety of contexts such as involving various personnel from the medical settings and other social or government agencies.

HS6033 Working with Children and Adolescents (60 hours)

This module aims to provide participants with knowledge on how to work with children and adolescents, integrating techniques that would be useful in working with these two client groups. Focus will be placed on children and adolescents with special developmental and emotional needs and other mental health issues.

HS6034 Working with Couples, Families and the Elderly (60 hours)

This module aims to equip participants with the theoretical foundation and models of practice in the field of couple and family counselling. The participants will also formulate an integrated understanding on the interdisciplinary study of human aging. This module will help participants to respond to marital, family and elderly issues according to life stages and specific environmental contexts.

HS6035 Working with Groups and Special Populations (60 hours)

This module comprises 2 sections: 'Group Work' and 'Work with Special Populations'. Group work will look at the historical development of groups; the processes and leadership styles of working in groups, enhancing the communication and recognising the different dynamics that are present in groups. Working with Special Populations emphasises on being aware of the populations with specific needs in the society, like addictions and disabilities.

HS6036 Research in Counselling (30 hours)

This module will introduce the nature and purpose of research in the helping professions. Students will gain an understanding of the process of conducting research, research ethics, reliability and validity issues in measuring variables; and strengths and weaknesses of various research strategies and designs. Students will also be introduced to basic statistical concepts and methods. This knowledge also serves as a foundation to research-related topics in other modules.

HS6037 Clinical Practice (125 hours)

This module provides opportunities for students to use and practise counselling skills in a variety of contexts to integrate theory and practice. Students will primarily practise and refine skills on actual clients with supervision from clinical practitioners and feedback from peers. The supervised clinical practice is essential to the training of full-fledged and well-trained individuals becoming counselors in the social service field.

Certification

Participants will be required to attend all 6 academic modules with a minimum of 85% attendance each and will be assessed based on in-course assessments, group presentations, individual reports, group projects, individual written assignments, and examinations. Participants must also complete a minimum of 100 hours of face-to-face counselling with an additional 25 hours of supervised counselling.

Upon successful completion of the programme, participants will be awarded the Specialist Diploma in Counselling by Nanyang Polytechnic.

Pre-requisites

Applicants should have a recognized degree (preferably in the behavioural/human sciences or health-related disciplines).

Course Fee & Funding

The Course fee payable after MOE subsidy (subject to prevailing GST rate)

For Singapore Citizens = S\$770.40 [incl.GST]

For Singapore PR = S\$2,075.80 [incl.GST]

Training Schedule

<p>Course Schedule: 9 April 2012 to 26 July 2013</p> <p>Application Duration: Start Date : 6 January 2012 Closing Date: 3 February 2012</p> <p>Course Duration: 455 hours over 15 months</p>	<p>Week 1 to 9 (Course): Mon, Wed & Thu: 6.30pm to 9.30pm</p> <p>Week 10 (Mid-Semestral break)</p> <p>Week 11 to 18 (Course): Mon, Wed & Thu: 6.30pm to 9.30pm</p> <p>Week 19 & 20 (Term break)</p> <p>Week 22 to 68 (Clinical Practice) Upon successful completion of the first 2 modules, participants will commence clinical practice. Participants will be required to arrange for their practicum with a suitable centre at a mutually convenient time. Participants must complete 100 hours of face to face counselling before the end of the course. 10 hours of individual supervision will be scheduled by the participants with their respective clinical supervisors. An additional 15 hours of group supervision will be arranged by and conducted in NYP over 5 Tuesday evenings between Weeks 26 to 68.</p> <p>Week 26 to 36 (Course): Mon, Wed & Thu: 6.30pm to 9.30pm</p> <p>Week 37 & 38 (Mid-Semestral break)</p> <p>Week 39 to 47 (Course): Mon, Wed & Thu: 6.30pm to 9.30pm</p> <p>Week 48 (Examinations): Mon & Thu: 7.00pm to 9.00pm</p>
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Application

Applicants are to submit their application online at <http://www.nyp.edu.sg/pdc>. After the online submission, please submit your supporting documents (photocopy of NRIC, educational transcripts, degree, etc.) to the following address **by the closing date 3 February 2012**:

Student Recruitment & Admissions Office,
Nanyang Polytechnic,
Campus Centre (Blk A), Level 2,
180 Ang Mo Kio Avenue 8,
Singapore 569830

Organisations sponsoring their staff for the programme are required to submit the Company-Sponsorship Form to the above address by the closing date. This can be obtained from the Course Calendar at <http://www.nyp.edu.sg/pdc>.

Please note that applications will not be processed without the receipt of supporting documents by the Application Closing Date. Candidates without the Company Sponsorship form will be regarded as self-sponsored candidates.

Applicants may be called for an interview at the discretion of the Selection Committee.

Course Preview

You are invited to attend the course preview on:

Date: 13 Jan 2012 (Fri)
Time: 7pm to 8.30pm
Venue: School of Health Sciences
Nanyang Polytechnic
Blk K, Level 2, Lecture Theatre K1
(visit www.nyp.edu.sg for Campus Map)

Please call Tel: 6550 1300 or Email: NYP_SHS_CET@nyp.gov.sg for reservation.

Enquiries

For **course enquiries**, please contact Tel: 6550 1300 or e-mail to NYP_SHS_CET@nyp.gov.sg.

Register **course interest** at http://www.nyp.edu.sg/professionalDevelopment/pdc_main.html
(Upon registration, the system will inform you via e-mail when online application for the course is open.)

Note: This is NOT an application for the course.

Training Venue

Lecture Room K502
School of Health Sciences
Blk K Level 5
Nanyang Polytechnic
180 Ang Mo Kio Avenue 8
Singapore 569830
(next to Yio Chu Kang MRT Station)