



Bachelor of Applied Counselling at MIT

Learning that fits around your work and lifestyle.

There are more and more competing demands on your time so gaining a qualification can be difficult if you have to fit it around other commitments like WORK. Now we are offering our Bachelor of Applied Counselling completely online supported with 4 residential weeks per year. Our programme is designed to maximise your learning from home; this means you can fit your learning around your work and lifestyle.

We have helped people from all sorts of backgrounds become counsellors. Our students come from a variety of backgrounds. Some are seeking to acquire counselling skills as an adjunct to their core profession, such as teachers, nurses, ministers of religion, social workers and administrators. Some are seeking a fresh start in a rewarding profession. While others already have a counselling qualification and are looking to supplement this with a tertiary qualification.

The Bachelor of Applied Counselling can be studied either full or part time. This is particularly useful if you have other obligations in your life that occupy your time. Our courses are completed online supplemented by 4 Wānanga/Talanoa (Residential) weeks each of the three years. The course is structured to progressively develop your knowledge and skills from foundational, theoretical concepts through to more complex concepts and advanced skills and applications.

This programme is a Level 7, 360 credits course and is eligible for Student loans.

Course Structure for MIT's Bachelor of Applied Counselling. (Full Time 100% workload)

First Year Courses Level 5	
Semester 1	Semester 2
<p>Introduction to Counselling 1 (30 credits) To introduce students to the practice and skills of counselling</p>	<p>Introduction to Counselling 2 Introduce selected approaches for counselling practice and integrate these with practice skills developed in Introduction to Counselling 1.</p>
<p>Whakato : Foundations of Te Tiriti o Waitangi based Practice To develop knowledge and awareness of the cultural milieu within which iwi and hapū lived in Aotearoa, as a foundation for practice with Māori within a Māori social context. Students will explore relationships between Māori and settlers including Te Tiriti o Waitangi. An introduction to the basics of Māori language is embedded within the course.</p>	<p>Professional Counselling Practice Introduces students to self- reflective practice within a group process and begin to develop their professional identity within the counselling environment</p>
<p>Introduction to Human Development Introduce human development theories and concepts that underpin counselling practice</p>	<p>Introduction to Psychology Introducing students to a range of psychological theories, frameworks and concepts that underpin counselling practice and allow development of a greater understanding of the social world in which they live.</p>
	<p>Diversity and Sociological Principles Explores differences within the context of a New Zealand society established through colonisation and based on patriarchal values. The effects of difference are examined at the level of personal and professional practice.</p>

Second Year Courses Level 6	
Semester 1	Semester 2
<p>Counselling Theory and Practice A +Practicum</p> <p>Demonstrate integration of theory to practice for initial stages of counselling practice. Includes 40 hours of Practicum</p>	<p>Counselling Theory and Practice B + Practicum</p> <p>Demonstrate integration of theory to practice for all stages of counselling practice. Includes 60 hours of Practicum.</p>
<p>Working with Children and Young People</p> <p>Students will develop a cooperative learning environment in which they practice and develop their skills and knowledge in working with children and young people.</p>	<p>Whakatupu: Development of Te Tiriti o Waitangi Practice</p> <p>Develop students' personal analysis of colonisation and how the process impacted on Māori society. Students will consider this learning in relation to their developing Counselling Practice in Aotearoa while expanding their own Māori cultural learning. Māori language and cultural practices are embedded within the course</p>
<p>Creative and Expressive Approaches to Counselling</p> <p>This course explores the theoretical basis and practical activities for the use of expressive therapies in counselling in an integrative approach which draws from creative arts therapies, including use of art, music, movement, therapeutic writing and symbols. This course focuses on therapy with adult clients.</p>	<p>Counselling Interventions in Practice (Gestalt & CBT)</p> <p>Development of an understanding of theory and practice in relation to using interventions.</p>
<p>Working with Trauma</p> <p>To explore the effects trauma has on people's development in relation to their psyche, body, relationships, work and spirituality. The course explores the mechanisms traumatised people use to organise their lives. As a specific focus we include the impact of the client's trauma on the therapist.</p>	<p>Addiction and Mental Health</p> <p>To develop an understanding of theory and practice for using interventions with addiction issues.</p>
Third Year Courses Level 7	
Semester 1	Semester 2
<p>Development of Counselling Practice +Practicum</p> <p>Develop and synthesise reflective practice in relation to counselling work</p>	<p>Presentation and Review of Counselling Practice +Practicum</p> <p>Develop and synthesise integration of theory, practice and self-awareness into counselling practice and continue to develop competent integration of theory, practice, and self-awareness in their counselling practice</p>
<p>Social Research</p> <p>This course will assist students to clarify and refine their approach to undertaking research. They will acquire knowledge about research in a chosen field and develop methodological understandings relevant to their topic.</p>	<p>Whakatinana: Implementing Te Tiriti o Waitangi based practice</p> <p>Consolidate students' ability to assess and critically analyse Tauīwi and Māori in a contemporary Aotearoa/New Zealand society. Students will critically examine a range of strategies towards enhancing their emergent professional practice with particular emphasis upon decolonisation processes and practices.</p>
<p>Working with Relationships/Families/Whanau</p> <p>Students will be introduced to theory and practical skills for working with couples and families/whānau in order for students to identify key issues that impact on couples and families/whānau and analyse relevant therapeutic interventions.</p>	<p>Developing Issues Focused Practice</p> <p>Develop an in depth understanding and skills for working with some key issues that they are likely to encounter in practice.</p>

