

# Guide the way



**MASTER OF  
COUNSELLING**

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# ABOUT THE UNIVERSITY OF CANBERRA

UC is  
**#5**  
in Australia  
for overall  
employment<sup>3</sup>

In the  
**Top 10%**  
of young  
universities  
worldwide<sup>1</sup>

**#1**  
in Canberra  
for overall  
experience  
and skill  
development<sup>2</sup>

**#1**  
in Canberra for  
teaching quality<sup>2</sup>

**#1**  
in Canberra for  
student support<sup>2</sup>

<sup>1</sup>THE Young  
Universities  
Rankings, 2024

<sup>2</sup>Good University  
Guide 2024

<sup>3</sup>Graduate  
Outcomes  
Survey, 2023

# Guide the way

Whether helping others cope with crisis, put challenges into perspective or find a life worth living, guide the way and help others face the world with confidence - no matter who they are.

Gain the relevant skills, experience, tools and strategies to practise respectful and inclusive counselling with the UC Master of Counselling delivered online.

**Guide the way** and feel supported so you can advance your practice of counselling and help others lead the lives they wish to live.

**Guide the way** with respect and learn to provide culturally competent counselling through an understanding of diversity, inclusion and respect.

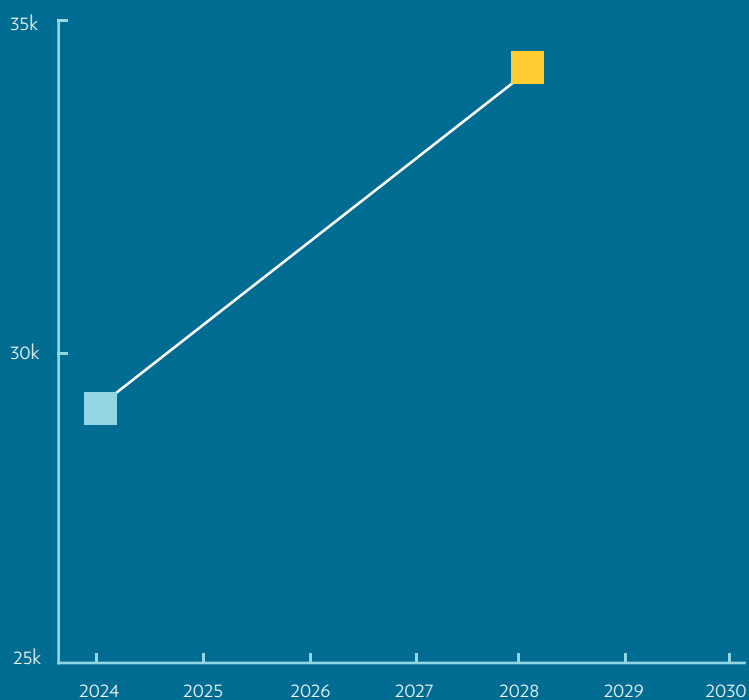
**Guide the way** with experience and put counselling theory into practice with practical clinical supervision and a supportive network of peers so you can best support every person.

# MASTER OF COUNSELLING

The University of Canberra's Master of Counselling is for those wanting to enhance the wellbeing of others and develop counselling skills that are applicable to a wide variety of organisations and counselling teams.

Job prospects within counselling alone are looking to grow from 29,700 (2024) to 34,200 (2028).<sup>1</sup>

<sup>1</sup>Job Outlook, 2023



Due to increased awareness, technology advancements and general education about the importance of mental healthcare, the psychotherapy industry is growing. Job prospects within counselling alone are looking to grow from 29,700 (2024) to 34,200 (2028).<sup>1</sup>

This online course will provide students with industry and research-led course content in a supportive learning environment that focuses on skills development and interactive teaching. You'll also have access to expert clinical supervisors to provide you with regular support while undertaking placement units, which will allow you to graduate with confidence in your counselling practice.

# WHY STUDY

## UC'S MASTER OF COUNSELLING?



### JOB READY SKILLS RELEVANT TO INDUSTRY

Gain a wide range of practical skills, identified and designed by industry experts to meet the complex and evolving needs of individuals and communities.



### ACCELERATED LEARNING WITH IMMEDIATE APPLICATION

With intakes every two months, study one unit at a time, online and accelerated, instantly adding value to your career and organisation.



### DEDICATED STUDENT SUPPORT

Be supported by a professional Student Success Adviser and a learning community of students and academics throughout your study journey.



### EXPERT PLACEMENT SUPPORT

Students have the opportunity to undertake a double placement unit at an approved counselling agency, providing the opportunity to apply knowledge and skills immediately with the support and guidance of qualified clinical supervisors.

