# BACHELOR OF COUNSELLING & PSYCHOTHERAPY

## COURSE STRUCTURE AND EXIT POINTS

<table>
<thead>
<tr>
<th>YEAR/TRIMESTER</th>
<th>SUBJECT</th>
</tr>
</thead>
</table>
| **Year 1, Trimester 1** | Introduction to Integrative Psychotherapy  
Models of Therapeutic Practice 1  
Integrative Systems of Health and Wellbeing 1 |
| **Year 1, Trimester 2** | Case Conceptualisation 1  
Integrative Psychotherapy in Practice 1  
Models of Therapeutic Practice 2 |
| **Year 1, Trimester 3** | Integrative Psychotherapy in Practice 2  
Ethics and Politics in Psychotherapy  
Foundations of Professional Competency |

### EXIT Point - Diploma of Counselling & Psychotherapy (097946C)

<table>
<thead>
<tr>
<th>YEAR/TRIMESTER</th>
<th>SUBJECT</th>
</tr>
</thead>
</table>
| **Year 2, Trimester 1** | Altered State Techniques in Psychotherapy  
Introduction to Mental Health: Wellbeing & Distress  
Treatment of Grief & Loss in Psychotherapy |
| **Year 2, Trimester 2** | Elective 1*  
Understanding Systems in Psychotherapy  
Life Span Development |
| **Year 2, Trimester 3** | Psychotherapy & the Body in the Treatment of Trauma  
Narrative, Identity & Integrative Processes  
Case Conceptualisation 2 |

### EXIT Point - Associate Degree of Counselling & Psychotherapy (097947B)

<table>
<thead>
<tr>
<th>YEAR/TRIMESTER</th>
<th>SUBJECT</th>
</tr>
</thead>
</table>
| **Year 3, Trimester 1** | Elective 2*  
Elective 3*  
Introduction to Research Methods |
| **Year 3, Trimester 2** | Clinical Supervision 1  
Practicum 1 (120 hours)  
Practicum 2 (120 hours) |

*Elective selection can differ depending on availability*