Course Structure for MIT's Bachelor of Applied Counselling. (Part Time) 50% workload)

First Year Courses Level 5	
Semester 1	Semester 2
Whakatō : Foundations of Te Tiriti o Waitangi based Practice	Diversity and Sociological Principles
Introduction to Human Development	Introduction to Psychology
Semester 3	
Semester 3	Semester 4
Introduction to Counselling 1	Introduction to Counselling 2
	Professional Counselling Practice
Second Year Courses Level 6	
Semester 1	Semester 2
Counselling Theory and Practice A +Practicum	Counselling Theory and Practice B + Practicum
Working with Children and Young People	Whakatupu: Development of Te Tiriti o Waitangi Practice +Noho Marae

Semester 3	Semester 4
Creative and Expressive Approaches to Counselling	Active Counselling Interventions in Practice (Gestalt & CBT)
Working with Trauma	Addiction and Mental Health
Third Year Courses Level 7	
Semester 1	Semester 2
Development of Counselling Practice +Practicum	Developing Issues Focused Practice
Social Research	
Semester 3	Semester 4
Working with Relationships/Families/Whānau	Presentation and Review of Counselling Practice +Practicum
	Whakatinana: Implementing Te Tiriti o Waitangi based practice

Required time limits

Students have a maximum of 6 years to complete this program.

Practicum in Year 2 and Year 3

Whether it's called a Practicum, internship, placement, clinical placement, supervised professional experience, professional practice or work experience, our Bachelor of Applied Counselling has opportunities for Work integrated learning (WIL). This offers an opportunity to put theory into practice, develop personal and professional skills, establish job networks, and find out what it's like to work in your area of study. Students undertaking WIL have an opportunity to acquire and demonstrate knowledge and skills employers look for in graduates. Experience can be recorded on a resume, and can result in work that can be added to a professional portfolio.

The four Practicum are essential in assisting the transition from application in a simulated setting to real practice and enable the development of clinical skills in a supportive, professional context. Second Year Practicum involves the completion of 40 hours in Semester 1 and 60 hours in Semester 2 with 5 hours of Clinical Supervision each Semester. Group peer supervision with the Lecturer will be provided through an online classroom once a fortnight.

Third year Practicum involves the completion of 50 hours each semester and Clinical Supervision of 5 hours each semester.

If you are already in the counselling field you may be eligible for recognition of your prior learning (RPL). Talk to us.

Wānanga/Talanoa (Residential Weeks)

The compulsory Residential weeks for 2019 Semester 1 weeks 2(25February – 1 March) and 13 (20 May – 24 May), Semester 2 2019 week 3(29 July-2 August) and Week 4(21 October -- 25 October) are a great opportunity to get together with fellow students and participate in casework sessions under the guidance of your Lecturer. To help facilitate your learning, we use case scenarios relating to everyday, contemporary issues and provide a wonderfully supportive forum for group discussion, interaction and reflection. If you are studying part time, you only need to attend the days of the Residential School allocated to the specific subject.

IT requirements Students will need access to a computer and the internet to retrieve course materials, to undertake assessments and to participate in course online activities.

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Manage the demands of a modern counsellor

If you are passionate about people, then our Bachelor of Applied Counselling will put you on the right path to working with your community. With the emphasis on preparing you for counselling employment you will be taught by experienced counsellors with a practical focus, providing you with a solid foundation to work in community and government organisations.

A very important thought!

If you have been away from study for a long time but you really want to be able to help people and make a difference in your community, your life experiences may be all the academic skills you need.

Talk to us.

He moana pukepuke e ekengia e te waka (A stormy sea can be navigated).

Talk to us! In work hours 9am to 4pm (0 800 banana) and ask for extension 8736

Any time: 09 968 8736

Certificates of Proficiency (COP's)

Ask us about Certificates of Proficiency. All our Level 5 and Level 6 are available mostly online. In 2019 there are some Level 7 courses taught at the Manukau Campus. Check with us (0800 Banana)

or enrol online at www.manukau.ac.nz