# COURSE OVERVIEW

Unit	Master	Graduate Diploma	Graduate Certificate
Counselling Theory and Approaches	✓	✓	✓
Core Counselling Skills	✓	✓	✓
Principles of Ethical Conduct in Counselling	✓	✓	✓
Diversity Inclusion Respect	✓	✓	✓
Introduction to Placement and Supervision	✓	✓	
Counselling Skills in Practice	✓	✓	
Loss, Grief and Trauma in Counselling	✓	✓	
Placement A - Putting It All into Practice	✓	✓	
Placement B - Masters Practicum	✓		
Understanding Mental Health	✓		
Next Level Counselling Skills	✓		
Creative Practices in Counselling	✓		



# KNOWLEDGE AREAS



“These courses will prepare you for a career in health and human services. From working as a case manager in a community organisation, improving mental health for school students or running your own private practice, studying counselling online with the University of Canberra will provide you with all you need to succeed.”



**Professor Rachel Gibson**  
Executive Dean of the Faculty of Health,  
Canberra University

## HUMAN DIVERSITY, INCLUSION AND RESPECT

Learn the factors that influence cultural diversity to be able to provide respectful counselling support to clients across the Australian community.

## CONTENT IN LINE WITH ACA REQUIREMENTS

This course is recognised as a professional qualification in counselling and accredited by the Australian Counselling Association (ACA), in line with their Professional Training Standards.

## SUPPORTED EXPERIENTIAL PRACTICE

Students will have many opportunities to use the skills they learn throughout the course in various experiential settings as well as access to expert clinical supervision and support from peers.



# THE UNIVERSITY OF CANBERRA'S ONLINE EXPERIENCE

## SUPPORTING you EVERY STEP OF THE WAY



- The University of Canberra is an ambitious university for ambitious people. Our practical, supported and accelerated online courses are designed to deliver outcomes that create real impact and inspire real change in the world around us.
- Our postgraduate courses are not only delivered online, they are career-relevant and designed-for-demand, so you can apply what you learn faster.
- UC is committed to making sure you enjoy a truly flexible and inclusive learning experience that works for you and with you - no matter who or where you are. When you're connected to UC, you're connected to an inspiring community of teachers and learners in our nation's capital.
- Throughout your study journey, you will be able to turn to your Student Success Adviser (SSA), who is committed to assisting you at every stage, from enrolment through to graduation. Your SSA is on hand to help with all non-academic queries by phone or email.

# COURSE DETAILS

## INDICATIVE COURSE FEES

<b>Master of Counselling</b>	Course code: SCM401	12 units	\$42,750
<b>Graduate Diploma in Counselling</b>	Course code: SCG401	8 units	\$28,500
<b>Graduate Certificate in Counselling</b>	Course code: SCC401	4 units	\$14,250

*\*All prices are listed in Australian dollars. Visit our [Course Fees](#) page for up-to-date information, inclusive of 2026 indicative course fees. Fees are subject to annual review by the University and may increase annually, with the new fees effective from the start of each calendar year. Indicative fees are a guide for comparison only based on current conditions and available data. Maximum 5 years from date of enrolment to date of course completion. The duration is dependent on individual study path and placement requirements. For more information, please speak with a Student Enrolment Adviser.*



## COURSE INTAKES

January, March, May, July,  
September, October



## UNIT DURATION

Each unit is seven-weeks long.  
The University of Canberra  
advises a minimum of 15–20  
hours of online study per week.  
The master's course can be  
completed in as little as 2 years.



## NESTED QUALIFICATIONS

The Master of Counselling also includes a Graduate Certificate in Counselling and a Graduate Diploma in Counselling. Students who enrol into the Master of Counselling can choose to exit with a Graduate Certificate in Counselling or Graduate Diploma in Counselling. Students can enrol into the Graduate Certificate of Counselling as a possible pathway into the Master of Counselling.



# ENTRY AND COURSE ACADEMIC REQUIREMENTS

## MASTER OF COUNSELLING

### ADMISSION REQUIREMENTS

To be eligible for the Master of Counselling, applicants must:

- have an undergraduate degree or postgraduate degree in any discipline;
- fulfil non-standard English language requirements as on page 14.

### COURSE ACADEMIC REQUIREMENTS

This course includes a compulsory placement of 200 hours. Students will be expected to travel up to 1.5 hours to attend a placement, or in the case of regional and remote students, may need to travel further or potentially relocate for the duration of the placement if one cannot be secured in their area.

Students are required to undergo a National Police check and relevant state-based checks (ie Working with Vulnerable People Check, Working With Children Check) as required by each placement agency in order to be accepted for each unit that includes a placement.

In addition to the placement requirements, students will be required to attend a 5-day in person intensive workshop. The intensive workshop will be held at the University of Canberra. Further locations may be added if there is sufficient student demand.

