



# Graduate Certificate in Mental Health Counselling

**UNDA Course Code 4101**  
**Not available for International Students**  
**2009**

## INTRODUCTION

The Graduate Certificate in Mental Health Counselling is a new course for Counsellors who wish to work within the area of Mental Health and well being. Students will be taught various methods of assessment and intervention of high prevalence mental disorders including Depression and Anxiety states. An overview of current treatments in mental health including Psychopharmacology will be taught as well as a unit on Advanced Cognitive Behaviour Therapy as an appropriate Counselling intervention with this vulnerable client group. The course content will be guided by the standards drawn from the National Mental Health Practitioner Guidelines.

## WHY STUDY MENTAL HEALTH COUNSELLING AT NOTRE DAME?

The World Health Organisation predicts that by 2014, depression will be the main health problem facing Australians. High prevalence disorders including anxiety, depression and acute stress reactions respond well to Counselling interventions and this course will equip graduates with the necessary skills and knowledge to intervene successfully with this client population.

The course will provide competencies for graduates in line with the National Mental Health Practitioner Guidelines as well as the Psychotherapy and Counselling Federation of Australia training standards (2008).

## COURSE STRUCTURE

To graduate with a Certificate in Mental Health Counselling, students must complete the units as outlined below.

### Semester 1

Professional Practice in Mental Health Counselling  
High prevalence Mental Disorders

### Semester 2

Treatments in Mental Health  
Focused Counselling strategies in Mental Health

## MODE OF STUDY & ASSESSMENT

The Graduate Certificate in Mental Health Counselling is a part-time course commencing in First Semester (February) or in Second Semester (August), subject to unit availability.

The assessment of competency in each unit consists of;

Oral Presentation	30%
Essay	30%
Examination	40%

## ADMISSION REQUIREMENTS

The course will be available to students who have completed units in Developmental Psychology, Abnormal Psychology and have a demonstrated knowledge of Cognitive Behaviour Therapy. Prospective students will also need to have completed Counselling Skills training and Counselling skills consolidation or equivalent.

## CAREER OPPORTUNITIES

A professional level of counselling skills enhance career opportunities for people working in:

- Government agencies providing support for individuals and families.
- Community based counselling agencies.
- Community mental health settings.
- Anywhere that soundly-based practical skills in counselling are needed.
- Parish and Church work.
- Rehabilitation.
- Drug and alcohol areas – Co-morbidity
- Counselling with Adolescents

## FURTHER INFORMATION

The information contained in this publication is designed as a basic course description. If you would like further information regarding the course, or information pertaining to admissions, fees or the University itself, please consult the Notre Dame Prospectus. International students refer to the International Prospectus.

We welcome visitors to the University at any time. If you would like to view the University facilities please contact the Prospective Students Office on (08) 9433 0533 or at [future@nd.edu.au](mailto:future@nd.edu.au).

Visit our web site at [www.nd.edu.au](http://www.nd.edu.au)

### PROSPECTIVE STUDENTS OFFICE

For further information on The University of Notre Dame Australia, contact the Prospective Students Office  
Tel: (08) 9433 0533 FREECALL: 1800 640 500 Fax: (08) 9433 0544  
E-mail: [future@nd.edu.au](mailto:future@nd.edu.au) Internet: [www.nd.edu.au](http://www.nd.edu.au)  
19 Mouat Street (PO Box 1225), Fremantle Western Australia 6959

### ADMISSIONS OFFICE

For further information on the admissions process at The University of Notre Dame Australia, contact the Admissions Office  
Tel: (08) 9433 0537 Fax: (08) 9433 0769  
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