

Training

There are a number of pathways to becoming a counsellor. It can take 2-5 years of study. Qualifications include certificates, diplomas, Bachelor degree and post-graduate qualifications.

Bachelor degree programmes for counselling (3 years) are provided by:

- Wintec (Waikato Institute of Technology)
- AUT (Auckland University of Technology)
- Manukau Institute of Technology
- Wellington Institute of Technology
- Open Polytechnic
- Northland Polytechnic
- Nelson Marlborough Institute of Technology
- Otago Polytechnic
- and others..

Wintec requirements as an example:

NCEA Level 3 comprised of 60 credits at NCEA Level 3 or above and 20 credits at NCEA Level 2 or above, including:

- 14 credits each at NCEA Level 3 in three approved subjects;
- Literacy (10 credits at NCEA Level 2 or above made up of 5 credits each in reading and writing);
- Numeracy (10 credits at NCEA Level 1 or above)

Personal Qualities

To be a counsellor, you will need to be:

- mature
- broad-minded and non-judgemental
- caring
- empathetic
- supportive
- positive
- able to appreciate people's strengths
- patient and persistent
- able to keep information private
- able to relate to people from a range of cultures and backgrounds

Information collated by NZIRH
Where to go for more information:

www.nzac.org.nz/
www.careers.govt.nz
www.kiaorahauora.org.nz

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Counsellor



Counselling

Counselling involves ...

helping people with their feelings and responses, and to decide on actions to resolve problems and promote positive change in their lives.

offering an opportunity to talk with someone who will listen without judgement or criticism, and who will keep the conversation confidential.

Areas of Counselling

People get support from counsellors for many reasons. Some examples include:

couple difficulties, depression, grief, bullying, anxiety, sexual issues, family relationships, trauma, feeling suicidal, drug or alcohol dependency, mental health, gambling addiction, sexual and domestic abuse.

What do they do?

Counsellors may do some or all of the following:

- encourage clients to talk about their feelings and what is occurring in their lives
- listen and respond to their clients
- help clients understand themselves
- help clients to meet their needs
- discuss actions that clients could use to bring about change
- support clients in decision-making
- work with clients one-on-one, as couples or in groups
- run workshops and courses



Where do Counsellors work?

At least 40% of counsellors are in private practice. Others are working in schools, universities, workplaces, prisons, hospitals and voluntary organisations such as Samaritans, Youthline or Victim Support.

Counsellors usually work during business hours but may be on call.

Working conditions

- Satisfaction can be gained from helping people
- Working with people
- The job can be challenging
- Clients may be distressed
- Job prospects are poor for new graduates but good for experienced counsellors
- Counsellors are required to have supervision from a peer due to the stressful and private nature of their work