*No RPL will be offered for the Master of Counselling.*

# GRADUATE DIPLOMA IN COUNSELLING

## ADMISSION REQUIREMENTS

To be eligible for the Graduate Diploma in Counselling, applicants must:

- have an undergraduate or postgraduate degree in any discipline;
- fulfil non-standard English language requirements as on page 14.

## COURSE ACADEMIC REQUIREMENTS

This course includes a compulsory placement of 105 hours. Students will be expected to travel up to 1.5 hours to attend a placement, or in the case of regional and remote students, may need to travel further or potentially relocate for the duration of the placement if one cannot be secured in their area.

Students are required to undergo a National Police check and relevant state-based checks (ie Working with Vulnerable People Check, Working With Children Check) as required by each placement agency in order to be accepted for each unit that includes a placement.

In addition to the placement requirements, students will be required to attend a 5-day in person intensive workshop. The intensive workshop will be held at the University of Canberra. Further locations may be added if there is sufficient student demand.

*No RPL to be offered for the Graduate Diploma of Counselling.*

# GRADUATE CERTIFICATE IN COUNSELLING

## ADMISSION REQUIREMENTS

To be eligible for the Graduate Certificate in Counselling, applicants must:

- have an undergraduate degree or postgraduate degree in any discipline; OR
- hold an AQF Diploma or Advanced Diploma in a Counselling or Counselling related subject and provide proof of 4 years full time counselling/counselling related experience.
- fulfil non-standard English language requirements as on page 14.

## COURSE ACADEMIC REQUIREMENTS

Students must complete the four Graduate Certificate units before progressing to the Graduate Diploma or Masters.

Completion of the Graduate Certificate would allow a student to be eligible for direct admission to the Grad Diploma and Master.

*No RPL will be offered. There is no external accreditation offered for the Graduate Certificate pathway.*





## ENGLISH LANGUAGE

There are non-standard English language requirements for this course.

To be eligible you must have an overall IELTS Academic score (or equivalent) of 7.0, with no band score below 7.0.

For alternate/equivalent ways of meeting the English requirements for this course please view the [English Proficiency Requirements](#) document on the university website.





## GET IN TOUCH

Our Student Enrolment Advisers are here to help you with all your course and enrolment queries.



[studyonline.uc.edu.au](https://studyonline.uc.edu.au)



1300 471 770



[future-student@studyonline.canberra.edu.au](mailto:future-student@studyonline.canberra.edu.au)





# **UNIT DESCRIPTIONS**

# COUNSELLING THEORY AND APPROACHES

## UNIT OVERVIEW

This unit develops a critical understanding of major models of counselling and psychotherapy and evaluates these frameworks using research and through an analysis of their specific social and cultural contexts. The contemporary application of these models in counselling agencies and professional contexts is presented. Students are encouraged to develop an integrative model of practice, to reflect on the interrelationships between values, worldviews and theory frameworks, and to analyse and critique the claims of counselling theorists.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Examine counselling frameworks through a socio-cultural lens.
- Articulate how theoretical concepts apply to therapeutic models.
- Justify the choice of therapeutic approaches using evidence from seminal and current research.

# CORE COUNSELLING SKILLS

## UNIT OVERVIEW

This unit introduces students to theoretical and practical elements of the helping relationship. Students will learn a model of interpersonal communication and a set of practical skills that are important in a range of professional settings, and foundational for working with clients in human service delivery, including a focus on reflective practice.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate fundamental reflective counselling skills.
- Model the essential conditions of the Rogerian framework.
- Analyse counselling practice and provide reflective feedback for self and peers.

# PRINCIPLES IN ETHICAL CONDUCT IN COUNSELLING

## UNIT OVERVIEW

In this unit students will develop a sound model for ethical and professional counselling practice. Students will develop skills in ethical decision making and sensitivity to the operation of power and privilege in professional counselling relationships. Professional issues such as boundaries, dual roles and client safety will be analysed in the context of research and relevant ethical codes of practice.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate a sound knowledge of ethical codes and models of ethical decision making and apply these to challenging practice situations.
- Apply ethical and professional practice principles in counselling practice.
- Articulate the implications of ethical codes and principles for professional development.

# DIVERSITY INCLUSION RESPECT

## UNIT OVERVIEW

This unit develops a global and critical understanding of human diversity and its significance for counselling knowledge and practice. You will critically reflect on your perspectives and develop your knowledge and skills for working with cultural identity, gender and sexuality, 'disability', different age contexts, and issues of stigma and discrimination.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate a global perspective and respect for all aspects of diversity.
- Communicate effectively across a wide range of cultural and social contexts.
- Demonstrate appropriate skills in responding to diversity and inclusion.
- Critically reflect on perspectives and understandings of human diversity.

# INTRODUCTION TO PLACEMENT AND SUPERVISION

## UNIT OVERVIEW

This unit introduces students to the professional world of counselling focussing on the practical aspects of providing counselling services.

In preparation for placement students will be able to identify risk (e.g. suicide and self-harm) and provide support options. Students will become familiar with the clinical supervision process and learn more about how to be successful in placement. You will learn about placement agencies and preparation requirements.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Develop skills, knowledge and attitudes that will support professional conduct when working in a counselling environment.
- Reflect on the experience of clinical supervision.
- Create a case formulation to identify risk and provide support options in counselling.

# COUNSELLING SKILLS IN PRACTICE

## UNIT OVERVIEW

This unit provides students with an opportunity to further develop their counselling skills in an interactive and supportive learning environment with feedback from staff and other students. The interrelationships between counselling theories, models and skills are explored. The unit will also focus on effective change processes and strategies for positive outcomes. Experiential exercises and use of video to review practice are integrated within the unit.

*Note: This unit includes a 5-day face-to-face intensive residential.*

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate effective and accomplished use of counselling skills for the professional environment.
- Reflect on the experience of being in counselling interactions.



# LOSS, GRIEF AND TRAUMA IN COUNSELLING

## UNIT OVERVIEW

In this unit students will deepen their theoretical understanding of trauma and loss and grief, and its impact on people's lives. Students will further develop their counselling skills using knowledge of trauma and loss and grief to inform their counselling practice.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate a critical understanding of major theories, models, skills and techniques specific to the trauma and counselling.
- Formulate a working framework for practice in loss and grief counselling.

# PLACEMENT A - PUTTING IT ALL INTO PRACTICE

## UNIT OVERVIEW

Students will undertake a supervised counselling placement in an approved agency. Students will also receive clinical supervision in small online groups.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Integrate theoretical knowledge and counselling skills to provide counselling to clients in a professional organisation.
- Analyse and critique the use of counselling skills and theoretical interventions.
- Examine placement experiences and provide peer feedback in small clinical supervision groups.

# PLACEMENT B - MASTERS PRACTICUM

## UNIT OVERVIEW

Students will continue to undertake a supervised counselling placement in an approved agency. Students will also receive clinical supervision in small online groups.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Apply theoretical knowledge and counselling skills to practice with clients in a counselling agency.
- Analyse and critique the use of counselling skills and theoretical interventions.
- Examine placement experiences and provide peer feedback in small clinical supervision groups.
- Deconstruct the organisational context of the counselling placement experience, with reference to sociopolitical influences.

# UNDERSTANDING MENTAL HEALTH

## UNIT OVERVIEW

The focus of this unit is mental health assessment and the determination of appropriate clinical interventions for people who are affected by the symptoms of mental illness, including consumers and their significant others. This is framed within the context of person-centred care, factors affecting mental health, and the impact of these symptoms upon consumers and significant others.

Students will also appraise the interventions and supports that are available to assist those who are affected by the symptoms of mental illness, and develop the skills to apply this knowledge in practice.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate appropriate application of a range of interventions and approaches to assist those affected by mental illness.
- Analyse the mental health diagnostic systems and terminology in a counselling context.
- Critically reflect on the role of a counsellor in the mental health system.

# NEXT LEVEL COUNSELLING SKILLS

## UNIT OVERVIEW

This unit will build on skills and knowledge from previous study to enhance and solidify student's counselling skills and practice. The unit will invite a deeper exploration of the self as an instrument of practice, examining relational aspects of therapeutic encounters.

Students will also complete their capstone project, producing a literature review on a counselling topic of personal interest.

This unit will extend students' previous learning in counselling practice, theory and ethics.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Act responsibly, ethically and professionally as practitioners in the counselling profession and in their obligations to the community and society.
- Engage with evidence based, research informed theory and current practice in the field of counselling and psychotherapy through a literature review.

# CREATIVE PRACTICES IN COUNSELLING

## UNIT OVERVIEW

In this unit students will explore how to go beyond “talk therapies” to utilise other forms of expression that will support their client’s growth.

This unit will introduce students to expressive therapies, tools and techniques for creative practice and the role of imagination and intuition in counselling.

## LEARNING OUTCOMES

After successful completion of this unit, students will be able to:

- Demonstrate use of creative skills to support counselling practice.
- To build on and integrate creative therapies and tools in counselling practice.
- To critically reflect on the role of imagination and intuition in contacting the unconscious in counselling.



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# THANK you

For more information, schedule  
a 15-minute call with a Student  
Enrolment Adviser.

[Schedule a call](#)